

THE  
**BUSHCRAFT**  
*company*

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4 DAY RESIDENTIAL



# SAMPLE ITINERARY

## DAY 1

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### 10.00 AM - Arrive

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#### **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 & 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.

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### PM - Lunch

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#### **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.

#### **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.

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### Supper

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#### **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.

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### Sleep in shelters

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## DAY 2

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### 7.30 AM – Breakfast

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#### Archery

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.

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### PM – Lunch

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#### Cutting Tools

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.

#### 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.

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### Supper

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#### 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.

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### Sleep in shelters

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## DAY 3

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### 7.30 AM – Breakfast

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#### 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.

#### 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.

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### PM – Lunch

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#### Survival Bracelets

Students will learn how to make survival bracelets and will have the opportunity to make their own. They will then learn about how they can come in handy in the wild.

#### Wilderness Trail

On the wilderness trail, the students will work through a series of observation lanes, sand pits and sensory games and learn how to recognise animal tracks, enhancing their sensory skills and having fun at the same time.

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### Supper

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#### 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.

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### Sleep in shelters

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## DAY 4

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### 7.30 AM – Breakfast

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#### 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 particular traps.

#### 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.

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### PM – Lunch

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#### Leave No Trace

The students will learn the importance of leaving their environment as they found it, and understand the impacts 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.

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### 15:00 – Depart

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