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THE  
**BUSHCRAFT**  
*company*  
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**THE WOODS**  
5 DAY RESIDENTIAL

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## THE WOODS

The five day residential course allows the students to become fully immersed in the natural environment, and become comfortable within it. With a strong focus on team-building, the course is made up of a series of interactive workshops and activities, which encourage the students to work together towards the same goals. This is a fantastic chance for students to build positive relationships with their classmates and learn the importance of communication and consideration for others.

The course will be held at our woodland estate, where the students will spend their days exploring the acres of woodland and stay overnight in a selection of bell tents and shelters they have built themselves. On arrival the students will be split into tribes, made up of between 10 and 15 students and assigned a tribe leader, who will take care of them for the duration of their stay.

The students will be involved in a wide range of activities, that could be anything from fire-lighting to shelter-building, orienteering and archery, as well as learning how to cook their own meals, from fresh, exciting ingredients and exploring all of the different trees and plants within the woodland. Whether they are following animal tracks through the forest, sharing haunches of roast venison around the fire, or performing in our trademark talent competition, the students will be buzzing from the adventure of living in the wild and return to school with new energy and confidence.



## ITINERARY

This is a sample itinerary. Activities and/or the order of these may differ on delivery. If you have any questions about these activities, contact the school Trip Leader.

### DAY ONE

#### Arrive 10am

#### Introduction to Camp

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.

#### Fire Workshop and Wilderness Cookery

The students will learn the basic principles of the fire triangle and put this knowledge into practice by collecting wood and lighting their fires using flint and steel. They will then learn how to cook a simple meal using fresh seasonal ingredients, over the fire.

#### Lunch

#### Shelter Building

The students will learn why we need shelter when we are living outside, and the types of shelter people from different societies, nationalities and places have used across the ages. Each tribe will then build their own shelter, using natural materials from around the woodland.

#### Camp Craft

Students will be challenge with making a tribe identity, they will name their tribe and even make a flag to distinguish their tribe from everyone else's.

#### Supper

#### Evening Games

Games are a great way for the children to bond with their fellow students and their teachers. It will also help the students to use any of the remaining energy that they have left over after the day, ready for a good night's sleep.

#### Sleep in shelters

### 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.

#### Wilderness Pottery

Tribes will have the chance to make models out of clay to identify their tribes,

#### Lunch

#### Wilderness Cooking and Survival Bracelets

The students will be taught another recipe (e.g. Lamb stew) which they will season and make themselves over a fire that they lit using the skills they learnt on the previous day. They will also make Bannock cakes.

#### Camouflage and Concealment

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

#### Night-time Stalking 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.

#### Sleep in shelters

## DAY THREE

### Breakfast

#### Animal ID and Tracking

The students will learn how to recognise different animal prints and what they might mean. If they find any fresh prints then they may even be able to follow them to see where they lead.

#### Cutting Tools Workshop

Students will learn about the different types of tools used in the field of Bushcraft, both primitive and modern, and the reasons for their use. They will be taught safe handling techniques, helping them to understand how to manage risk effectively.

### Lunch

#### Target Sports 1

The students will learn a little history about this ancient sport. They will then be taught basic archery techniques and how to handle equipment safely and responsibly before competing in a mini-tournament.

#### Target Sports 2

Using what they learnt in the previous session, the children will also learn to throw tomahawks at a target and play other target games in their tribes such as 'Archery Tag'

### Supper

#### Evening Games

Games are a great way for the children to bond with their fellow students and their teachers. It will also help the students to use any of the remaining energy that they have left over after the day, ready for a good night's sleep.

### Sleep in shelters

## DAY FOUR

### Breakfast

#### Plant ID and Foraging

Students will be taught how to navigate through the woodland, using natural navigation techniques as well as a map and compass. They will learn how to identify plants and find their own food in the woods.

#### Wilderness Walk

They will be taken on a stunning walk around the woodlands where they will be able to use the plant and animal knowledge that they have gained.

### Lunch

#### Scenario SOS

The students will put all of their new skills to the test and work in teams to complete an orienteering course, using grid references 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 of the students enjoy themselves and it is always brilliantly amusing, and at times, astonishing, as the students show off their skills.

### Sleep in shelters

## DAY FIVE

### Breakfast

#### Trap Making

Students are taught how to make a variety of different animal traps and what they would be used for. They will learn the pros and cons of the traps.

#### Pizza Kitchen

The students will design their own pizzas using tonnes of different ingredients and use our outdoor pizza oven for a fun, delicious lunch.

### Lunch

#### Bushcraft Tournament

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.

#### Leave No Trace Procedures

The students will learn the importance of leaving their environment as they found it and understand the impact human activity can have on the natural landscape. They will be asked to strike camp and return their team camp areas to their natural state.

### Depart 3pm

## LEARNING OBJECTIVES

### STUDENTS WILL LEARN

- How to conduct themselves safely and responsibly in an outdoor environment
- To generate and contribute to a sense of team identity
- To work as part of a team towards a shared goal
- To be proactive and to make individual contributions to group activities
- To develop confidence in unfamiliar surroundings
- To react positively to new experiences and to share these with their peers
- Where food comes from and to make informed choices about diet and lifestyle
- To think creatively about their surroundings
- To develop a greater understanding of the natural British landscape
- How to ensure that their presence in the woodland leaves minimum impact on the environment

## PRACTICALITIES

### LOCATIONS

**CUFFLEY**, Hertfordshire

**PENSHURST PLACE**, Kent

**BLenheim**, Oxfordshire

**CORNBURY PARK**, Oxfordshire

**BOUGHTON WOODS**, Northamptonshire

**BADMINTON**, Gloucestershire

**CASTLE HOWARD**, Yorkshire

**CHOLMONDELEY CASTLE**, Cheshire



**ACCOMODATION** The students will alternate between sleeping in shelters and bell tents, which 10-15 students will share.

**FOOD** We will provide all of the food for the course and all of our meals are cooked from fresh, exciting ingredients. The menu will vary depending on the season and the length of the course, and we pride ourselves on being able to cater for all dietary requirements. Examples of meals include wood fired pizza, lamb stews, spaghetti Bolognese, and fruit crumbles. Students will also be given snacks throughout the day which will include fresh fruit and biscuits, as well as water and squash to drink. Evenings will of course include a traditional cup of hot cocoa and toasted marshmallows around the campfire.



## KIT LIST

Below you can find our recommended kit list. We do stress that it is not necessary to go out and buy all new and expensive kit to come on our trips. As long as you have a **sleeping bag** and **roll mat**, **torch**, **appropriate footwear** and some **warm clothes** you will be fine, but just to be sure we have outlined the key items of kit below.

### ESSENTIALS

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytime away from camp
- Warm sleeping bag (season 3)
- Roll mat
- Tracksuit/hard-wearing trousers
- T-shirts
- Warm jumpers/fleece
- Waterproof jacket and trousers
- Warm socks and underwear
- Footwear (2 pairs - e.g. walking boots, old trainers)
- Swimwear & suitable swimming footwear e.g. old trainers (please check with school if this is planned for you)
- Towel(s)
- Wash bag including toothbrush, toothpaste and face wipes

- Good torch with fresh batteries
- Insect repellent
- Alcohol Hand Gel

### OPTIONAL

- Sleeping bag liner
- Pillow
- Whistle

### WEATHER DEPENDENT

- Wellington boots
- Warm hat
- Gloves
- Sun cream
- Sun hat

- ✘ We kindly ask that you do not bring any sweets or snacks onto camp, particularly those containing nuts.
- ✘ We also do not advise bringing electronic equipment, such as mobile phones.



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## PRE COURSE

### BOOKING PROCEDURES

If you would like to book a course with us, please contact your personal trip planner, who will discuss dates and student numbers with you. We will then be able to reserve your chosen dates for up to a 2 weeks, and you will then receive an invoice for the deposit and your dates will be secured once this has been paid. Upon receipt, you will receive a course brief, our risk and insurance documents, and a directions pack.

### VISIT US

We understand how important it is for you to feel comfortable with your choice of provider and we always welcome visitors. If you would like a preview of our facilities, how the courses work, and to meet the team and discuss any questions you might have, please call and book a visit in now.

## POST COURSE

### YOUR FEEDBACK

We always love to hear what you think of our courses so please do fill out our feedback form and send us an email or call us with any additional comments.

### RE-BOOK

If you would like to book more dates, or secure the same dates for next year, please contact us in the office and make sure you don't miss out on the dates that suit you.

