

Year 7 Outdoor Education Program Camp Ibis and the Gippsland Lakes



Copy of this PowerPoint available on STL Link, Year 7 'Outdoor Education' Along with all other camp documents and info

The Outdoor Education staff





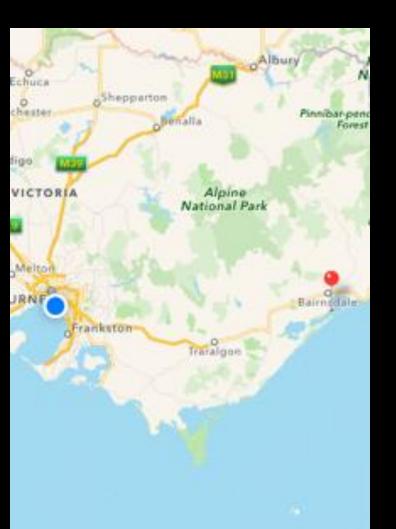
Nina Birss & Stuart Walpole
Outdoor Education Coordinators

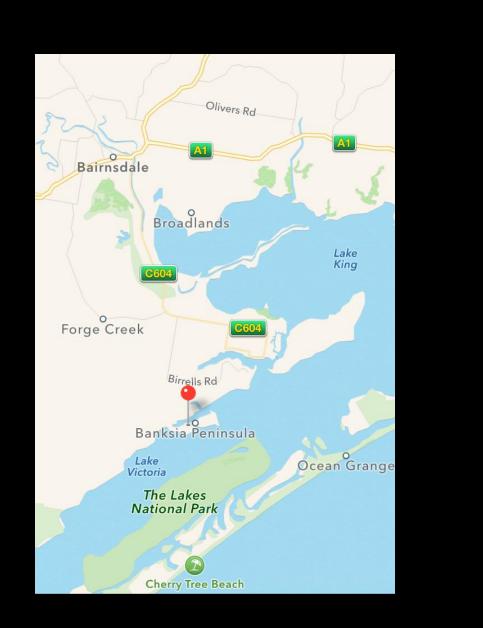


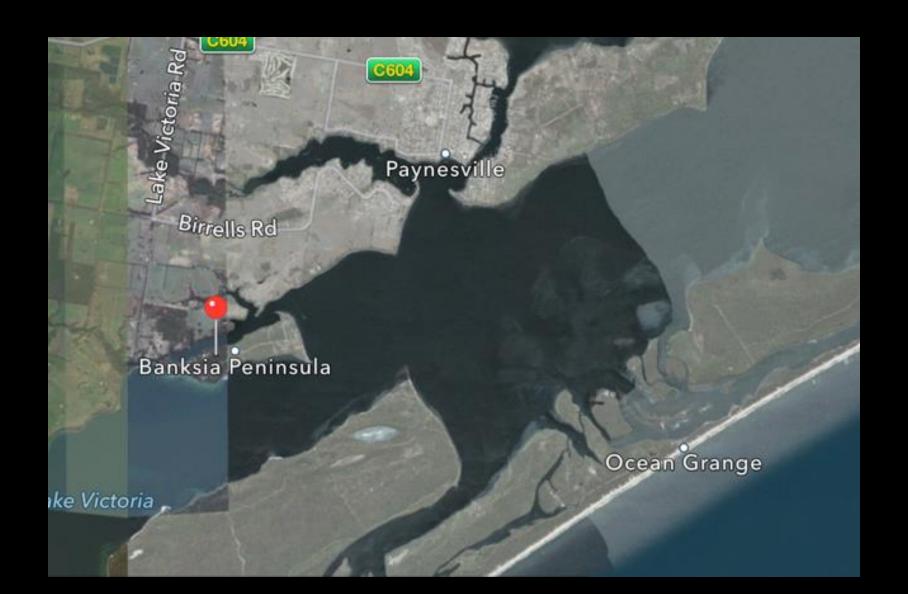


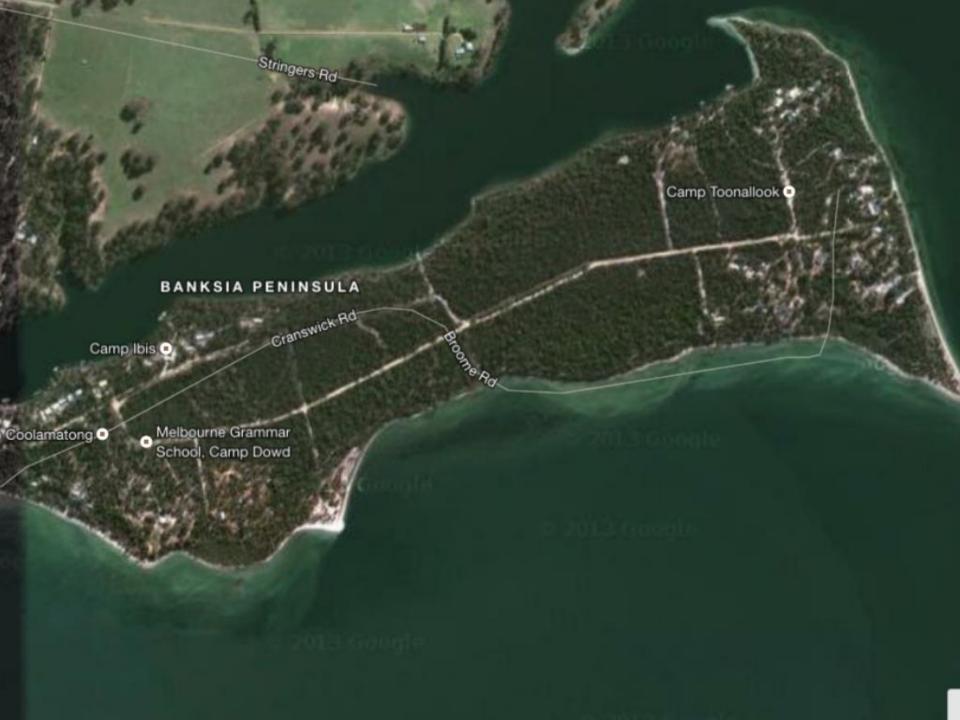
Jake Matthews
Camp Ibis
Manager /
Caretaker

Plus a great team of part time and casual OED Staff.







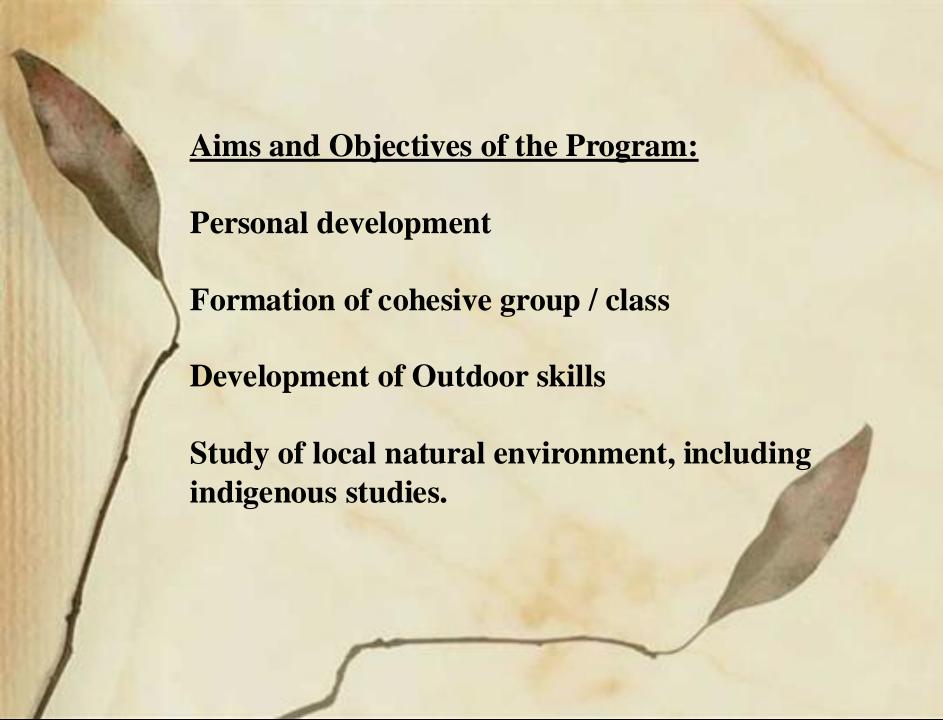












Outline of Program

Monday 8:30am in Kevin Wood Centre

Travel via coach to Camp Ibis. Welcome. Site familiarisation, set up beds. Banksia Challenge (Orienteering, initiative activities and raft building)
Stay at Camp Ibis

Tuesday

Canoeing in Duck arm
Ibis Ninja Warrior Course
Mountain Biking. Skill development and exploration.
Camp in tee pee's at Ibis bush camp

Wednesday

Bike journey to Newlands Arm

Take the Eucumbene (our 40' power boat) to Bunga Arm
90 mile beach exploration and games

Camp out in the National Park.

Thursday

Bushwalk along 90 mile beach. Introduction to Sailing / Stand Up Paddle Boarding Stay at Camp Ibis

Friday

Sailing / Stand Up Paddle Boarding Coach home. 4.30pm pick up from South rd gates.

Note – Some groups will do the same activities in different order.

Program Matrix

Class	MON		TUES		WED		THURS		FRI	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
7X(W1) 7R(W2) 7U(W3)	Travel to Ibis Welcome acknowledgement of country. Lunch	2pm - Eucy to Bunga Arm, beach games, set up camp, cook on trangia	Bushwalk to Grange. Eucy p/u 1130. lunch @ibis	Sailing / SUP	DG2 Sailing / SUP	adventure race	DG4. canoe / Ninja	mt bike / ibis and banksia trails.Ride to bush camp	Bike ride to Newlands arm. 1 OL to return 4wd and bikes to ibis	return to school
camp		Bunga Arm	Ibis		Ibis		Ibis bush camp			
night				DG1 (Culutral Session)		DG3				
7Y(W1) 7S(W2) 7V(W3)	Travel to Ibis Welcome acknowledgement of country. Lunch	adventure race	DG2. canoe / Ninja	mt bike / ibis and banksia trails	Bike ride to Newlands arm. 1 OL to return 4wd and bikes to ibis	Eucy to Bunga Arm, beach games, set up camp, cook on trangia	Bushwalk to Grange. Eucy p/u 1130. lunch @ibis	boat to Ibis. Sailing on pacers	DG4. sailing on pacers	return to school
camp		Ibis	lbis bush camp		Bunga arm		ibis			
		DG1						DG3. (Culutral Session)		
7Z(W1) 7T(W2) 7W(W3)	Travel to Ibis Welcome acknowledgement of country. Lunch	packs in trailer - to bush camp. mt bike / ibis and banksia trails	Bike ride to Newlands arm. 1 OL to return 4wd and bikes to ibis	1.30pm Eucy to Bunga Arm, beach games, set up camp, cook on trangia	Bushwalk to Grange. Eucy p/u 1130. lunch @ibis	boat to Ibis. Sailing on pacers	DG2. sailing on pacers	adventure race	DG4. canoe / Ninja	return to school
camp		Ibis Bush camp	Bunga arm		Ibis		lbis			
						DG1. (Culutral Session)		DG3.		



- Please follow packing list carefully.
- We are teaching students what is appropriate gear for the outdoors the packing list changes very little between requirements for each year level camp.
- Items you may need to buy / hire: hiking pack, rain jacket, rain pants, sleeping bag, sleeping mat, thermals, headtorch.
- Before purchasing any outdoor gear or clothing, please consult the Outdoor buying guide (STL Link), and / or talk to OED staff.

- St Leonard's students will receive good advice and discounts from Vast Outdoors, located on Nepean hwy, Moorabbin.
- Make sure that the gear you buy this year will be appropriate for the years to come.

Day pack (to bring on bus):

- Monday's Morning tea and lunch
- Full water bottle
- Book / cards / games for bus trip

Hiking pack:

All clothing, gear, sleeping bag and sleeping matt

Please have everything INSIDE your pack.

Equipment and Clothing





- Hiking Pack
- Waterproof Jacket
- Waterproof Pants
- School will provide specialist gear (eg. helmets, life jackets etc.)



Please follow the STL gear lists and online guides precisely

Students need to bring:

Toiletries: must include:

- Tooth brush and paste
- Hand sanitiser



Mess kit (eating utensils)







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:

Just medications that you may normally use, eg. Asthma puffer, strapping tape.







Insect Repellent

30+ Sunscreen



All medications must be given to mentor teacher before getting on the bus.



Beanie



Hat







Sun Glasses (optional)



2 short sleeve collared shirts

Sports Shirt



House Polo Shirt



NO cotton rugby tops or hoodies – including school PE tops.



School Sports Short Plus a second pair of shorts

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 good





Thermals

Bathers



Made from Polypropylene or Wool





Socks
Ideally 2 Woollen and
2 Sports Socks



towel



Shoes

- **A** Runners / cross trainers
- Wet shoes



- Underwear a change for each day
- Pyjamas





Bedding

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







Before purchasing any gear please refer to the Outdoor Education Buying Guide on the StL Link

Optional Extras

- Camera
- Book, cards, travel games
- Rash top sun protection whilst swimming
- Long sleeve polo / business shirt



FOOD

Students must bring the following food:

- Morning tea and lunch for Monday (day 1)
- Snacks / Scroggin for each day.

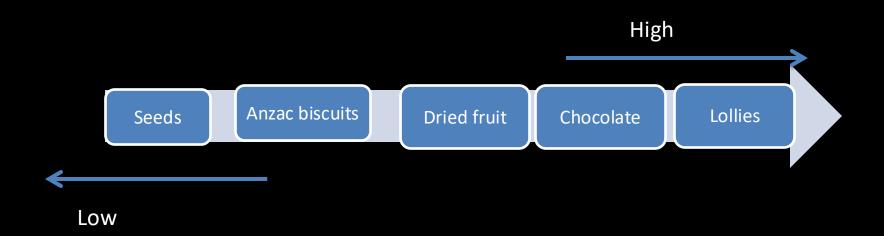
Scroggin / Healthy Snacks and Glycaemic index

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.



Risk Management:

Constant communication with local Parks / Police / CFA

4wd and boat in area for evacuation

Contingency plans for inclement weather

Outdoor Leaders have Advanced Wilderness First Aid

Awards and Prizes

- Year 7 Ninja Warrior Champion
- Year 7 Outdoor Education Award.
 Presented to student(s) who embrace the OED philosophy:
- Give all activities their best effort
- Support and encourage their peers
- Care for the environment



Any questions or queries please contact:

Ben Woolhouse 9909 9487 bwoolhouse@stleonards.vic.edu.au

Stuart Walpole 9969 3247

Stuart.Walpole@stleonards.vic.edu.au