

OVER THE WALL CAMP

UK Children's Charity



Hello Camper! This is your ultimate guide to an Over The Wall Family Camp!

You're Coming To Family Camp!

Here, you'll uncover everything you need to know to dive headfirst into the magic of camp life. From a sneak peek at this year's activities to a packing list that'll have you and your family ready for any mischief that comes your way. We've also included all the important bits about medical care to keep your family safe while you're at camp.

Whether this is your first camp or you are a seasoned Over The Wall Camper family, this handbook is overflowing with top tips and handy hints to make your camp journey nothing short of legendary.

What You'll Find In This Document To Get You Ready For Camp

- A Day At Camp
- Accommodation At Camp
- Meal Times
- Who's At Camp?
- Medical Care At Camp
- Packing List



Activity Programme

- **Active**

Sport-style activities, physical play

- **Adventure**

Climbing, orienteering, archery, nature activities

- **Create**

Arts and crafts, creative arts, cooking

- **Perform**

Music, drama, dance and theatre activities

- **Innovate**

STEM and STEAM activities, collaborative team building activities



At camp, everything we do fits into one of the five programme areas above: Active, Adventure, Create, Perform and Innovate.

That means one minute you might be getting stuck into high-energy games, the next you could be climbing, making something awesome, performing with your friends or solving a brilliant team challenge.

We won't spoil all the surprises... but you can expect a mix of sporty moments, outdoor adventures, creative sessions, music and drama, and some seriously fun problem-solving along the way. Every camper gets the chance to try a bit of everything, and you might even discover a hidden talent you didn't know you had.

Camp is all about having a go, backing each other and making unforgettable memories across all five areas.

A Typical Day At Camp

8:30 am Breakfast

9:30 am Activity One - Climbing

11:10 am Activity Two - Arts and Crafts

12:30 pm Lunch

1:15 pm Rest Hour

2:30 pm Activity Three - Archery

4:00 pm Activity Four - Team Games

5:30 pm Dinner

7:00 pm Evening Activity - Campfire

8:30 pm Optional Extra Evening Activity



This is an example of a typical day at camp. Activities can vary between sites.

What Does The Camper Accommodation Look Like?

Modern Accommodation, No Tents!

You will be staying with your family in a modern en-suite multi-bedded room which could have a combination of single beds and bunk beds (we don't sleep in tents!).

What Are Meal Times Like At Camp?

Dining Hall

All of camp comes together every mealtime in the Dining Hall and at the end of every meal the OTWC Support Team will give any necessary announcements. At lunch and dinner, we finish our meals with a Dance Party and sing some camp songs!

Please be aware that the Dining Hall is very noisy – if you think this will upset or overwhelm you, please ask someone to let us know before you come to camp.

Allergy Awareness

We have campers at camp with several allergies, which means certain foods can make them very unwell if they come into contact with them.

Your family will be given a list of snacks that are safe for camp, please do not bring anything other than these items with you.

Meals At Camp

If you or any family member has specific dietary requirements or allergies, these must be on their application form, or if changed since then, must be discussed with us as soon as possible and prior to arriving at camp.

Please note that campers can only eat meals which have been prepared by the chefs on site.

If you have any worries about mealtimes at camp, please ask someone at home to contact us to discuss it on clinical@otw.org.uk.



Who will be at camp with me?

Families

There will be a number of other families with you at camp, including children and young people of a mixed age range. Your family will be part of a smaller team with a few other families. Teams will spend some of their time at camp together; participating in activities, eating together at mealtimes and creating some shared memories and experiences. There will also be chance for you to spend quality time just as a family.

Volunteers

Each team at family camp will be supported by volunteers who will help to make your camp experience incredible! They will cheer you on at activities, encourage you to challenge yourself and create a safe, positive and inclusive environment for all.

Over The Wall Camp Support Team

The Over The Wall Camp Support Team are staff who work year-round to make sure the camp experience is full of mischief and magic! If you have any questions, just want to have a chat or a face to paint... The Support Team is here for you!



Your Medical Care At Camp

At Family Camp, you or your parent/guardian will continue to look after and take your medicine as you would at home.

There will be a small team of doctors, nurses or paramedics on hand if needed.





What Should I Bring To Camp?

Technology at camp

To help you and your family get into the 'camp bubble', we encourage limiting your phone and technology use to your bedroom. We ask that activities are where possible a phone-free zone for all campers, so everyone can get the most out of their experience.

We appreciate that for some health challenges, mobile phones are an essential medical device, and we support the use of technology when needed in these circumstances.

Packing List

Here is a list of things you should bring to camp. Make sure all your items have your name on, so they don't get lost.

Clothing

- T-shirts - campers are provided with an OTWC T-shirt, which they are encouraged to wear during camp, but we recommend packing some extras and spares.
- Longsleeved top
- Sweatshirt, hoodie or fleece
- Fully waterproof coat
- Long trousers/joggers
- Sensible shorts
- Enough socks and underwear for the time away
- Pyjamas

Footwear

- Closed-toed shoes
- Wellies or old trainers

Please do not bring

- Food or drink (unless agreed by our clinical team)
- Personal sports equipment
- Sharp implements and weapons
- Alcohol and drugs

Bathroom Items

- Towel
- Soap, shower gel, shampoo
- Deodorant
- Toothpaste & toothbrush
- Hairbrush, hair products & accessories
- Sanitary items if required

Optional Items

- Sunglasses and hat
- Plastic bag for dirty laundry
- Teddy or bedtime items
- Books or comics
- Watch/travel clock

Activity Specific Items

- Archery – campers will need to wear a long-sleeved top
- Climbing – campers need to wear closed-toe shoes



**We can't wait to see
you at camp!**



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