

# CRUCIAL INFORMATION FOR HAPPY CAMP LIFE

Please be mindful that we are sharing the site with the animals and birds whose home it is. The following guidelines will help us to respect our hosts and leave no trace of our presence, so that when we leave the place is as beautiful as we found it.

**PLEASE SIGN THE SITE AGREEMENT UP AT THE GATE TENT WHEN YOU ARRIVE. THANK YOU!**

## CAMP PITCHES

We encourage you to camp where you will be happy. Choose your space anywhere where the grass is mown except in the main circle. **Please do not camp on the long grass.** There are ticks a plenty in the lengthy grasses. Please keep the main circle clear for yoga domes, yurts and therapists' camping. Camp in circles with your friends, or privately

## VEHICLES

Please ensure you have given your registration number and mobile phone to the welcome tent. Leave your vehicle in the parking spaces up at the top of the site, and follow the fire lanes if you drive in or out. Campervans and live in vehicles please park up by the hedge on the right at the top of the site – you will have a splendid view.

## CHILDREN

If you have children with you please attend the daily parents and children's meetings at 12 noon in the kids tent (only ten minutes each time!). Remember your child/ren are absolutely your responsibility at all times. There is no crèche. There are many sessions on the schedule you can enjoy together with your children, specifically designed for families. In addition, many teachers are very happy to include babies and children in their classes, but do check first they are OK with this. If your child is attending an activity happily without you, ensure that they know exactly where you will be in case they feel they need you. Go with them to the toilet if your kids are six and under please (see toilets).

## WATER HOT AND COLD

There are two showers and two basins in the shower block with hot and cold water. There is a covered washing up area which also has hot water. All water on site is pure spring water pumps up from the spring, which is safe for drinking and totally delicious and refreshing. Enjoy!

## TOILETS

Two composting loos are up under the trees on the right hand side of the field in the corner by the hedge. Two further are down on the right hand side in the shower building. **Please accompany all children six years and under** to the toilets to help them aim well and clear up properly. Aim carefully yourself too! Wee goes into the front of the loo and poo down the back. Please put a handful of sawdust on top of your poo. Unless you have biodegradable items, then please absolutely no sanitary towels and nappies down the composting toilets please, see the section on rubbish and recycling.

## RECYCLING AND WASTE

**ABSOLUTELY LEAVE NO TRACE. KEEP OUR SITE GORGEOUS.** Please pick up after yourself (and your children!). Please keep your own recycling and waste tidy. Collect a recyclable black bin bag from the gate tent and use it to bring your packaging away with you to recycle. Please sort it out yourself. Minimise your landfill, and keep your conscience clear. Be mindful of foxes and other night time creatures who may be interested in your rubbish or food, and do keep it all neatly stowed away. Clean and tidy please is the best way! Any veggie and fruit scraps can be fed to the lovely pigs and goats at the top of the site. Please note the pigs are **VEGETARIAN PIGS** – only fruits and veggies.

## FIRE

The main fire focus is the community fire circle in the main circle in front of the kitchen which we will keep burning throughout the camp. Please **DO NOT** make fire pits anywhere else on site. Braziers for cooking are available.

## FIRST AID

There is a first aid kit up in the welcome tent where you signed in. If you need help, please if you can, go to the welcome tent. Most of our yoga teachers are qualified first aiders, so you can also ask any teacher for assistance.

## FOOD AND COOKING

Meals are not included in the cost of your ticket. Many people choose to self-cater, and if you do so, please be mindful and safe with your camp kitchens. No individual fire pits please, but you can use the braziers around the site. You are welcome to gather around the main camp fire to eat and chat.

## KARMA YOGA KITCHEN – an experiment in co-operative culinary creations. **BRING YOUR OWN PLATE PLEASE**

Staffed by volunteer karma-yoga cooks (sign up on the rota, do your shift and you get a free meal). Meals will be around £5 per head adults and £3 per head kids portions. We shall be offering vegetarian breakfasts (porridge, sausages, beans, eggs and toast) from 0730 til 1030. There will be simple lunch (eg rice and dhal, or noodles and veggies) from 12 noon til 1400. Coffees, teas, chai and cakes should be available through the daylight hours, and the evening meal will also be a simple offering of some variation of rice, dhal, veggies, noodles etc). The Karma Yoga Kitchen will close when it gets dark. **BRING YOUR OWN PLATE PLEASE**. There will be a small on-site shop in the kitchen selling basic provisions like pasta, baked beans, soya milk, soups, oatcakes, snacks and biodegradable sanitary towels.

## DOGS

Well trained dogs are welcome provided that their owners commit absolutely to pick up every single poo which their dog does. Every single one. Dogs should be on leads at all times in the camping and main circle areas. No dogs are to run free in this part of the site, day or night. If dog owners wish for their dogs to be off lead, they need to take them away from the camping and yoga tent areas and go into the farther reaches of the woodland (there are many amazing acres to explore), or up to the top part of the site. Be aware also that there is livestock in the top part of the site and no dogs are allowed into these pastures. Be aware also that some families bring small pets such as rabbits and guinea pigs with them, and dogs should be prevented from barking and snarling because it frightens these creatures (and their small humans too).

