

Year 8 Outdoor Education



Camp Ibis, Mitchell River and
East Gippsland Rail Trail

New for 2024

- ◆ Full packing and preparation day at school with Outdoor leaders, the day before departure
- ◆ Extension in length of time away to 7 days.
- ◆ Additional of bike tour, utilising Gippsland Rail Trail and Discovery Trail.
- ◆ Visit to the Picnic Point Orchard
- ◆ Half day reflection session on return to school, with mentor.



Program Outline

- ◆ Saturday – Monday:
Mitchell River Rafting
journey

Camping under tarps in the
National Park.

- ◆ Monday – Wednesday:
Camp Ibis. Community /
Environmental projects;
full day Adventure race.
Picnic point orchard tour.

Staying in Ibis tents, next to Ibis
lodge.

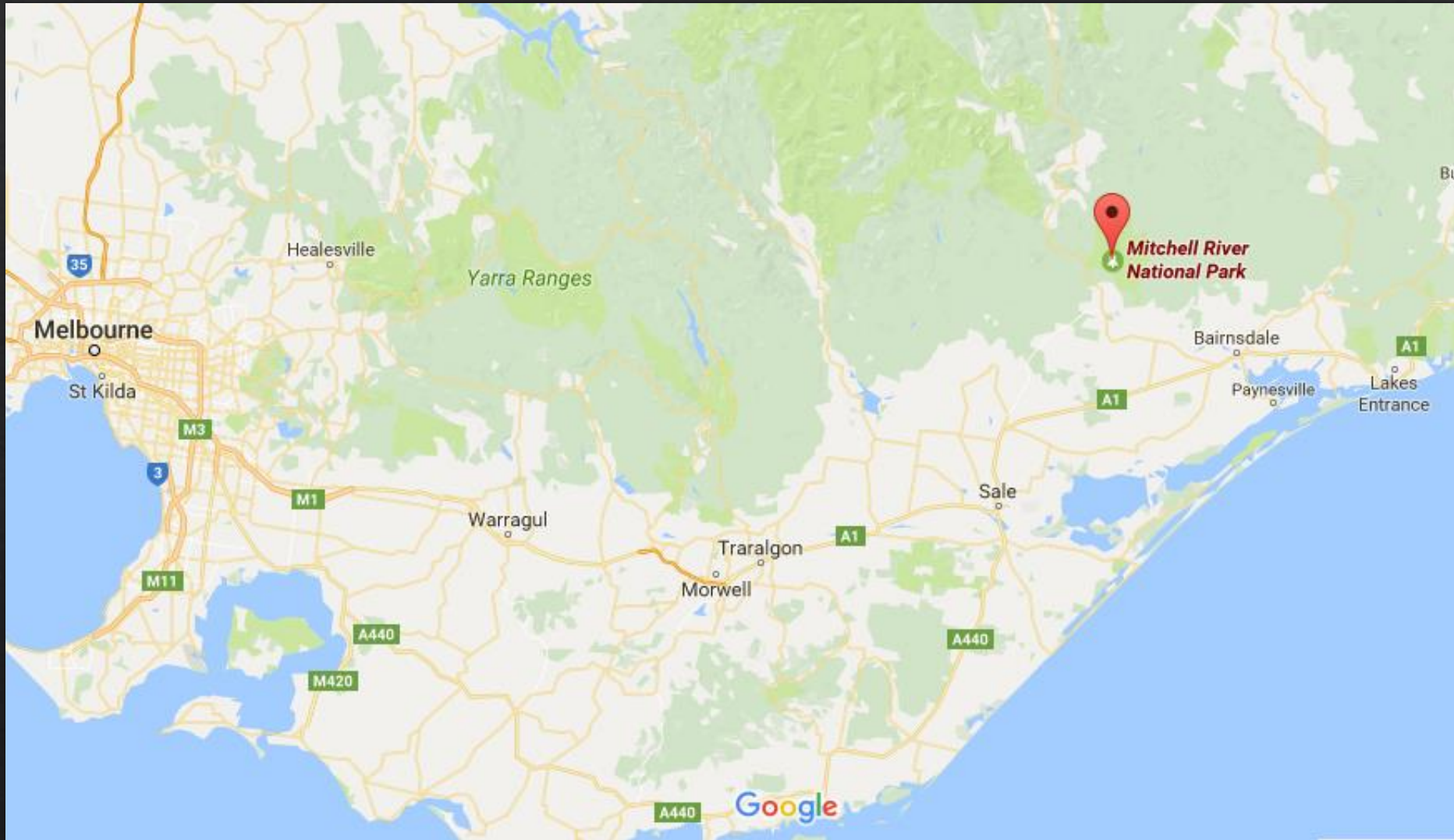
- ◆ Wednesday – Friday: Bike
tour.

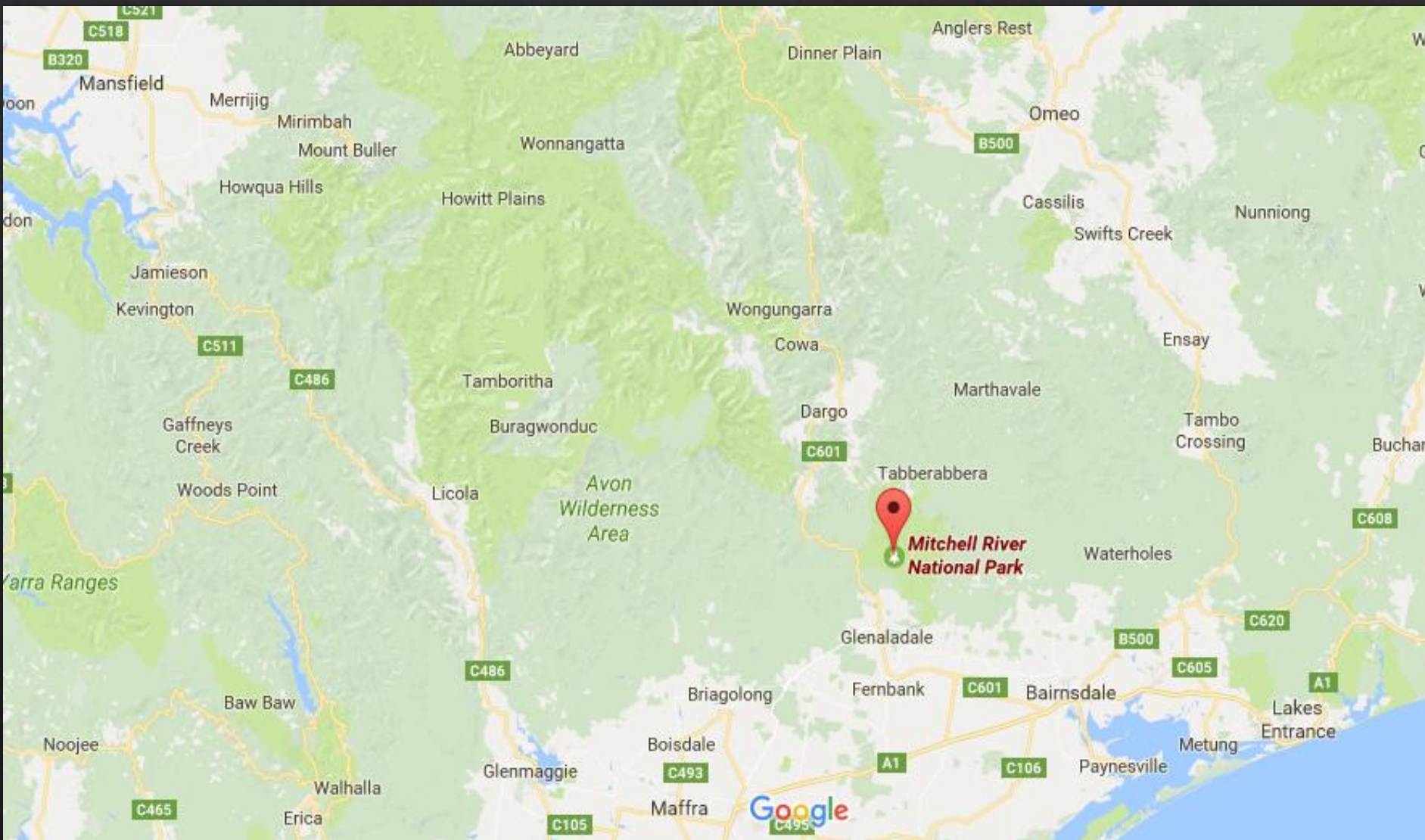
Camping in hiking tents at
Bruthen and Lakes Entrance
caravan parks.

Note – some classes will do this
program in a different order.



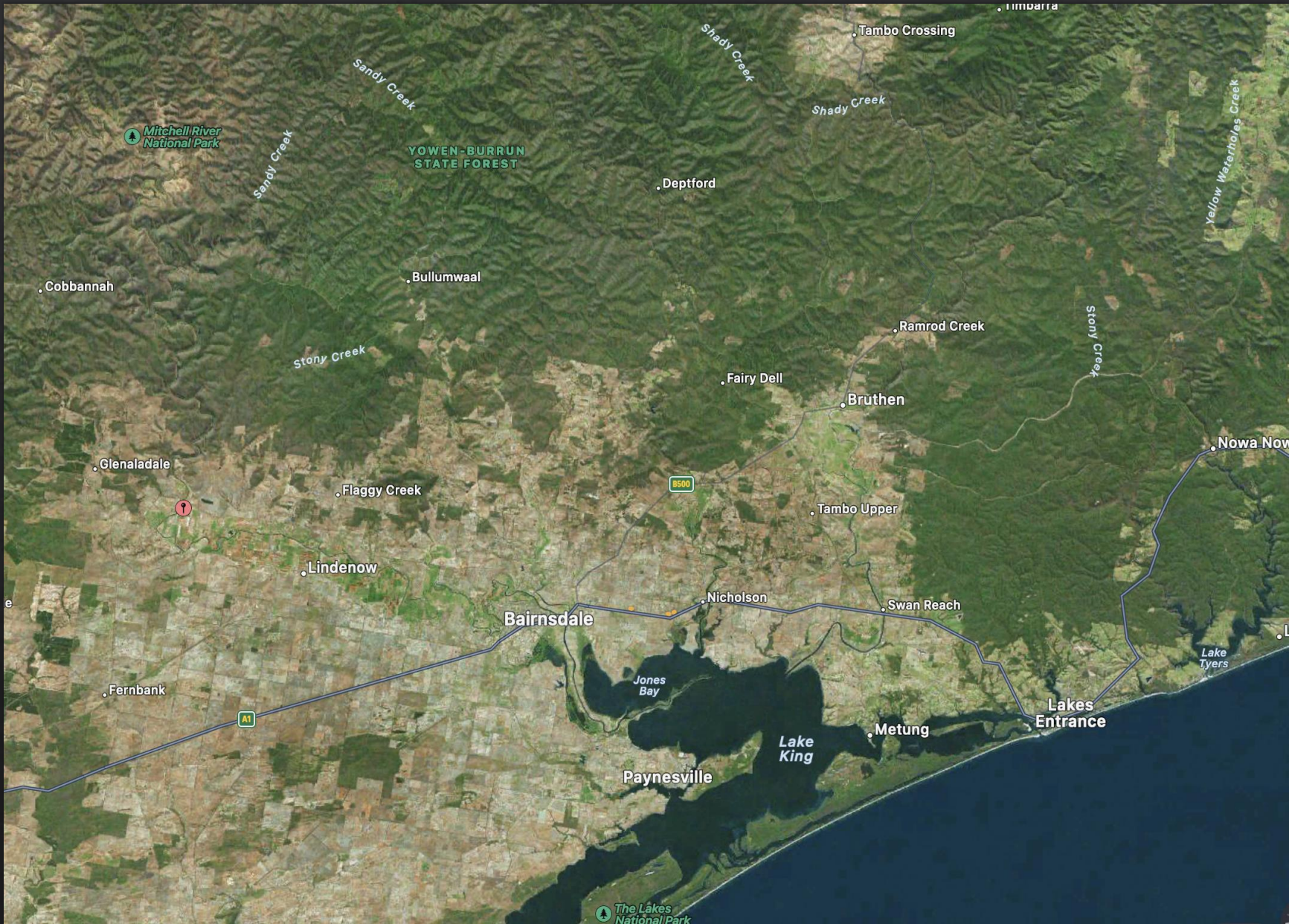
Class	SAT		SUN		MON		TUES		WED		THURS		FRI	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
8W 8U. 8X	travel to Angusvale (Mitchell River)	intro to rafting	raft	raft	raft to Den of Nargun	ibis project	adventure race, Rotomah Island		picnic point orchard tour	bus to Nicholson. Ride rail trail to Bruthen	Rail trail / discovery trail bike ride to Lakes Entrance		Tour of Lakes Entrance	return to school
camp		Mitchell River		Mitchell River		Camp Ibis		Camp Ibis		Bruthen		Lakes Entrance		
8Y. 8Z. 8V	travel	bus to Nicholson. Ride rail trail to Bruthen	Rail trail / discovery trail bike ride to Lakes Entrance		Tour of Lakes Entrance	intro to rafting	raft	raft	raft to Den of Nargun	ibis project	adventure race, Rotomah Island		picnic point orchard tour	return to school
camp		Bruthen		Lakes Entrance		Mitchell River		Mitchell River		Camp Ibis		Camp Ibis		
8R. 8S. 8V	travel to Ibis	ibis project	adventure race, Rotomah Island		picnic point orchard tour	bus to Nicholson. Ride rail trail to Bruthen	Rail trail / discovery trail bike ride to Lakes Entrance		Tour of Lakes Entrance	intro to rafting	raft	raft	raft to Den of Nargun	return to school
camp		Camp Ibis		Camp Ibis		Bruthen		Lakes Entrance		Mitchell River		Mitchell River		

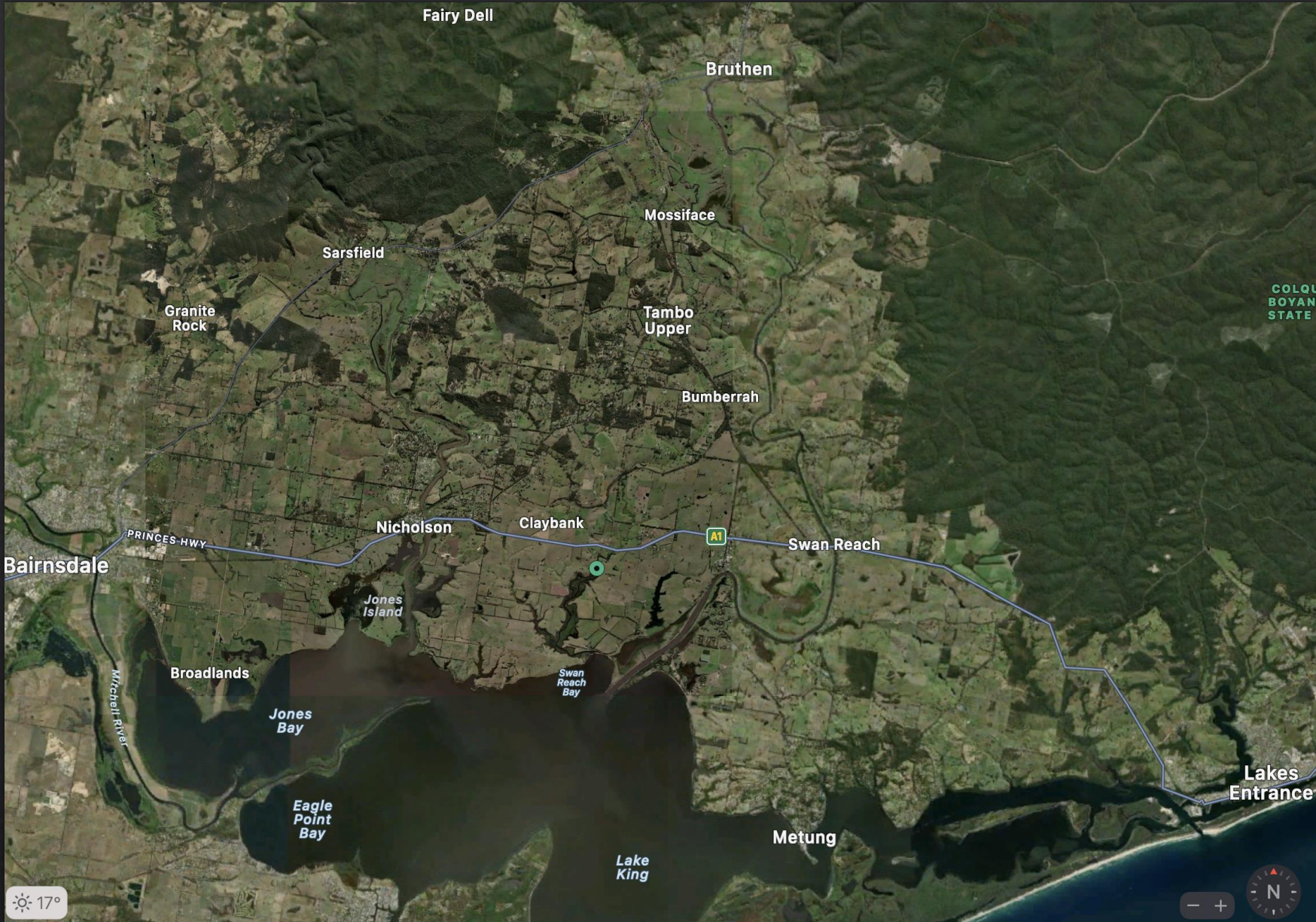




Mitchell River National Park

Google





Fairy Dell

Bruthen

Mossface

Sarsfield

Granite Rock

Tambo Upper

Bumberrah

QUEENSLAND
BOYAN STATE

PRINCES HWY

Nicholson

Claybank

A1

Swan Reach

Bairnsdale

Jones Island

Broadlands

Jones Bay

Swan Reach Bay

Eagle Point Bay

Lake King

Metung

Lakes Entrance

☀️ 17°

- +





DATES

· Camp 1.

Saturday 27 April – Friday May 3.

8R, 8W, 8Y.

· Camp 2.

Saturday 11 May – Friday 17 May.

8S, 8U, 8Z.

· Camp 3.

Saturday 25 May – Friday 31 May.

8T, 8X, 8V.

◇ *Please note it is NOT possible to change dates or classes.*

Preparation and packing day

- ◇ Friday before camp departs
- ◇ Meet in KWC at 8.30am, school uniform
- ◇ Bring everything, as per packing list. In suitcase / duffel bag / similar
- ◇ Morning tea and Lunch as per normal school day

Outdoor Educators will:

- ◇ check and help you pack all your gear
 - ◇ give out packs, rain wear and other group gear.
 - ◇ Run pre camp sessions on safety, goal setting, route planning etc
-
- ◇ Students dismissed at 2.30pm. Time to get to shops if you are missing any essential items

Clothing & Equipment

Please see the below link before purchasing any new equipment, to make sure it will be suitable for future camps too.

<http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/>

- ◆ You will have been sent copy of the Equipment List along with all the other camp information. Follow it precisely, the gear list is a minimum list and a maximum list.
- ◆ Please bring your morning tea, lunch and water bottle in a plastic (shopping) bag. Plus any travel games, cards, books etc

School Provided Equipment and Clothing

- ❖ Hiking Pack
- ❖ Waterproof Jacket
- ❖ Waterproof Pants
- ❖ Wetsuit
- ❖ PDF
- ❖ Helmet
- ❖ Cag



Bedding



- Sleeping bag
- Sleeping Matt
- Inner Sheet (optional)
- Travel Pillow (optional)



One Planet, Offtrack and Vast Outdoors have sleeping bags and matts available for hire, if you don't want to purchase, please see:

<https://camplist.au/list/?list=student-hire>.



Students need to bring:

Toiletries:
must include:

- Tooth brush and paste
- Hand sanitiser



Small towel



Must bring 2 water carrying containers

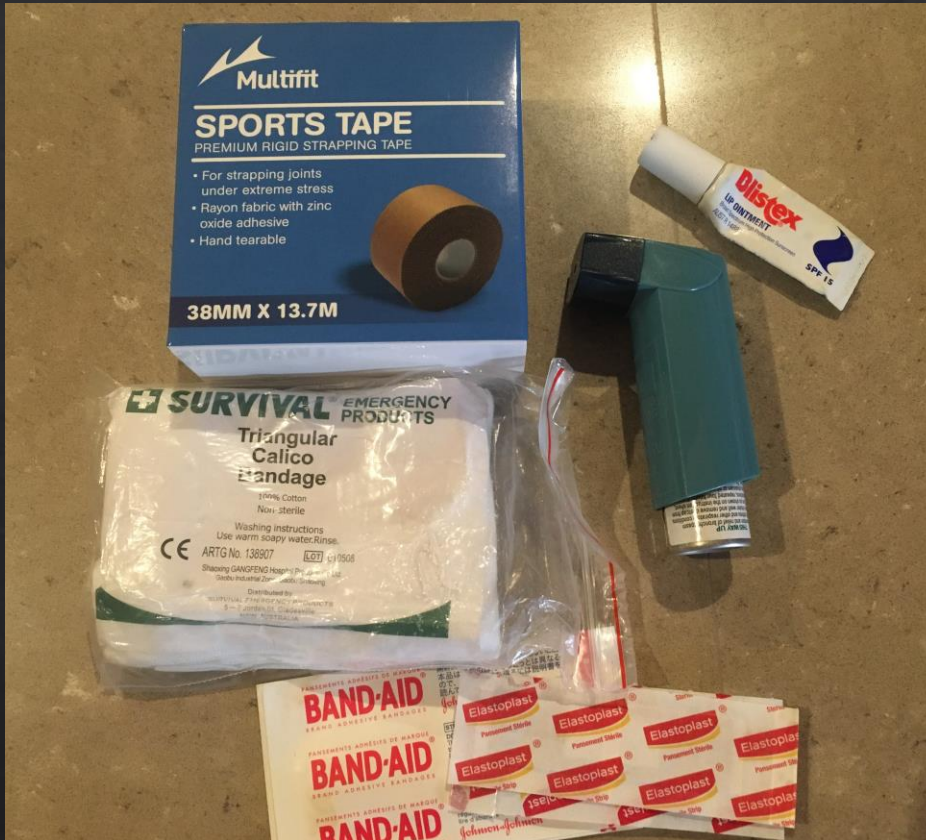
If one of your water bottles can fit in a bike bottle holder then that is great.





**Head torch – small and lightweight.
Bring spare batteries.**

Personal First Aid Kit



Insect Repellent



30+ Sunscreen



Clothing



2 x Beanie



Hat



Sun Glasses (optional,
recommend a strap)



❖ 3 short sleeve collared shirts

Sports Shirt



**School Sports Shorts
Plus second pair of
quick dry shorts**



House Polo Shirt

2 x Sets of thermals



Made from;

- ❖ Polypropylene
- ❖ Wool



Socks

- ❖ 2 Woollen
- ❖ 2 Sports Socks

Bathers



Shoes

- ❖ Runners / hiking boots
- ❖ Old sneakers for river



- Underwear – a change for each day
- Pyjamas

2 Jumpers



**Woollen Jumper
(eg School jumper)**



**Wool or Fleece
Jumper**



**No cotton rugby tops
or hoodies**

1 Long Pants



**Quick Dry Hiking
Pants**



**OR Tracksuit
Pants
School PE track
pants are OK**

**No cotton leggings.
Sports leggings are OK**



- ◆ **Medical:** Personal medical requirements must be clearly labeled, be in its commercial packaging and instructions provided from the student's doctor or pharmacist.
- ◆ All medications must be handed to the accompanying teacher prior to departure.

Optional extras:

- ◆ Camera - In waterproof bag.
- ◆ Gloves
- ◆ Down vest / jacket
- ◆ Bike shorts
- ◆ Book, cards, travel games

What to Bring- Eating

- ◇ **Bowl**-made from strong durable plastic.
- ◇ **Spoon**-made from strong durable plastic.
- ◇ **Mug**-made from strong durable plastic.
- ◇ **Tea towel**- for drying and cleaning.



What to Bring- Food

- ◇ Morning tea and drink for day one
- ◇ Lunch for day one.
- ◇ Scroggin / Snacks

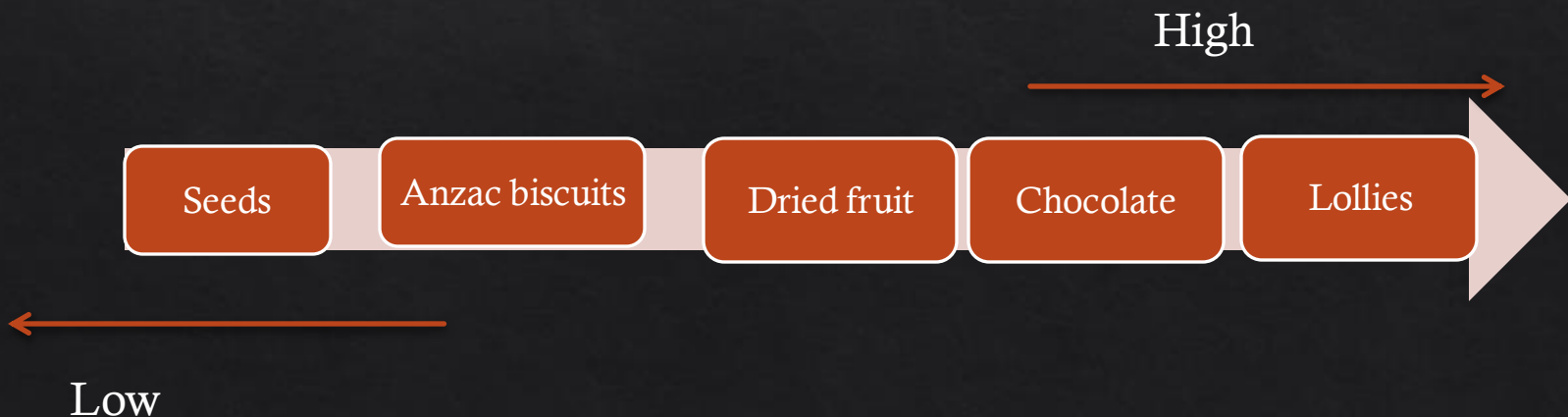
Scroggin / Healthy Snacks and Glycaemic index

The **glycaemic index**, (GI) provides a measure of how quickly blood sugar levels rise after eating a particular type of food.

Food that is **High GI** means that sugar is quickly available after eating food eg lollies. Be warned however as soon as that sugar is used you feel worse and more tired than you did before the sugar.

Therefore food that is **Low GI** means sugar is released slowly and energy levels can be more sustained.

We need both low and high GI foods in our snacks in the outdoors for optimum performance, comfort and most importantly to avoid symptoms associated with HANGRY!!!



Preparing Snacks for a 5 day adventure

- Sultanas, raisins, currents
- Dried fruit
- Yogurt or fruit chews
- Seeds
- Chocolate (M n M's) are best



- Rice crackers
- Jerky
- jubes, natural jellies, mints
- Anzac biscuits
- Muesli bars

Please remember NO NUTS!

See <https://www.youtube.com/watch?v=7UAKdlsHliw> for help with this.

























Any questions or queries please
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