



THE
BUSHCRAFT
company

THE WOODS



BROUGHTON HALL HIGH SCHOOL

YEAR 7

15th June 2017 for a 3-Day Residential Bushcraft Trip



THE WOODS

Situated in Cheshire, the grounds of this 19th century castle are the perfect location for schools in the Midlands, and the north of England. Famed for its beauty, lakes rife with wildfowl, and spectacular mixed woodland, Cholmondeley Castle captures the very essence of what we do and provides the perfect backdrop for a residential with The Bushcraft Company.

The three-day residential course acts as a fantastic step towards the development of leadership skills, demanding resourcefulness, decision-making and practical thinking from students. Each day will be made up of a range of hands-on workshops, offering a chance to really get to grips with life in the outdoors and providing a unique environment in which to learn and interact.

This experience is structured so that activities alternate between group discussions and practical elements, putting the skills taught into immediate use. The students will work in small groups of between ten and fifteen, each of which will be assigned a Bushcraft group leader, allowing every student the opportunity to really contribute to the collaborative effort required.

Whilst content is strongly linked to the National Curriculum, our courses offer students the chance to excel away from conventional classroom standards, intending to inspire a positive attitude to learning, as they develop new skill sets in new and exciting surroundings. Students will leave us with a sense of achievement, confident in their ability to live and operate in an outdoor environment, as well as a greater understanding of the British landscape.

Time spent living in the wild offers a fantastic opportunity for students to interact away from the distractions of everyday school life, taking them out of their comfort zones and encouraging both independence and teamwork. By the end of the course, the students will have gained a far better understanding of the natural British landscape and they will leave with a new sense of self-sufficiency and confidence.



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SAMPLE ITINERARY

DAY ONE

10:00

Arrive

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

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 in to practice, lighting fires in tribes using these methods.

12:30

Lunch

Camp-Craft

This is a chance for the tribes to develop a tribal identity, building a comfortable and functional camp that will include a wood-store, seating area and drying rack, as well as making fun tribal flags and necklaces.

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.

18:30

Supper

Night-time Routine

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

Sleep in shelters

DAY TWO

07:30

Breakfast

Camouflage and Concealment Exercise

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.

Fresh-water Swimming

The students will be able to swim in one of our stunning fresh-water lakes, play games, and relax on the banks of the lake with their friends.

12:30

Lunch

Wild Food Workshop

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 tribe's design and build their own trap.

Cutting Tools Workshop

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 to understand how to effectively manage risk.

18:30

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

07:30 *Breakfast*

Wilderness First Aid Workshop

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.

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.

Lunch

Leave No Trace Procedures

The students will learn the importance of leaving their environment as they found it, understanding the impacts human activity can have on the natural landscape. They will be asked to strike camp and leave no trace.

15:00 *Depart*

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 and work as part of a team towards a shared goal
- To be proactive and 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
- To ensure that their presence in the woodland leaves minimum impact on the environment



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.

You can also visit our online shop at www.thebushcraftcompany.com.

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

- Water bottle
- 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.*



FREQUENTLY ASKED QUESTIONS

You can also get in touch on 03332 000612 or questions@thebushcraftcompany.com with any other questions

What is a Bushcraft camp?

Our camps are similar in their set up and are located on private estates. Each camp typically accommodates up to 60 students and is the base for each of our residential trips. Camps are exclusive to schools, so you will not share with another school and the camp contains the student's bell tents, toilets, school staff area, large structure and field kitchen. The camp is a large circle with a yurt top or parachute at the centre, where our staff will be based and ensure a central campfire is always bright.

Are the Bushcraft instructors DBS checked?

Yes, every member of our team has had an Enhanced DBS check prior to their employment with The Bushcraft Company.

What qualifications/certifications do the Bushcraft instructors have?

All of our team have a great deal of experience running camps of this kind, having worked for the rest of the year delivering school trips. The Bushcraft instructors receive extensive in house training, as well as obtaining qualifications from national governing bodies for specialised activities, including archery and swimming. All of our camp leaders are first aid trained, and our camp cooks have food hygiene certificates.

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

We operate all of our camps on a ratio of 10 children to 1 Bushcraft instructor – school staff will be in addition to this.

What happens if it rains?

All of our camps have large structures called a big hat, kungsornen or yurt, 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.

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

Every night, there will always be at least one male and one female member 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 in the night.

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 groups of 10-12, in large single-sex bell tents on camp. School staff will be based in their staff area on camp and the Bushcraft staff will be either at the centre of camp, or the Bushcraft area on camp.

What kind of food will we eat during camp?

All of the meals are freshly prepared on site, and include meat, fish, fruit, vegetables, bread and pasta, as well as plenty of snacks. Typical meals may include spaghetti bolognese, pannassed (roast) salmon, lamb kebabs, pizza and Bushcraft BBQ's.

What are the toilets like?

Our loos are flushing porta-style loos like you might find at a festival. Each camp has separate boys, girls and staff facilities.