

# BUSHCRAFT & ADVENTURE PARTIES

DAY PACKAGE

## PROGRAMME

All parties follow a similar timetabled format. This helps you and us know what to expect. It does not however mean we need to stick to it, and will always try to follow participant interest.

WILD GAME #1 → FIRE CRAFT → OPEN FIRE COOKING → LUNCH → WILD GAME #2 → CUSTOM WORKSHOPS → WILD GAME #3

## OPTIONS

Choose from the following workshops and adventure elements.  
You can choose between any **two** activities and **one** food option.

### FOOD OPTIONS

#### Upside Down Pizza

A quick win lunch, with easy to make upside down pizzas. Pick your own toppings and literally cook upside down over a fire you've lit.

Fun cone pudding.

#### Campfire Toasties

Cheese that melts out the sides is compulsory with this one. Perfectly toasted sandwiches, served with crisps. Once again, you choose from a range of options when it comes to fillings.

Fun cone pudding.

#### All in one Bannocks

A simple, scottish flat bread. This super quick make has two sides - a sweet and a savoury and is made from scratch - so once again you can choose from a range of fillings for both sides.

### ADVENTURE ELEMENTS

#### Archery

'Knock... Loose!'

Try your hand at one of the most iconic woodland hunting tools, the bow and arrow.

#### 4 | Wet n' Wild

The ultimate time trial. A fifteen metre, snug woodland tunnel; the soup swing; the slippery pool and the water slide. Can you get your name on the 4 Board and set a record breaking time.

#### Slackline Challenge

Balance, adrenaline and speed. Levitating at various heights over the ground, compete in one of our many slackline challenges, moving between the trees before gliding to a finish down our Slack Zip!

### BUSHCRAFT WORKSHOPS

#### Trapping & Tracking Workshop

The art of wild survival includes finding your own food. This workshop looks at exactly how you would do that and even try your hand at making the traps.

Please note, no animals will be trapped in this workshop.

#### Intro. to Wood Craft Workshop

We are surrounded by harvestable and craftable resources. This workshop will look at the whole process - from resourcing to carving. The workshop will use bushcraft knives, axes & saws.

#### Primitive Tools Workshop

Walk back in time and try your hand at primitive tools, including spears, slingshots, & dutch arrows.

#### Shelter Building Workshop

Shelter is key when it comes to survival and this workshop will look at exactly how this is achieved, looking at how to create effective, waterproof shelters - using only natural resources. It would then be rude not to test them.

#### Fire by Friction Workshop

The master of it's class... this workshop will look at how fire is crafted using very simple materials.

#### Flint Knapping Workshop

Another walk back in time, as we look at how our ancestor created the first cutting tool, using just stone.



## INVITES

**Your guests |** Once booked and confirmed, we'll send you custom invites to print and send around. Please note that all guests will need to confirm with us, completing an online registration from. .

## FAQS

**Kit List |** You can find the full kit list our website: [www.insideouted.co.uk/kit](http://www.insideouted.co.uk/kit)

**Phones & Electricals |** Unplugged and rewilded. Our programmes are technology free zones, so it's a 'no' to phones for children please, including handheld electricals or anything else that needs power.

**Parents |** Parents of the birthday child are welcome to stay or come back near the end of the day. All other parents, we'll kindly ask drop off and come back for a final birthday 'hurrah' at the end of the day.

## KEY TIMES/DETAILS

**Where |** Inside Out, Lakeside Woodland, Stoke Road, Tottenhill, Norfolk, PE33 0RW

**Times |** 10:00am - 3:00pm

