

9th September 2024

Dear Parents,

The **Year 8 Outdoor Learning Programme** is designed to complement the Year 8 curriculum. That is, the programme helps form our approach for the boys to develop and build independence and further develop their self-reliance and learn resilience in the physicality of the camp. Importantly, the camp is to create awareness about life in an outdoor setting, which is safe and fun.

The Year 8 camp will take place from Monday 21st October to Friday 25th October. During this week all students will be on camp and no Year 8 classes will be running.

Over a 5-day journey, students will undertake a series of activities. Whilst navigating these activities, students will be sleeping in tents and/or hardtop accommodation (depending on option chosen), carrying their supplies in a backpack, cooking their food on a Trangia stove. Students will need to work cooperatively as a group, demonstrate resilience and determination as well as compassion for others and creative problem solving to complete this journey.

We recognize that students have different levels of ability and appetite for challenge. Your son has received a presentation on the camp options available and has been placed according to the online selection they made. An information evening was held with the camp providers on September 5th. A link to packing lists and additional information will be made available in term four. Please be aware that all school rules still apply while on camp. In the event of a serious breach of school rules, or injury, parents may be asked to collect students from camp.

| | Option 1 – Strathbogie Ranges | Option 2 - Grampians | Option 3 – Gilwell Park |
|-----------------------|--|--|---|
| Provider | Aus Camp | Adventure plus Outdoor Education | Bindaree Outdoor Education Group |
| Location | Strathbogie Ranges | The Grampians National Park | Gilwell Park & The Warburton Ranges |
| Departure Time | Meet at the Flagpoles at 7.30 am | Meet at the Flagpoles at 7.15 am | Meet at the Flagpoles at 9.00 am |
| Level | Medium to Challenging | Medium to Challenging | Medium |
| | Base Camp (0 night) 4 nights in tents | Base Camp (1 night) Breeze Holiday Park in Halls Gap 4 nights in tents | Base Camp (2 nights) 2 nights in tents |
| Activities | Preparatory activities Abseiling + Canoe or Sail + Bike Journey - Hike | Preparatory activities Rock climbing / Abseiling Journey - Hike | Climbing Wall / Trust & initiative activities High Ropes Course / Preparatory activities Journey - Hike |
| Arrival Time | 3.45 pm at Monash Gate | 3.45 pm at Monash Gate | 4.00 pm at Monash Gate |

Please go to the school's on-line portal (*My Scotch Parents > Student Information > My Family Information and click display*) and confirm that your son's medical details and your emergency contact details are correct. Please provide your consent electronically for your son's involvement in the activities for the week. Pending consents are displayed at the bottom of your son's medical form.

Yours Sincerely,



Ms Karen Kimber
Teacher in Charge – Year 8 Outdoor Learning Programme



Scotch College Year 8 2024

| | Monday 21st | | | Tuesday 22nd | | | Wednesday 23rd | | | Thursday 24th | | | Friday 25th | | |
|--------|-------------|--------|----------------|---|-------------------------------------|---|---|-----------------------|--|---|--------------------------------------|---------------|-----------------------------------|----|--|
| | AM | PM | CAMP | AM | PM | CAMP | AM | PM | CAMP | AM | PM | CAMP | AM | PM | |
| 1 N | | Canoe | East Side Camp | Sail | | Nillah (Hard top Accommodation available) | Bushwalk Via Sandy Creek Waterfall 19KM | | Lightning Ridge | Bushwalk along the ridge walk 9KM | MTB | James Reserve | Abseil | | |
| 2 C | | MTB | Walnut | Bushwalk Via Sandy Creek Waterfall 19KM | | Inlet | Sail | | Nillah (Hard top Accommodation available) | Canoe | Bushwalk 9KM up and around the ridge | The Pines | Abseil | | |
| 3 C | | MTB | Trinity | Abseil | Bushwalk along the ridge walk 8.5KM | Top of Ridge | Bushwalk 7km to the inlet | Canoe | Nillah (Hard top Accommodation available) | Sail | | Inlet | Bushwalk along the ridge walk 9KM | | |
| 4 C | Travel | Abseil | James Reserve | *Shuttle before* Rocky Ned Abseil | | Rocky Ned | MTB to LR | Bushwalk 8KM to Pines | The Pines (Hard top Accommodation available) | Bushwalk Via Sandy Creek Waterfall 19KM | | Sandy Creek | Canoe *Shuttle back to CW* | | |
| 5 C | | Abseil | The Pines | Bushwalk to LR 8KM | MTB LR to RN | Rocky Ned | Rocky Ned Abseil *Shuttle After* | | James Reserve (Hard top Accommodation available) | Bushwalk Via Sandy Creek Waterfall 19KM | | Inlet | Canoe *Shuttle back to CW* | | |
| 6 N | | Canoe | Sandy Creek | Bushwalk Via Sandy Creek Waterfall 19KM | | Lightning Ridge | Bushwalk along the ridge walk 8KM | Abseil | Trinity (Hard top Accommodation available) | *Shuttle Before* Rocky Ned | | Rocky Ned | MTB to LR *Shuttle back to CW* | | |
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Travel

CLOTHING AND EQUIPMENT LIST

– JOURNEYS WITH WATER ACTIVITIES –

The packing list outlined below includes everything that you need to bring on camp. The list has been designed to consider two main factors. These are:

- 1: Taking everything you may want on while you are away on camp
- 2: Making your bag light enough so that you will be able to carry it. (you wont just be carrying what you bring on camp)

It contains everything you will need to keep you warm, comfortable and safe for your time away. You should pack everything on this list (optional items are specified) and nothing that is not unless it is a specific personal need, in which case you should check with your teacher.

Activity Specific Items - any activity specific items are labelled with a *. Check if you need these items or not by referring to your program outline to see if you are doing that activity.

If there is anything on this list you do not have or can't find, contact your friends or teachers to see if arrangements can be made for you.

Remember: The clothes you are going to wear to camp are included in this list - Not Extra.


Please remember that these are adventure activity programs and not a fashion parade. It is not recommended that you bring expensive brand name clothing as it may get dirty or stained.

The List is split into 6 categories:


- Clothing - This is the clothing that you will need for the week.
- Bedding - What you will Sleep in
- Camping Equipment - Items that will require for activities during the week. Any clothing is required as well as the items on the clothing list.
- Personal Items - Items you may require for yourself for the week
- Water Activities - Items you will need if there are water activities included in the program. These include - Surfing, Canoeing, Sailing, Raft Building, etc...
- Auscamp Provided Equipment - Equipment you will need for the week that is distributed as required throughout the program

There is a Tick Column provided so you can tick items off as you pack them


CLOTHING

|  | # | ITEM | DESCRIPTION |
|---|--------|--------------|--|
| | 2 | Thin Jumpers | Polar Fleece or Wool. Cotton windcheater material is unsuitable as the fibres absorb water and will cool the body when wet rather than keep it warm |
| | 2-3 | Shirts | Long sleeves are good - Avoid Cotton |
| | 2 | Long Pants | No Jeans or Tracksuit Pants - Pants made from high percentage of artificial fibre are most effective |
| | 1 | Shorts | Quick dry material is lighter and better |
| | 1p/day | Underwear | 1 per day only |
| | 1p/day | Socks | 1 per day only, at least 50% wool e.g.: Explorers. No Ankle socks - socks should come up above shoes. |
| | 1 | Sun Hat | Broad rimmed hats are most effective sun protection |
| | 1 | Beanie | Polar fleece or wool is better |
| | 1 set | Thermals | Polypropylene, merino they come with different names. You need a pair of pants and a top ideally. Dry quickly, wick water away from your skin and are warm |
| | 1 | Sturdy Shoes | A pair of shoes that are comfortable to walk in and play in, you don't get blisters in. |

PERSONAL ITEMS

|  | # | ITEM | DESCRIPTION |
|---|---|--------------------|--|
| | 1 | Toothbrush & Paste | You still need to brush your teeth on camp |
| | 2 | Soap / Shampoo | You will Not need this if you are camping out every night of camp as there will be no showers |
| | 1 | Sunscreen | Be Sun Smart - Don't just carry it, Use it |
| | 1 | Insect Repellent | Optional |
| | 1 | Camera | Make sure it is Waterproofed. (optional) |
| | 1 | Diary / Journal | For recording your experiences on camp - don't forget a pen |

BEDDING

|  | # | ITEM | DESCRIPTION |
|---|---|--------------|--|
| | 1 | Sleeping Bag | IMPORTANT - See Note Below Re Sleeping Bags |
| | 1 | Pillow Slip | (Not a Pillow) This can be used to fill with clothes to make a pillow. |

CAMPING EQUIPMENT

| ✓ # | ITEM | DESCRIPTON |
|----------|---------------------|---|
| 1 | Torch | Small and lightweight (+ spare batteries) preferably a head torch |
| 4 | Garbage Bags | Strong bags. These have multiple uses - Separating dirty and wet clothes from clean dry. |
| 3 litres | Water Bottles | You need to have that capacity to carry with you 3 litres of water. 3x 1-litre bottles is recommended |
| 1 | Cup, bowl and plate | Strong plastic recommended. Non-breakable |
| 1 | Knife, fork & spoon | Strong plastic recommended. Non-breakable |

WATER ACTIVITIES

| ✓ ITEM | DESCRIPTION |
|-----------------------------|---|
| Bathers | Be Sun Smart when it comes to bathers. You will need to cover up when doing some activities such as canoeing, sailing etc. With surfing and rafting activities we provide wetsuits. |
| Long sleeve shirt/Rash vest | For sun protection while on the water |
| Board short | Quick dry material. Preferable longer to protect your upper legs from the sun if you are going to be sitting down in watercrafts. |
| Towel | Small towel, not a massive beach towel. Microfibre towels are great as they are light, absorbent and dry quickly. |
| Wet Shoes | These are a pair of old shoes that are able to get wet but will not fall off your feet if you are in the water or step in mud etc. No Thongs or Velcro Sandals/Shoes |

SLEEPING BAG NOTE

If you are camping outdoors is important that you have a sleeping bag that is appropriate for use outdoors. Nothing will ruin a good camp experience more than not sleeping because you are not comfortable at night.

Two factors to look at when judging the appropriateness of a sleeping bag are as follows

1- **Warmth / Temperature Rating**

Sleeping bags are usually rated somehow. Ratings to look for in use outdoors are at least 3 seasons, a rating of zero or below degrees, or Cool / Cold Climate. Ratings are only an indication and will depend on the person.

2- **Fill**

What is inside the sleeping bag makes a lot of difference to warmth, size and weight.
Natural Filling - Down (feathers) filled sleeping bags usually weigh less and pack down smaller but will loose some insulating value when they get wet
Synthetic Filling - Cotton filling is not appropriate for use camping outdoors.

Sleeping Bags can be Hired from Auscamp

AUSCAMP PROVIDED EQUIPMENT

| ✓ | # | ITEM | DESCRIPTION |
|---|-----|-----------------------------|---|
| ✓ | 1 | Waterproof Clothing | We will provide a set of waterproofs over pants and a waterproof Jacket for the length of the program |
| ✓ | 1 | Backpack | A hiking pack sized to the student |
| ✓ | 1 | Tent or Bivvy | If camping, you will be sharing a tent with others. How many in a tent depends on the size of tent. Anywhere from 2 to 6 |
| ✓ | 1 | Sleeping mat | A foam sleeping mat to keep you warm and comfortable when sleeping |
| ✓ | Set | Stoves and Cleaning equip | If camping you might be cooking your dinner on a Trangia stove. We supply stoves and facilities to clean up after yourself. |
| ✓ | All | Activity / Safety Equipment | Any equipment that you require for an activity, from Bike Helmets to Climbing Ropes, are provided by Auscamp. |

NOTE ON AUSCAMP EQUIPMENT

The equipment that we provide you for your camp experience is good quality and usually quite expensive. This can be anything from a rain jacket to a Mountain Bike. It will be issued to you by an Auscamp Guide either at the start of the camp or as required and will be collected from you either at the end of the camp or after you have finished using it.

We understand that damage can occur through wear and tear and we expect this, however if excessive damage occurs as a result of your deliberate actions, this damage is not acceptable.

Please treat this equipment with respect it deserves and as if it were your own.