

# OVER THE WALL CAMP

UK Children's Charity



## Hello Camper! This is your ultimate guide to an Over The Wall Health Challenge or Sibling Camp

### You're Coming To 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 ready for any mischief that comes your way.

We've also included all the important bits about medical care to keep you safe while you're at camp.

Whether you're a first-time camper or a seasoned Over The Wall Camper, 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
- Where You'll Be Staying
- Meal Times
- Your Medical Care At Camp
- What If I Feel HomeSick?
- Who's At Camp?
- What To Bring To Camp



# 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 our five programme areas: 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** Cabin Chat



*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 in an en-suite bedroom with other campers of a similar age. If you have a sibling at the same camp, you may not be sharing a bedroom. While we do our best to honour requests for friends to share rooms, we cannot guarantee that this will always be possible.

We do use preferred names at camp for everyone, and campers are placed in teams prior to arriving at camp based on age.

Volunteer bedrooms are always close by, and at least two volunteers will be on Night Duty every night, and you will be told each night where to find them should you need them.

If you have any queries about bedrooms arrangements, please ask your parent / guardian / carer to get in touch prior to camp on [clinical@otw.org.uk](mailto:clinical@otw.org.uk) or 01332 977589.

## What Are Meal Times Like At Camp?

### Dining Hall

Mealtimes at camp are a fantastic time for all of camp to come together. You will eat your meals with the rest of your team (including your volunteers) and at the end of every meal, the OTWC Support Team will give any announcements and read out challenges set by other teams! At lunch and dinner, we also have a Dance Party and sing some camp songs!

The Dining Hall can get very noisy, so if you know that 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 severe allergies, which means certain foods can make them very unwell if they come into contact with them.

Therefore, we ask that you DO NOT bring any type of food to camp with you.

### Meals At Camp

Please be aware that it will not be possible to eat food prepared by anyone other than 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](mailto:clinical@otw.org.uk).



# Your Medical Care At Camp

## Introducing Beach Patrol

Whilst at camp, we have our Beach Patrol – a wonderful team of nurses, doctors and paramedics who are there to look after your medical need and store your medication.

They are very easy to spot in their bright pink t-shirts and will provide routine care or medications you need in the Beach Hut – our beach-themed clinical room.

You won't be alone in taking your medication. Lots of other campers will also be receiving medication at camp.

## What Happens If I Feel Homesick?

### Homesickness

Camp is a really fun and exciting place, but some campers do miss home whilst away.

Our wonderful volunteers are really experienced at supporting with this, and can do lots of things to help.

For example, help you write a letter home, keep you entertained with fun activities and games, as well as checking in with our Camper Wellbeing Coordinator for other resources and ideas to help you.



## Who will be at camp with me?

### Campers

You will be at a camp with other children and young people who are aged anywhere between 8 and 17 years. We put campers into smaller teams though, so you will be in a team with campers of a similar age to you.

### Volunteers

Your team volunteers will be there for you for the whole of camp 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!

### Beach Patrol

Our Beach Patrol are nurses, doctors and paramedics who are at camp to look after your medical needs.

### Over The Wall Camp Support Team

The Over The Wall Camp Support Team are staff who work year-round to make sure your 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!





## What Should I Bring To Camp?

### Camp is a phone-free zone!

We ask that you don't bring your phone, or any other electronics, to camp. This is to help you get into the magic 'camp bubble'!

If you want to stay in touch with the friends you make at camp, you can exchange contact details at the end of the week.

If you are worried that you won't have photos of you at activities and with your new friends, don't worry as we have a team of photographers there to capture all of your memories which you can see at the end of camp.

## 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 OTWC T-shirts, 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
- Mobile Phones/technology
- Money
- 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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Over The Wall Camp, Ockbrook Derby DE72 3RJ  
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