



National Camping and Caravanning Week 2015

# The Sheepover!



A Guide to Camping & Caravanning with Children



ON DVD, BLU-RAY  
& DOWNLOAD JUNE 1<sup>ST</sup>





# Introduction

Spending time in the outdoors can be fun and exciting for children and is proven to make them feel happier and more connected to their family.

Leading academics at Liverpool John Moores University and an online survey showed that 73 per cent of adults believe camping is something every child should experience, 59 per cent of campers say it should be on the national curriculum and 84 per cent say it's good for a child's health.



79% of kids who have never camped said they would like to!



Shaun the Sheep  
MOVIE

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CAMPING!

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25 - 31 MAY 2015



# Get Kids Camping for National Camping and Caravanning Week

The Camping and Caravanning Club have joined forces with Shaun the Sheep The Movie and challenge you to a 'Sheepover'! We want as many kids as possible to join in the fun and get camping. Camping is really easy and the kids can go almost anywhere: with their friends in the back garden, with family at a campsite or with your school on the school playing field.



Share your  
sheepover  
pictures with  
**#nccwsheepover**

## Share the fun and win a prize

We have suggested lots of fun activities you can do during your Sheepover and we want to see how you get on. Share your Sheepover pictures on Twitter or Instagram with **#nccwsheepover** or post them on The Club's Facebook page. We have lots of Shaun the Sheep The Movie and camping goodies up for grabs for the best Sheepovers.

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# Getting Started

Tent camping is all the rage right now, and you can understand why – it brings families that bit closer to nature and the great outdoors.

Here are 10 top tips for families considering camping for the first time:

- 1 Choose a tent with more berths than people who'll use it: you'll appreciate the extra space. Smaller tents are easier to pitch, but ensure you can stand up in it and that there is enough space to get changed and store kit.
- 2 What type or shape of tent do you want? There are all sorts of designs to consider, such as domes, tunnels, pods, geodesic and frame tents.
- 3 Practice putting up your tent in the garden in the days before your first camping trip. You'll confirm that all the parts are there, and you'll get faster at putting it up with each attempt.
- 4 Don't expect a cheaper tent to stand up to rain and gusty winds as well as a better built one, and be sure to look after it properly – poor maintenance can lead to leaks.
- 5 Choose a Club site close to home for your first trip. If you forget something, you'll be able to quickly pop home. Also, if you're having difficulties you'll get support from the friendly Holiday Site Manager team, and from other campers too – we're a friendly bunch.
- 6 Before pitching your tent check you're not on uneven ground that's too hard to hammer in the pegs. Lay the poles and pegs out, and get all the family to help. Check you're not missing any parts. Try to do it in an area that is sheltered from the elements.
- 7 Keep cooking simple. There are plenty of portable camping stoves that are perfect for heating up ready-made dishes. Take food in airtight containers, and consider taking a cool box. A BBQ after use should never be taken inside a unit even if you think it's gone out, it should stay outdoors and be disposed of when cold. **Be aware of the risks of carbon monoxide poisoning: <http://bit.ly/WGnB9c>**
- 8 Research the local area for fun things to do for all the family, especially those that are weatherproof. And pack games that all the family can play.
- 9 A good night's sleep is crucial. Take quality sleeping bags, and a decent sleeping mat or air bed. Take lanterns and torches, plus spare batteries. Pack your camping kit box with utensils, pots and pans, matches, washing up bowl and liquid, tea towels, and plenty of rubbish bags. Don't forget your corkscrew or bottle opener.
- 10 Remember, there's no such thing as bad weather, just the wrong gear: take waterproofs, fleeces and layers, along with suitable footwear. Take a camping table and chairs to keep you off the ground, plus a suitable multi-tool. And don't forget insect repellent!





# Entertainment and Games

## Shadow Puppets

Position the Shadow Puppeteer inside the tent with a bright battery light behind them. You can each create a hand shadow puppet and take it in turns to guess what it is.

## Shadow Charades

Why not also try Shadow Charades: use the same set-up as hand Shadow Puppets but use your whole body to act out a book/film/play titles and get your friends and family to guess the title.

## Sleeping Bag Races

If the weather has been dry (as you do not want to make your sleeping bag wet or muddy), choose an area clear of stones/twigs/branches and other sharp objects. Mark out a starting and finish line (a length of tent guy rope is ideal for this). Jump in your sleeping bag and race to the finish line.

## Aquaroll Races

For the caravanners and motorhomers why not try an aquaroll race? Set-up your race course – if you feel adventurous you can include a few obstacles – and race to the finish. You can alter the amount of water in the container to make it harder for the older kids.





# 50 great ideas for things to do and some recommendations on where you can do them:



1

## Climb a tree

Wallington, Northumberland near Dunstan Hill Club Site

2

## Roll down a really big hill

Croome, Midlands near Blackmore Club Site

3

## Camp out in the wild

Gibside, North East (no Club Sites near here)

4

## Build a den

Lyme Park, Stockport near Hayfield Club Site

5

## Skim a stone

Fell Foot Park, Cumbria near Braithwaite Fold Club Site & Windermere Club Site

6

## Run around in the rain

Finch Foundry, Dartmoor near Teign Valley, Barley Meadow Club Site

7

## Fly a kite

Dunstable Downs, Bedfordshire near Hertford Club Site



8

## Catch a fish with a net

Parke, Dartmoor near Teign Valley, Barley Meadow Club Site

9

## Eat an apple straight from a tree

Llanerchaeron, Ceredigion Coast near Cardigan Bay Club Site



**10**

**Play conkers**

Osterley Park and House, London near [Walton on Thames Club Site](#) & [Chertsey Club Site](#)

**11**

**Go on a really long bike ride**

Wimpole Estate, Cambridgeshire near [St Neots Club Site](#) & [Cambridge Club Site](#)

**12**

**Make a trail with sticks**

[Longshaw and Eastern Moors, Peak District near Bakewell Club Site](#)

**13**

**Make a mud pie**

[Moseley Old Hall, Staffordshire near Cannock Chase Club Site](#)



**14**

**Dam a stream**

[Prior Park Landscape Garden, Bath near Devizes Club Site](#)

**15**

**Play in the snow**

Bodiam Castle, East Sussex near Norman's Bay Club Site

**16**

**Make a daisy chain**

[Lacock Abbey, North Wiltshire near Devizes Club Site](#)

**17**

**Set up a snail race**

[Lyveden New Bield, Midlands near St Neots Club Site](#)

**18**

**Create some wild art**

[Sheringham Park, Norfolk near West Runton Club Site](#)

**19**

**Play Pooh sticks**

Mottisfont, Hampshire (no Club Sites near here)

**20**

**Jump over waves**

[Compton Bay and Downs, Isle of Wight near Adgestone Club Site](#)



21

**Pick blackberries growing in the wild**

[Castle Ward, County Down near Delamont Country Park Club Site](#)

22

**Explore inside a tree**

[Hatfield Forest, Essex near Hertford Club Site](#)

23

**Visit a farm**

[Cuckmere Valley, South Downs near Norman's Bay Club Site](#)



24

**Go on a walk barefoot**

[Strumble Head to Cardigan, Pembrokeshire near St David's Club Site](#)

25

**Make a grass trumpet**

Hare Hill, Cheshire & Wirral Countryside near [Leek Club Site](#) & [Hayfield Club Site](#)

26

**Hunt for fossils and bones**

[Birling Gap and the Seven Sisters, South Downs near Norman's Bay Club Site](#)

27

**Go star gazing**

Tyntesfield, Bristol (no Club Sites near here)



28

**Climb a huge hill**

[Ashridge Estate, Hertfordshire near Gulliver's Milton Keynes Club Site](#)



29

**Explore a cave**

Yorkshire Dales, Yorkshire (no Club Sites near here)

30

**Hold a scary beast**

Clumber Park, Nottinghamshire (no Club Sites near here)

31

**Hunt for bugs**

Hardcastle Crags, West Yorkshire Countryside (no Club Sites near here)



32

**Find some frogspawn**

Springhill, Mid Ulster (no Club Sites near here)

33

**Catch a falling leaf**

Rowallane Garden, County Down near Delamont Country Park Club Site

34

**Track wild animals**

Castle Drogo, Devon near Teign Valley, Barley Meadow Club Site

35

**Discover what's in a pond**

Florence Court, County Fermanagh (no Club Sites near here)

36

**Make a home for a wild animal**

Fountains Abbey & Studley Royal, Yorkshire near Boroughbridge Club Site

37

**Check out the crazy creatures in a rock pool**

South Milton Sands, Devon near Slapton Sands Club Site & California Cross Club Site

38

**Bring up a butterfly**

Anglesey Abbey, Gardens and Lode Mill, Cambridge near Cambridge Club Site

39

**Catch a crab**

Plas Newydd, Wales (no Club Sites near here)



40

**Go on a nature walk at night**

Nostell Priory and Parkland, Yorkshire (no Club Sites near here)

41

**Plant it, grow it, eat it**

Tredegar House, South East Wales (no Club Sites near here)

42

**Go swimming in the sea**

Llyn Peninsula, Llyn, Wales near Llanystumdwy Club Site

43

**Build a raft**

Borrowdale, North Lakes near Keswick Club Site & Derwentwater Oval/Walker Club Site

44

**Go bird watching**

Kingston Lacy, West Dorset near Verwood, New Forest Club Site

45

**Find your way with a map and compass**

Chartwell, Kent near Oldbury



46

**Try rock climbing**

Brimham Rocks, Harrogate near Boroughbridge Club Site

47

**Cook on a campfire**

Stackpole, Pembrokeshire (no Club Sites near here)

48

**Learn to ride a horse**

Clandon Park, London near Horsley Club Site

49

**Find a geocache**

Sizergh, South East Cumbria near Kendal

50

**Canoe down a river**

Brancaster Millennium Activity Centre, Norfolk Coast (no Club Sites near here)

# Safety first

National Camping and Caravanning Week is a celebration of camping and caravanning and how great it is for the whole family. We encourage everyone to give it a go, but please remember to be safe and ensure that when the kids are taking part in camping or any of the activities suggested that they are supervised by a responsible adult.



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For information and downloads on how to celebrate National Camping and Caravanning Week 2015 visit

[nccw.co.uk](http://nccw.co.uk)



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