

# Student & Parent Pack

**Park House School**

**3 Day Residential at Badminton Woods**

Year groups 7 | 02/10/2024

# Badminton Woods

## 3 Day Residential

Home to huge ancient beeches, evergreens, and ash this wonderfully varied and vast woodland plays host to our residential Bushcraft Camp.

### Whats in the pack?

Your Location	1
Your Residential Adventure	2
Sample Itinerary	3-5
Kit List	6
Frequently Asked Questions	7
Other Helpful Information	8

# Your Residential Adventure

---

The Bushcraft Company offer residential adventures with a difference, taking students into the wild and giving them real back-to-nature experiences they will never forget.

During your time on camp, you will be living in the wild and sleeping under canvas. With a wide range of activities focused around Bushcraft, you will develop new practical skills and learn more about our woodland environment, all in a fun and engaging manner as the Bushcraft team take you through an unforgettable journey of self discovery!

## A Typical Day

Below is an idea of how the day unfolds, please note timings may vary on delivery:

- 07:30** - Breakfast
- 08:30** - Activities, Morning Snack & Drink
- 12:30** - Cooked Lunch
- 14:30** - Activities, Afternoon Snack & Drink
- 18:30** - Cooked Supper & Pudding
- 20:00** - Evening Activities, Hot Chocolate & Marshmallows
- 20:30** - Our night time team will help settle the students for bed. Bed times TBC on site.

# Centre Information

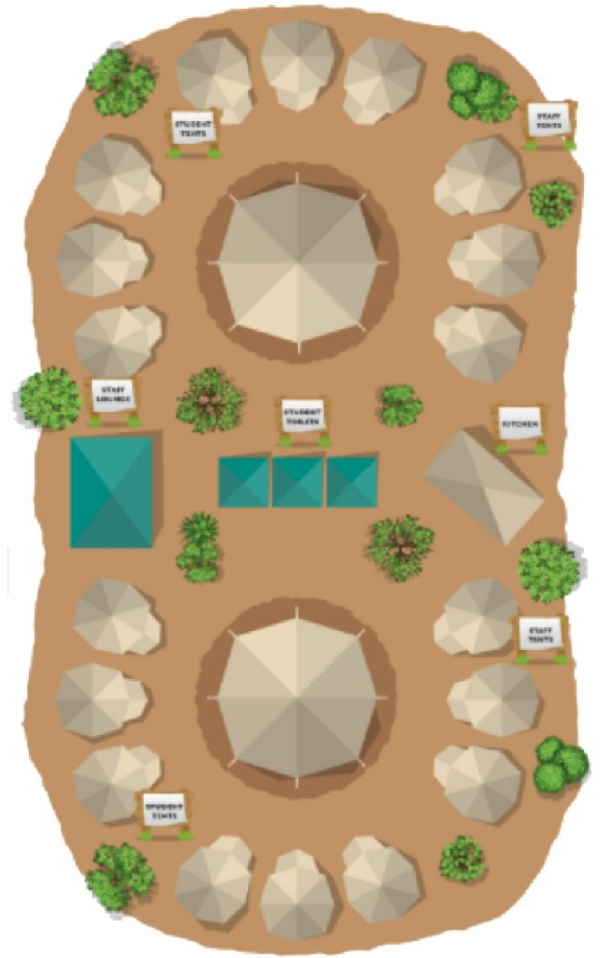
This is the base for your adventure and will be exclusively for your group. On camp you will find safari style bell tents (10-12 students), a staff area and other structures to keep you warm and dry.

On arrival you will walk to camp and your main baggage will be transported for you by the Bushcraft Team. Please have a rucksack ready for your walk to camp with a water bottle and water-proofs.

You will work in tribes (up to 16 per tribe). Each tribe will work as a team through various activities, supported by a Tribe Leader, who will ensure everyone contributes to the team effort, achieving shared goals and leaving the woods with a great sense of achievement and a passion to learn more.



Please note this is an artistic impression of a single camp.



Please note this is an artistic impression of a double camp.



# SAMPLE 3 DAY ITINERARY

## Day One

### ARRIVE

#### Safety Brief & Welcome

Our instructors will discuss the key elements of Bushcraft and explain what the students can realistically achieve living in the wild. They will then have a safety briefing and familiarise themselves to their new surroundings.

### LUNCH

#### Camp Craft / Camouflage & Concealment

This is a chance for the tribes to develop a tribal identity, making fun tribal flags, dances and songs. Students will take part in a fun camouflage and concealment exercise, employing team tactics and making the most of their surroundings to camouflage themselves and evade capture.

### SUPPER

#### Evening Games

The students will embark on a series of exciting night-time stalking exercises through the forest, challenging them to use the full range and scope of their senses and to work collaboratively in an unfamiliar setting.

#### Fire Lighting

The students will learn the basic principles of fire and the fire triangle. They will be shown a variety of ways fire has been made over the years, and put this knowledge into practice, lighting fires in tribes using these methods.

#### Shelter Building

The students will learn why we need shelter when we are living outside and the types of shelter from different societies and nationalities across the ages. Tribes will build their own shelter, using natural woodland materials.

#### Night-time Routine & Bed

The Students will settle in to their safari-style camp and around the camp fire exchange stories and songs. They will be provided with hot chocolate and marshmallows to roast over the open camp fire.

Students sleep in bell tents (10-12 per tent) or the shelters they have made.



## Day Two

### BREAKFAST

#### Wilderness First Aid

The students will learn basic skills to cope with a medical emergency in the wild, including how to construct a simple stretcher from the items you have on you, and how to improvise an effective splint.

### LUNCH

#### Scenario SOS

The students will put their new skills to the test and work in teams, using navigation to locate a simulated plane-crash scene, where they will treat the casualties and make improvised stretchers to evacuate them back to camp.

### SUPPER

#### Tribes Got Talent

This is a fantastic way to spend the final evening, participating in our trademark talent competition, in which each tribe performs a skit, dance or song which they will have been practicing all week. All the students enjoy themselves and it is always a brilliant amusing, and at times, astonishing, as the students show off their skills.

#### Cutting Tools

Students will learn about the different tools used in the field of Bushcraft, both primitive and modern, and reasons for their use. They will be taught safe handling techniques and will make their own tent peg.

#### Foraging & Bush Tucker Trial

You will have the chance to learn about what you can and can't eat in the woodland and you will forage items from the forest to make a Bushcraft salad.

#### Night-time Routine & Bed

The Students will settle in to their safari-style camp and around the camp fire exchange stories and songs. They will be provided with hot chocolate and marshmallows to roast over the open camp fire.

Students sleep in bell tents (10-12 per tent) or the shelters they have made.



## Day Three

### BREAKFAST

#### Trap Making

The students will be taught why it is important to find food in remote settings, and how this has been achieved over the ages. Our instructors will demonstrate trapping methods, before each tribe designs and builds their own trap.

#### Bushcraft Challenge

The teams will participate in a series of fun but challenging initiative exercises that will really put them to the test, both mentally and physically. This is a great team building activity and demands trust and communication.

### LUNCH

#### Strike Camp, Leave No Trace

It is always important to make sure you leave the woodland as you found it, so we will introduce you to our Leave No Trace procedures before you make your way home.



# Kit List

Below you can find out recommended kit list for the students and staff. We must stress that it is not necessary to go out and buy new and expensive kit for a trip with us as you may be able to borrow some items from friends or family. Please remember to pack enough for a fresh change of clothing each day and be prepared for all kit to come back very muddy!

## ESSENTIAL ITEMS TO PACK

- Large rucksack or holdall (for main luggage)
- Warm sleeping bag (season 3 is recommended)
- Tracksuit or hardwearing trousers
- Jumper or fleece
- Socks and underwear
- Wash bag including toothbrush, toothpaste, soap, face wipes
- Medication (labelled with name and clear instructions on application/dosage required)
- Alcohol hand gel
- Insect repellent
- Small rucksack to carry the essentials
- Roll mat
- T-shirts
- Waterproof jacket and trousers
- 2 pairs of footwear (eg. walking boots and old trainers)
- Towel(s)
- Water bottles or hydration system
- Torch (with fresh batteries) - a head torch is ideal

## OPTIONAL ITEMS TO PACK

- Whistle
- Pillow and pillowcase
- Rucksack liner
- Warm hat and scarf
- Thermal layer
- Sun hat
- Sleeping bag liner
- Plastic bags for dirty/wet clothing
- Wellington boots
- Gloves
- Sun cream

## Please don't bring any food on to camp - see fussy eater policy.

To avoid the risk of expensive items being lost or damaged, please do not bring electrical equipment or other expensive technology or items with you.

The Bushcraft Company is not responsible for any lost items on camp. We will endeavour to locate any missing items, however we are not liable if the item is not found. Lost items found on camp after your departure will be sent back to Head Office and kept for 3 months. If we locate your item, the customer service team will contact you to arrange collection or postage.





# Frequently Asked Questions

## What is a Bushcraft Camp?

Our camps are located on private estates. Each camp typically accommodates up to 60 students and is the base for each adventure. Camps are exclusive to each school, so you will not share with another group. The camp contains the student's bell tents, toilets, central yurt and school staff area. The camp is a large circle with a yurt top or parachute at the centre, where our staff will be based at night-time and ensure a central campfire is always bright.

## Are the bushcraft instructors DBS Checked

Yes, every member of our team has to pass through our enhanced DBS procedure and will be checked for their suitability for a role with The Bushcraft Company.

## What qualifications/certifications do the bushcraft instructors have?

All our team have a great deal of experience of running camps of this nature. Our instructors receive extensive in-house training prior to working on camps and additional qualifications from national governing bodies for specialised activities, including archery. All Camp Leaders are first-aid trained, and Field Cooks have food hygiene qualifications.

## How many members of staff will be on the camp with the children?

All our camps operate on a ratio of 15 children to 1 Bushcraft instructor – school staff will be in addition to this. We recommend that you bring enough staff to cover 1:10 ratio during transport.

For every camp, there will be 1 Camp Leader and 1 Tribe Leader per group of 16/17.

## Will there be a member of staff on duty at night?

Every night there will be at least two members of staff on duty and they will be based at the centre of the camp. The children are informed who those staff members are, and where they will be each evening should they require any help throughout the night.

## What happens if it rains?

All our camps have large structures called a big hat, kungsornen or yurt. These can accommodate the group where activities can take place if we have inclement weather. The majority of the time, all activities continue whatever the weather, as the extensive tree canopy often shades us and takes the worst of poor weather.

## What kind of food will we eat during camp?

You will be offered three hot meals a day, along with snacks and drinks, all cooked by the chefs on camp. Typical meals may include spaghetti bolognese, wraps, pizza, BBQ burgers. We can cater for a range of allergies and dietary requirements as long as we have sufficient notice. Please do ensure you make the school aware of any requirements you may have at least 4 weeks before camp.

## What are the toilets like?

Our toilets are porta-style toilets, similar to those you might find at a festival. The toilets are emptied multiple times a week and cleaned daily by the Bushcraft team.

## Will there be female members of staff at camp?

Yes, there is always at least one female member of staff on camp, present at all times.

## Where do we sleep?

The children sleep in single-sex groups of 10–12 students per bell tent/shelter. School and Bushcraft staff will be based on the same camp in their separate areas. A typical teacher area has 3 bell tents, suitable for 2–3 adults.



# OTHER HELPFUL INFORMATION

## DIETARY & MEDICAL INFORMATION

The Bushcraft Company aims to cater for a wide range of dietary and medical requirements. Before camp, The Bushcraft Company will work with the school to ensure we have all the relevant information we require. This will include dietary and medical information for all students and staff attending.

Please ensure you communicate any specifics to the school in advance of the trip as we require at least 2 weeks notice to fulfil any particular dietary and medical requirements.

If dietary information isn't provided 4 weeks ahead of your trip, the school is liable for any additional food costs incurred on camp.

We kindly ask that you do not bring snacks/supplies on to camp as these will be provided. This also helps us ensure we have all allergies covered whilst the group is on camp.

## Contact details for the bushcraft company

**Website:** [www.thebushcraftcompany.co.uk](http://www.thebushcraftcompany.co.uk)

**Phone:** 03332 000612

**Email:** [info@thebushcraftcompany.com](mailto:info@thebushcraftcompany.com)

## THE COUNTRYSIDE CODE

### Respect other people

Please respect the local community and other people using the outdoors. Remember your actions can affect people's lives and livelihoods.

### Protect the natural environment

We all have the responsibility to protect the countryside now and for future generations. Make sure you don't harm animals, birds, plants or trees and try to leave no trace of your visit.

### Enjoy the outdoors and be prepared

For many, this may be the very first time camping out in the woods. We want you to enjoy the great outdoors and being aware of the countryside code and the woodlands will help with this. Please do feel free to look at some of the resources listed below for further information ahead of your adventure.

If you have any specific questions not answered in this information back, Please speak to the trip leader at your school.

Sophie Kevlin

Account Manager



THE  
**BUSHCRAFT**  
*company*

---

Info@bushcraftcompany.com | 03332000612 | www.thebushcraftcompany.co.uk  
Unit 15, Eyston Way, Abingdon, Oxfordshire OX14 1TR