## **New Campers Guide**



## **Before Camp**

Check out our website and Facebook page for information about the theme and events we will be hosting this year so you can plan what to bring with you. Some good ideas for any year are listed below:

- Food to share at the welcome meal on the first evening of camp and food to donate to your circle's kitchen such as vegetables, bread or teabags. (Snacks or alcohol you want to munch on yourself should be kept in your tent)
- 2. Cooking implements to share for your circle meals examples include saucepans, trivets, plates, cutlery, washing up bowls, kettle.
- 3. A little bit of spending money for the camp market and café.
- 4. There is a river and beaches nearby which people often run swimming trips to so bring your trunks if you'd like to have a go.
- 5. A water container to save your circle having to make a lot of trips to the taps.
- 6. Comfy walking shoes if you want to take advantage of the local walking routes.
- 7. Eye mask and earplugs if you're a light sleeper.
- 8. Something to sit on.
- 9. Your musical instruments. Even if you don't want to perform camp is a great place to practice.
- 10. Comfortable loose-fitting clothes, for wellbeing and dance workshops.
- 11. Medicines/plasters. We'll have First Aid on site for serious issues but they cannot dispense medicines such as painkillers, bite cream.
- 12. Party clothes/themed outfits so that you can feel glamorous and groovy during evening events.

# The First Day

Camp opens from midday, when you arrive you will be directed to our welcome tent by the helpful site crew. Here you will sign in and choose a circle to join. Once the admin is done you can stop and have a cup of tea with our team and ask any questions, or head off to pitch your tent and start your holiday. Later that evening we will have a welcome meal where campers share food and celebrate the start of camp.

#### **The Welcome Meeting**

The next morning you are invited to the Welcome Meeting where you can meet the Core Group and find out about the wonderful activities on offer. Your circle may be given a task they need to work on through the week to help with the running of the camp for example lighting.

### The Last Day

We will all help take down the camp together so that we can leave the field without a trace. In the afternoon we will have a closing ceremony after which campers can leave.