# WILDERNESS

## Outdoor Education

Wilderness
Under Canvas
Outdoor
Activity
Camp

# Who are Wilderness Outdoor Education?

We are small, independent outdoor education provider, passionate about offering young children exciting, exhilarating and memorable outdoor experiences.

We have over 20 years of experience in providing adventurous outdoor activities with both primary and secondary age children across the North East.

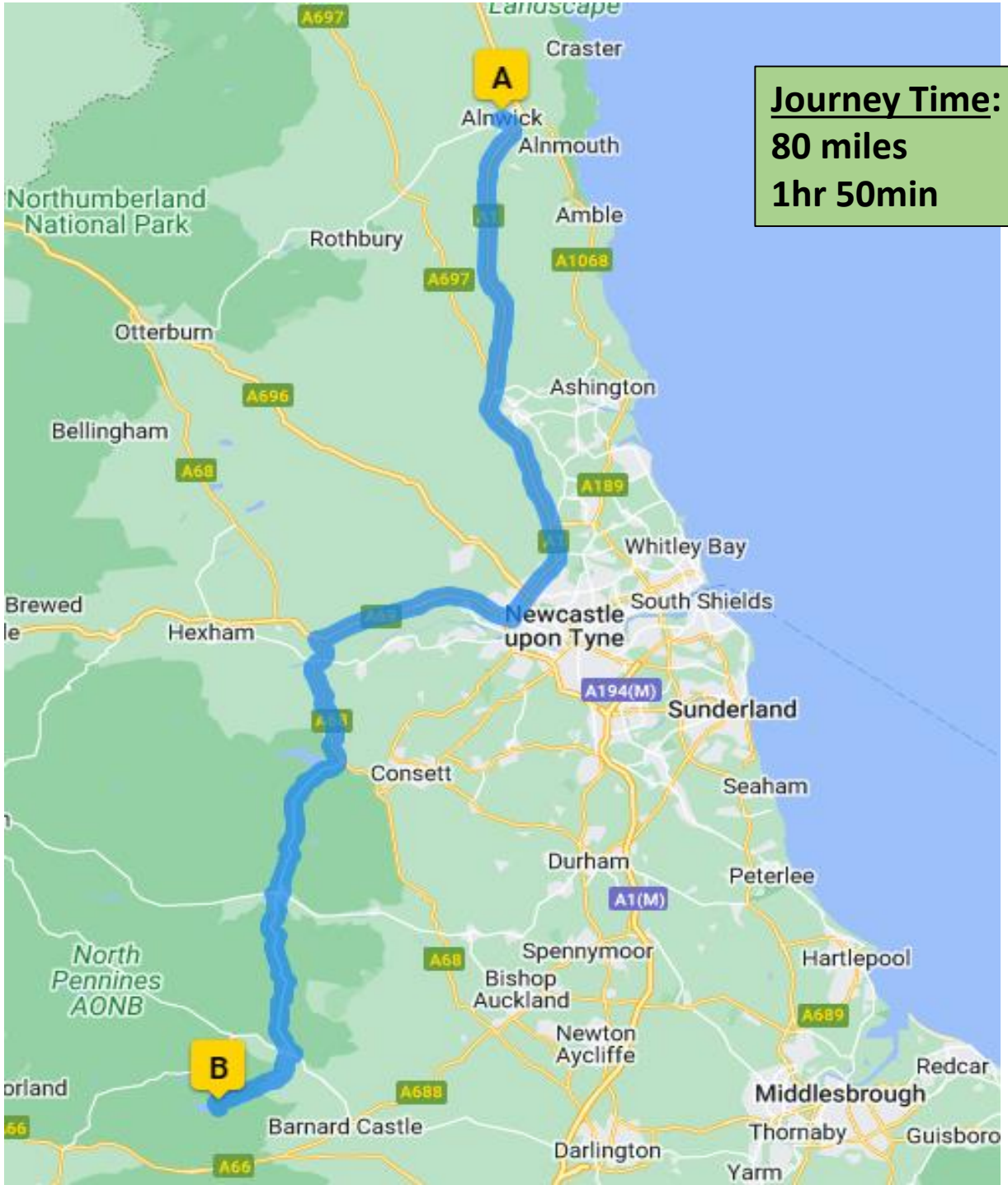
We provide a unique opportunity to combine outdoor activities with a novel ‘back to basics’ safari camp style accommodation.

# Location

We are located in a beautiful, sheltered woodland in the heart of Baldersdale, a small valley set in Teesdale, surround by rolling hills, stunning reservoirs and spectacular green open space for as far as the eye can see.

We are located a short 30 minute drive from the nearest town of Barnard Castle.

Low Birk Hatt
Pennine Way
Barnard Castle
DL12 9UX




**Journey Time:**
**80 miles**
**1hr 50min**

# Outdoor Activities at Wilderness

We offer a wide range of authentic and immersive, adventurous activities, from leaping off waterfalls to crossing rivers on a handmade rafts built from scratch. Your children are sure to create memories they will treasure for years to come.

We run a busy program, days are crammed full with outdoor activities, whilst evenings are taken up by a range of whole group activities with star gazing and slip N slide amongst the many options.

All activities are run by our team of highly qualified and experienced outdoor practitioners.

# Outdoor Activities at Wilderness

# Monday 20th May 2024

| | |
|---|---|
| 08.30 hrs - | The coach will arrive at the school to load luggage |
| 09.00 hrs - | Depart by coach and travel to Outdoor Wilderness Camp (DL12 9UX) |
| 11.00 hrs - | Coach arrives. Rob from the campsite will meet you there to transfer luggage onto their own mini buses and transfer it to site |
| | The group will then walk with the instructors down to the campsite. |
| | Lunch –*children to bring own packed lunches for this day & reusable water bottle* |
| 14.30 hrs-16.30 hrs | Activity 1. Split into 3 groups with instructors and school staff for each group. |
| | Dinner is served back at the site – BBQ including hot dogs, homemade burgers, cheese salad and cooked onions. Pudding. |
| | Evening Games: Football, Cricket, Rounders, Cards |
| 20.00 hrs - | Evening campfire with marshmallows and songs<br>Hot Chocolate before bed |

# Tuesday 21st May 2024

| | |
|---|---|
| | Breakfast is served – selection of cereals, pastries, yogurts and fruit. |
| 09.30 hrs - 12.00 hrs | Activity 2: Split into 3 groups with instructors and school staff for each group. |
| | Lunch – buffet style lunch including fresh bread rolls, hams, salamis, cheese, crackers, breadsticks, salads, fruit, crisps, snack bars and cakes. |
| 14.00 hrs - 16.30 hrs | Activity 3: Split into 3 groups with instructors and school staff for each group. |
| | Dinner is served – Spaghetti Bolognese with grated cheese and garlic bread. Pudding |
| | Evening Games: Football, Cricket, Rounders, Cards |
| 20.00 hrs - | **Quiz night**<br>Hot chocolate before bed |

# Wednesday 22nd May 2024

| | |
|---|---|
| | Breakfast is served – selection of cereals, pastries, yogurts and fruit. |
| 09.30 hrs - 12.00 hrs | Activity 4: Split into 3 groups with instructors and school staff for each group. |
| | Lunch: buffet style lunch including fresh bread rolls, hams, salamis, cheese, crackers, breadsticks, salads, fruit, crisps, snack bars and cake. |
| 12.30 hrs - | Coach arrives at Outdoor Wilderness to load the luggage, wait for the group then depart for school |
| 15.00 hrs - | Approximate arrival time back at school |

# Accommodation at Wilderness

Heavy duty safari style bell tents provide our unique and extremely novel accommodation. Children share in groups (Max 8 per tent).

# Facilities at Wilderness

## The Stretch Tent

Our giant stretch tent equipped with bench seating provides the children with shelter from the elements to enjoy a well earnt warm, hearty meal.

## The Hot Tent

This large group shelter equipped with log burner provides an warm and dry retreat of an evening to enjoy a tasty hot chocolate before bed.

# When Nature calls……

When nature calls we have port-a loos onsite hidden out of site behind log screening

# Keeping Clean….

Apart from a dip and scrub in the neighbouring river, children will shower in heated outdoor showers

# Menu at Wilderness

Don’t worry we won’t be foraging for our food, the children will be well fed with delicious homecooked, tasty meals; from cereals, fruit and pastries for breakfasts, buffet lunches and barbequed burgers, sausages as well as pasta bolognese and garlic bread for dinner.

Not to mention the puddings and  hot chocolate with s’mores before bed.

We cater for all dietary requirements, allergies and intolerances.

# Menu

| | | |
|---|---|---|
| Day 1 | Lunch | Packed Lunch |
| | Evening Meal | Camp BBQ with burgers topped with cooked onions and cheese, hot dogs and salad |
| Day 2 | Breakfast | Cereal, croissants, pastries, yogurts, fruit |
| | Lunch | Large buffet lunch |
| | Evening Meal | Spaghetti Bolagnese with garlic bread and warm chocolate brownie for pudding |
| Day 3 | Breakfast | Cereal, croissants, pastries, yogurts, fruit |
| | Lunch | Large buffet lunch |

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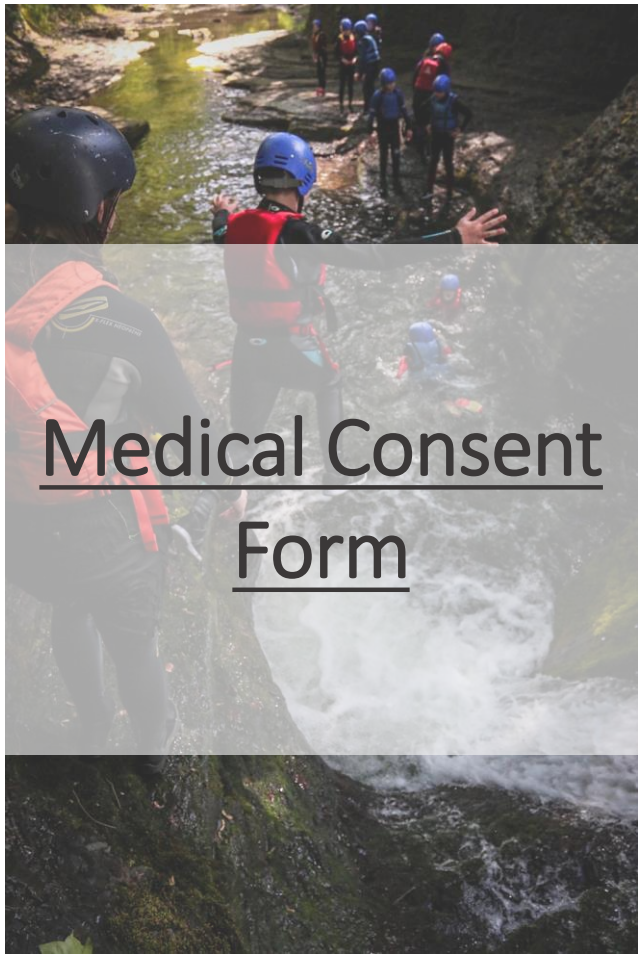
Outdoor Education

## Wilderness Outdoor Education - Kit List

A packed lunch and drink for the first day carried in a rucksack
1 bath towel and 1 flannel
Toiletry bag containing toothbrush, toothpaste, flannel, hairbrush, hair bobbles, soap etc.
Pyjamas
Several pairs of socks and underwear
5 full sets of clothes, including 2 warm jumpers
Warm coat for evening
Waterproof jacket & trousers *(If you have them)*
1 pair of trainers for dry activities
1 pair of trainers for wet activities *(Not beach shoes or wellies)*
1 pair of crocs / flip-flops for around the camp
Swimwear for underneath wetsuit (*This can include t-shirt and shorts)*
Large plastic bag for dirty clothes
Woolly Hat / Sun hat
Sun lotion
Insect repellent
Water bottle
Torch
Camera
Pillow and sleeping bag

# Kit List

- We WILL get extremely wet and muddy so please pack old clothes, NOT your newest outfits!
- Please name all clothing and put a packing list in your bag. Please also help to pack your bag so that you know what you have and where it is!
- Remember that you will have to carry your own bag to and from the bus / tent.
- Long hair must be tied back for all activities and earrings / jewellery should not be worn.
- No mobile phones, computer games, iPads etc. You can however bring card games, a puzzle book or something to read.
- No additional sweets, food or drinks. There will be plenty of food, you will not go hungry and drinks are provided regularly during the day.




*Confidential when completed*

**Wilderness OE Risk and Medical Consent Form**

(Under 18 years of age)

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| Name of Child: | School / Group Name: |
|---|---|
| Age: | Date of Birth: |
| Home Address: | Post code: |
| Contact Number: | Email Address: |
| Emergency contact name: | Emergency contact number: |

**Health and Medical Information:**

Individuals participating in outdoor activities are putting themselves into a situation where trained and responsible adults may have to make decisions of care on their behalf. By participating in outdoor activities, participants may experience environments and conditions where prior knowledge of details of health may prove vital in ensuring the full safety of the participants. For these reasons, we would like to have details of any medical conditions or health issues that may affect involvement in the activity. Please detail any medical conditions or illnesses for which you have been under the care of a health professional, or are taking medication, in the past 6 months.

**Does your child suffer from any of the following conditions?** (Cross out the YES or NO which does not apply)

| | | | | | |
|---|---|---|---|---|---|
| Asthma | yes/no | Bronchitis | yes/no | Tuberculosis | yes/no |
| Epilepsy | yes/no | Fainting | yes/no | Chest Problems | yes/no |
| Diabetes | yes/no | Migraines | yes/no | Raised Blood Pressure | yes/no |
| Heart Trouble | yes/no | | | | |

All medical Forms should now be completed and submitted to Wilderness Outdoors

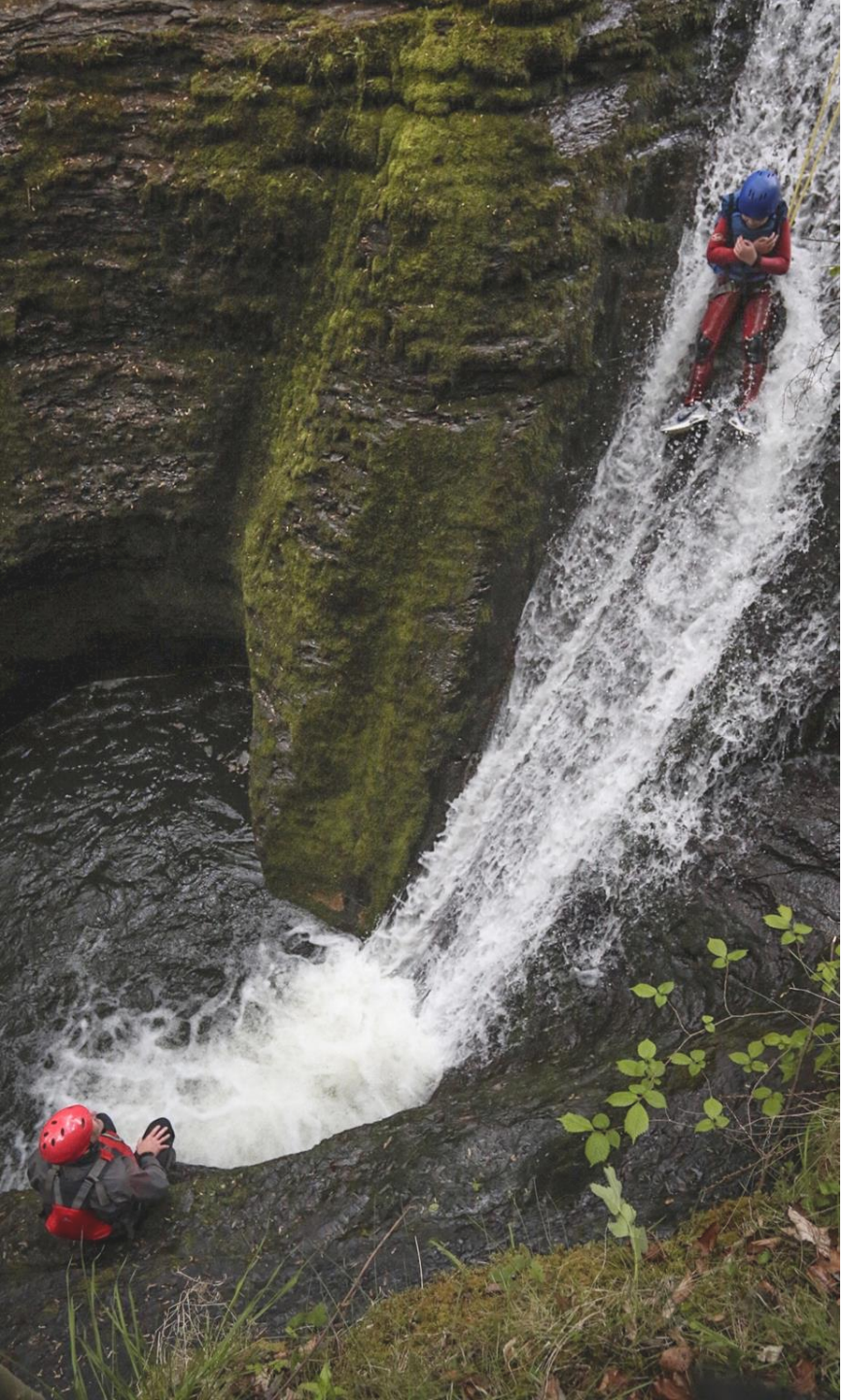
# FAQ

**Is it safe onsite?**

Yes, the site is very private, secluded and fenced off. Wilderness staff are onsite with the teachers throughout the night.

**What if the weather is horrible?**

We are no strangers to bad weather and are fully prepared. The program may change and alter but will remain full of adventure. In terms of accommodation we have plenty of warm and dry space for all of the group to escape the elements.



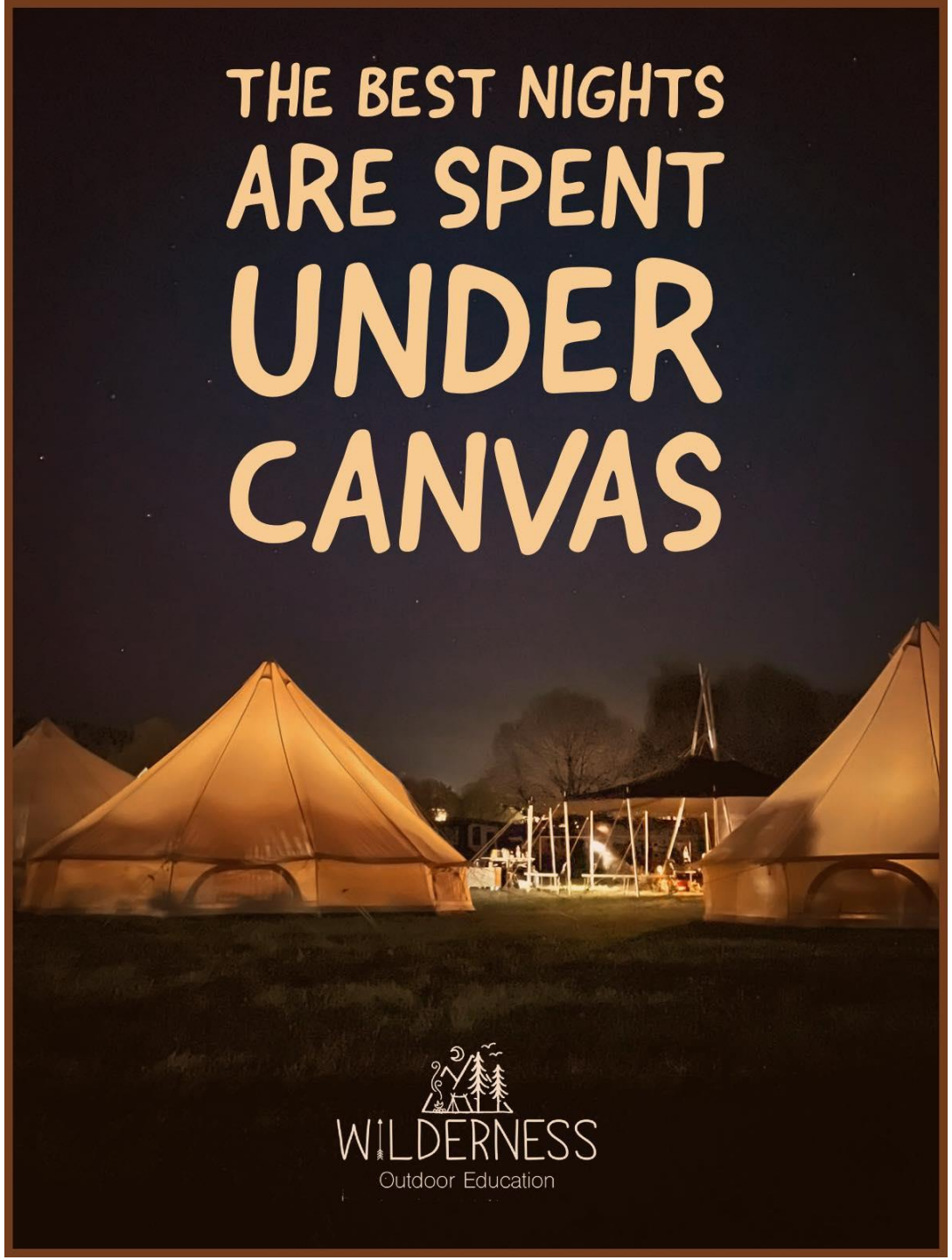
## Do you have phone signal/wifi?

Yes, the site has good phone signal and emergency contact numbers will be shared with parents prior to the visit.

Parents will be informed of the groups safe arrival. Photographs of our adventures will then be uploaded to the school website after half term.

## Are the tents cold?

Although the tents have no heating, they will certainly be a comfortable temperature. We provide comfy camp beds and additional 4 season sleeping bags to act as duvets over the top of your own sleeping bags if needed.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