



St Leonard's College

An education for life.

18 June 2024

Year 9 Outdoor Education Hike – 8-13 September

Dear year 9 parents and students

The year 9 outdoor education program is a 5-day self-sufficient hike/canoe journey in Gunditjmara country along the beautiful Great South West Walk and/or the Glenelg River, located in far western Victoria.

Please [click here](#) to take you to the on-line parent consent and medical form on STL. It is vital we have up to date medical details. **Please make sure you have completed this form by Monday 22 July.** If any of these details change in the lead up to the camp, please advise us as soon as possible.

Early in term 3, students will be able to request tent partners and food groups. The students spend the week living with a small group (usually 12 students with 2 staff). They travel each day by hiking or canoeing, journeying between 10–20 km to the next camp site. The camp sites are pretty clearings on the riverbank, or in the bushland. Most have composting toilets, shelter and rainwater tanks. There will be 16 groups, all spread out in the area, all completing a similar journey, along different sections of the river and/or walking track. The entire Great South West Walk is a 251km loop from the coastal town of Portland. The students carry everything they need for the week in their hiking pack, which weighs approximately 15kg. Building on the skills and concepts from previous camps, the students self-cater for this program.

The camp is a 6-day program; day one being a preparation day at school from 10.00am–3.30pm on Sunday 8 September. On this day, students will meet their Outdoor Education (ODE) leaders, collect all specialist gear, (which is supplied) such as tents, back packs, rainwear, Trangia stoves etc. Staff will check all clothing and food for suitability and teach students how to pack and adjust backpacks for best fit. Group gear (such as group tarp, fuel, water bladders, hygiene and safety equipment) will be shared amongst the students to take responsibility. They will also organise a food drop, whereby one group tub of food for the second half of the week will be dropped along their route to pick up mid-week. This division of food helps to keep the weight of back packs down.

In the lead up to the program, Outdoor Education staff and year 9 mentors will run several sessions with the students, carefully explaining all the equipment, clothing and food requirements. They will also look over routes and maps of their journey and understand the expectations of their roles on this program. A copy of all documents will be made available to parents via the [STL link year 9 OED page](#).

Please note that the program is running in the last week of term 3, 8 - 13 September. Students will be dismissed when they return to school by 4pm on Friday 13 September, the last day of term. Please make sure you do not book holiday plans for early departures, as it is not possible to leave the camp early.

For this program we highly recommend a good pair of hiking boots. Also note that next year, the year 10 Outdoor Education Program is a 6 day bushwalk in the Alpine National Park. Hiking boots are essential for this program. To assist families in getting a good pair of boots, a special deal has been arranged with one of our local outdoor retailers, Vast Outdoors. Vast Outdoors is located at 880 Nepean Highway, Moorabbin (9555 7811). The boots selected by Outdoor Education staff and Vast Outdoors is the One Planet Cobbler hiking boot. For St Leonard's College students only, Vast are able to provide this boot for \$140 (rrp \$200). One Planet is an Australian company, and the boot is named after one of the peaks in the Howqua area that students may hike over in their year 10 program. If these boots do not fit, other styles are available.

Hiking boots require a 'breaking in' process. If this process is overlooked there is a good chance students will develop hot spots and/or blisters, which makes walking unnecessarily painful. To assist in preventing this, we recommend a good pair of merino wool socks, and to wear your new hiking boots as much as possible in the coming weeks. During Term 3, in the weeks leading up to the hike, students are permitted and encouraged to wear their hiking boots to school, with the school uniform.

With plenty of time to organise other essential clothing and equipment, an equipment list is attached. Many of these items can be borrowed or purchased from second-hand/opportunity shops. If you wish to purchase new items, *Vast Outdoors* offer discounts between 10% and 20% to students of St Leonard's College upon presentation of a valid Student ID Card. Please consult the St Leonard's College Outdoor Education buying guide via <http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/> to ensure your purchases are suitable. If you don't want to buy hiking boots, sleeping bag, sleeping matt and/or gaiters you may hire these through One Planet and Vast Outdoors by clicking [here](#).

If you have any further questions, please do not hesitate to contact me on benjamin.woolhouse@stleonards.vic.edu.au or on 9909 9487.

Yours sincerely



Mr Benjamin Woolhouse
Head of Outdoor Education

Year 9 Camp – Summary of Details

Aims and Objectives:

The primary focus of the program is on personal development; students are taken out of their comfort zone where they face challenges and must work together as a group supporting each other through the ups and downs of travelling for an extended period of time. Students must set goals, show patience, resilience, and tolerance. They are encouraged to be independent, taking responsibility for their decisions and actions, which occur in real time, with real consequences. The journey is a challenging, yet achievable goal that staff facilitate to gain the maximum amount of growth and learning throughout the program. On completion of the program, we hope students will have improved their self-esteem, confidence, resilience and forged strong relationships with their peers.

Risk Management Strategies:

The College has in place policies and procedures that ensure the safety of students and staff is at the forefront of our processes. No risks will be taken with your son or daughter's safety. Students will be hiking in a group with that group's leader (a qualified outdoor staff member employed by the College) and will always remain in their eyesight.

Coordinators advise local police and parks of our program. They regularly check weather conditions, forecasts and warnings. If conditions become unsafe, students are relocated to a suitable location. Group leaders are qualified and experienced in prevention, management and treatment of all physical conditions typically encountered by young people in this environment. Experienced coordinators will be on standby in 4wd's for non-emergency evacuation in the hike area. Emergency services will be called in the event of emergency. Staff will brief students on strategies to stay safe at all times, including actions to take if lost or separated. Pack weight is kept to 25% of body weight, and at an absolute maximum of 33% of body weight.

STL Link:

All documents and information relating to this program are available for download from STL Link via the year 9 home page / Outdoor Education link. It may be helpful for parents and students to view the pictures and video's here, to gain a better understanding on what the terrain looks like, to get a visual on hiking clothing, what campsites may look like, what bushwalking is like, and some of the magnificent scenery that students will be rewarded with.

Important Dates:

Monday 22 July	Online medical and consent forms due
Throughout term 3	Information and planning sessions for students during period X
Sunday 8 September	10.00am-3.00pm – Students meet at school for packing and preparation session
Monday 9 September	7.00am – Students meet group leaders at school, for a 7.15am departure.
Friday 13 September	4.00pm – Students can be collected from the College.

Travel:

Students will travel by coach, (fitted with seat belts) to Portland/Nelson and return. Some groups will have a local transfer in a rental minibus.

Equipment:

Specialist gear provided. Please see attached gear list.

Food:

Students self-cater for this program. More information available on the STL page.

Distance from Expert Medical Care:

All hike leaders have Leaders Advanced Wilderness First Aid, or equivalent. Portland hospital is the closest medical centre, although Mt Gambier hospital may also be utilized. Given the remote nature of the program, transport to the medical centre could be several hours. Each group carries a satellite phone and a mobile phone. Mobile phones can be effective in some areas of The Great South West Walk. Satellite phones can work anywhere, although do have limitations, i.e., they are less effective in deep valleys, can be affected by inclement weather, and availability of satellites in area. In the unlikely event of your child being taken to hospital, parents will be notified immediately, and will be required to collect their child from hospital. Staff will remain with your child until the parent arrives and will then be required to return to the rest of the students as soon as possible.

Accommodation:

Students will be camping in light weight tents for the duration of the program.

Cost:

Included in Year 9 consolidated charges.

Activities that may be undertaken during the program:

Bushwalking (with full back packs), canoeing, camping, sitting around a fire, cooking on Trangia (camp stoves), swimming in rivers and ocean.

Anaphylaxis Policy:

The College Anaphylaxis policy seeks to minimise the risk of students coming into contact with nuts and nut products. Students should not bring any products containing nuts or nut products to camp.

Staff:

The program is coordinated by College Outdoor Education staff. Casual Outdoor Education staff are used to lead each group, they are accompanied by other College staff and/or casual assistant hike leaders.

Emergency contact details:

College 9909 9300

All hours' emergency number 9909 9509



Outdoor Education

Year 9 Equipment and Clothing List



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PROVIDED BY COLLEGE (Students can bring their own if suitable)

Hiking Rucksack	Large (65-80 Litres).
Waterproof jacket	Gore-Tex or japara, must have hood.
Overpants	Gore-Tex or japara.

STUDENTS TO BRING Please pack everything **inside** a duffel bag, small suitcase or similar.

Toiletries	Toothbrush and toothpaste. Hair brush, deodorant (must be roll on). Tampons/pads for girls.
2 x 1L water bottles	Strong, durable and leak proof.
Head torch and spare batteries	Spare batteries in zip lock bag for waterproofing.
Spare plastic bags	5 x recycled plastic shopping bags, 5 zip lock sandwich bags
Whistle	On lanyard, for emergency use only

CLOTHING

Beanie	Wool / fleece must be able to pull down over the ears.
1 x Sun hat	Full brimmed - floppy, bucket or legionnaires hat. No peak caps.
3 x Collared shirts	College sport top + house top + extra.
2 x Jumpers	One must be wool the other can be fleece or wool or down. No cotton.
1 x Hiking Pants	Loose and comfortable, quick dry material. Alternative is knee length shorts worn with knee high gaiters
3 x Pairs socks	3 x Thick Woollen; 1 x sports socks.
2 sets of Thermal top and pants	Polypropylene or wool, long sleeve and long pants (to be worn under wetsuit and at night).
Underwear	A change for each day
Hiking boots/Runners	Strong comfortable shoes for walking. Waterproof/Goretex is best

MESS KIT

Plate and bowl	Durable strong plastic or tin. Needs to be appropriate for camping. No ceramics or glass.
Mug	Durable strong plastic or tin. Needs to be appropriate for camping. No ceramics or glass.
Knife, fork, spoon	Durable strong plastic is best
Tea towel	
Steel wool soap pads	For cleaning stove & pots
Matches	In waterproof container/ziplock bag for lighting cooking stove

BEDDING

Sleeping bag	Good quality. MUST have a hood and draw string and be rated to at least -2. Pack down no larger than 20L.
Sleeping mat	Air mat, self-inflating or closed cell foam
Pillow (optional)	Very small inflatable travel pillow
Sheet liner (optional)	Protects the sleeping bag and gives extra warmth

Bedding items available for hire or purchase through "Camplis" by ONE PLANET [here](#). Or in store at Vast Outdoors, Nepean Highway.

MEDICAL

Personal medical requirements must be clearly labelled, be in its commercial packaging and instructions provided. This is to be given to staff prior to departure.

Personal first aid kit and medication. Which may include: Asthma inhaler, band-aids, lip balm, sports tape, insect repellent and 50+ sunscreen (roll on is best, no aerosols please).

Outdoor Education

Year 9 Equipment and Clothing List



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OPTIONAL EXTRAS

Camera	In waterproof bag.
Book / cards / travel games	
Pants	Second pair of warm pants. Polar fleece preferred material.
Gloves	Polypropylene, fleece or wool.
Bathers	Girls – one piece, boys – boardshorts or quick dry shorts
Wet shoes / camp shoes	Lightweight, enclosed toe shoes for canoeing and / or wearing around camp. Eg. Old sneakers, crocs.
Travel towel	Microfibre / lightweight travel towel

FOOD

4 Breakfasts, 3 lunches, 4 dinners, scroggin/snacks, 1 emergency meal.

Details on suitable food to bring can be found on the [Year 9 Outdoor Education STL Link page here.](#)

Morning tea and lunch for Monday – packed in a plastic bag / packable shopping bag for the bus.

ANAPHYLAXIS POLICY

The College Anaphylaxis policy seeks to minimise the risk of students coming into contact with nuts and nut products. Students should not bring any products containing nuts or nut products to College activities.

Please consult **Outdoor Education recommended buying guide on STL Link** before purchasing any equipment.
learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/

