

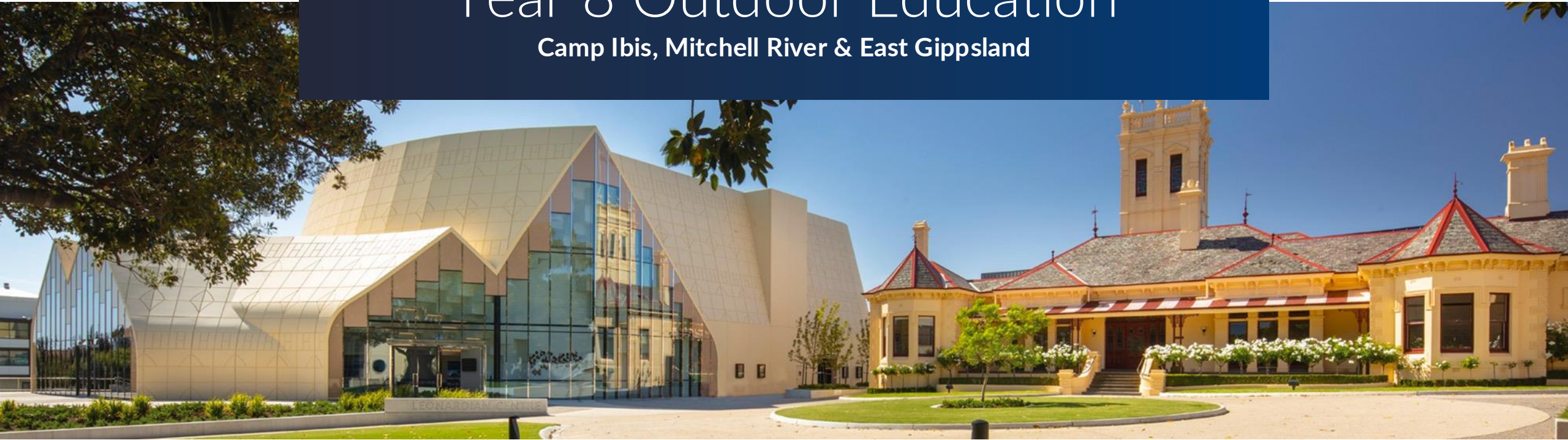


**St Leonard's College**

An education for life.

# Year 8 Outdoor Education

Camp Ibis, Mitchell River & East Gippsland



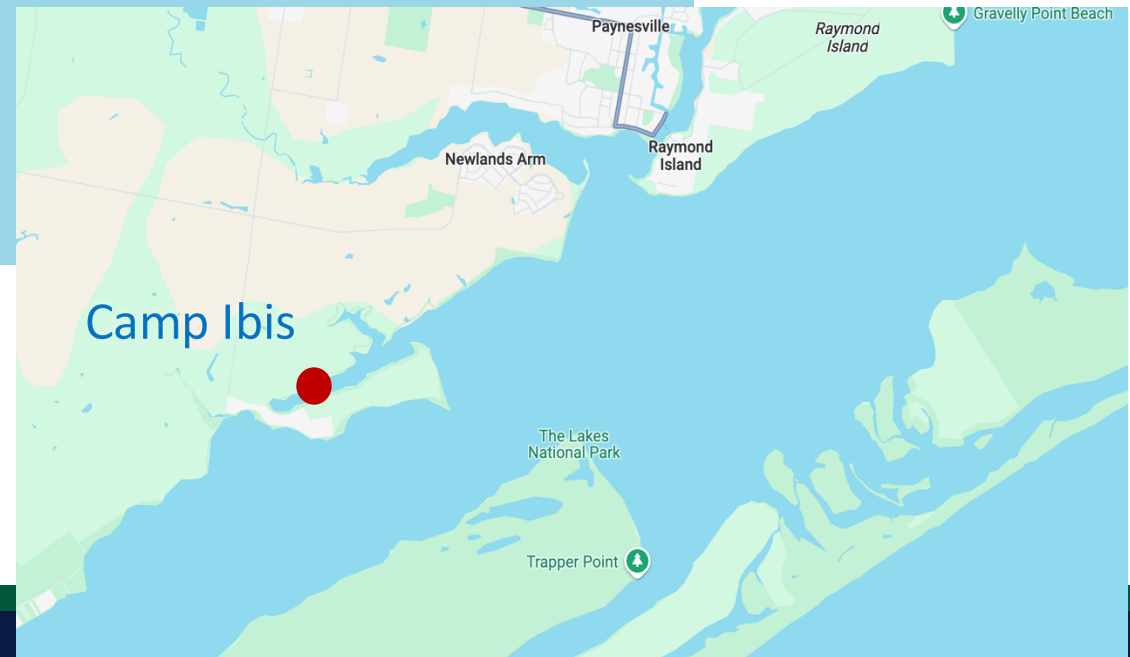
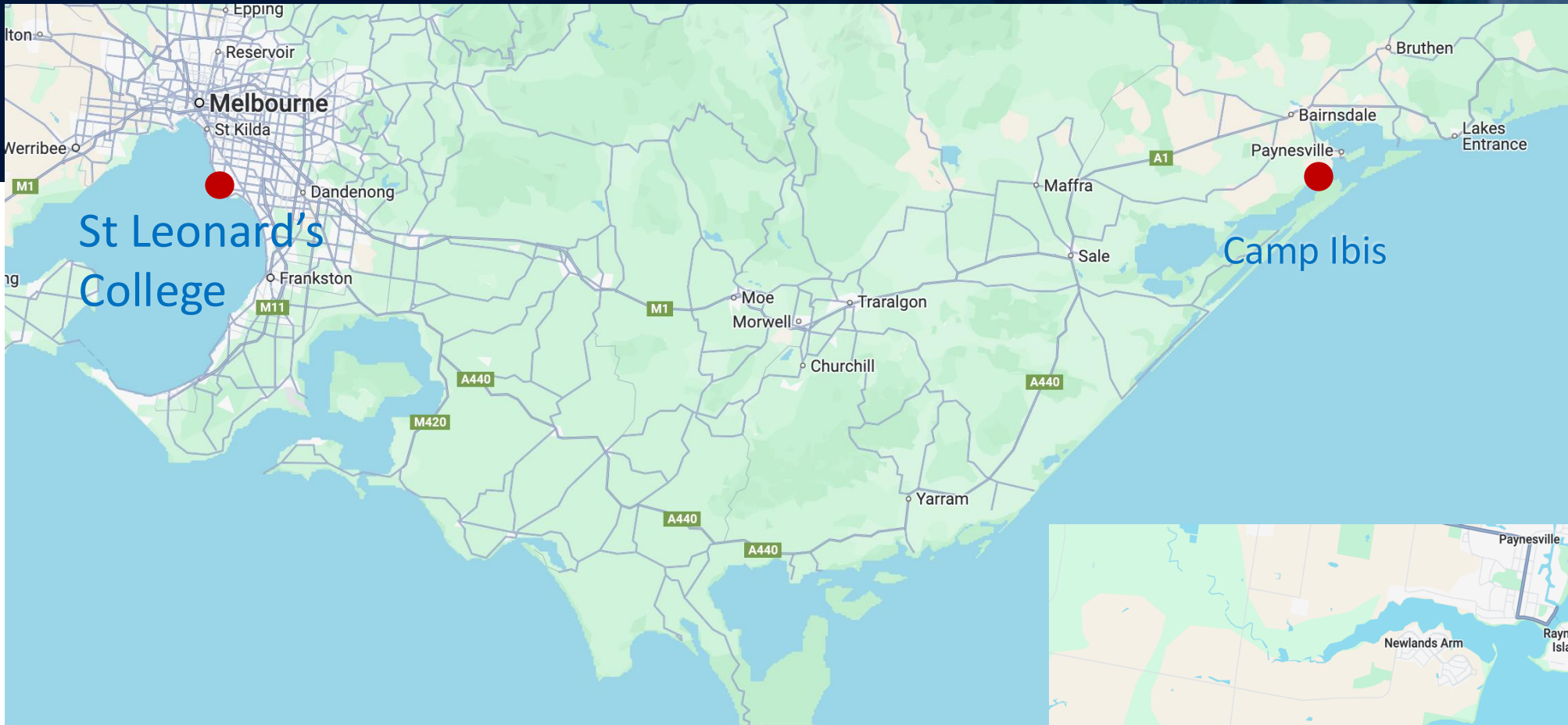
# Year 8 Outdoor Education

Camp Ibis, Mitchell River & East Gippsland

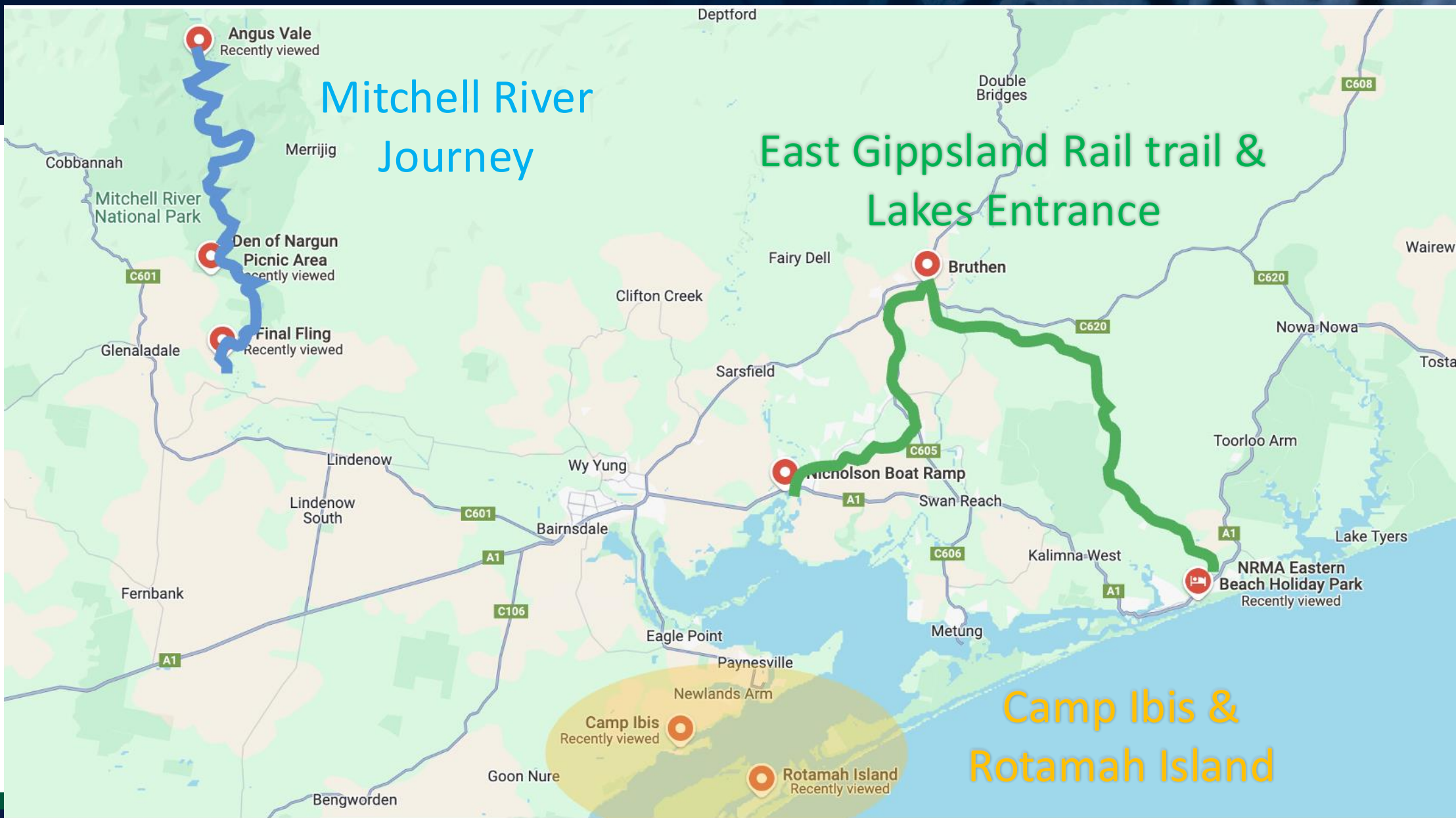
Where are we going?

What are we doing?

What do I need to bring?



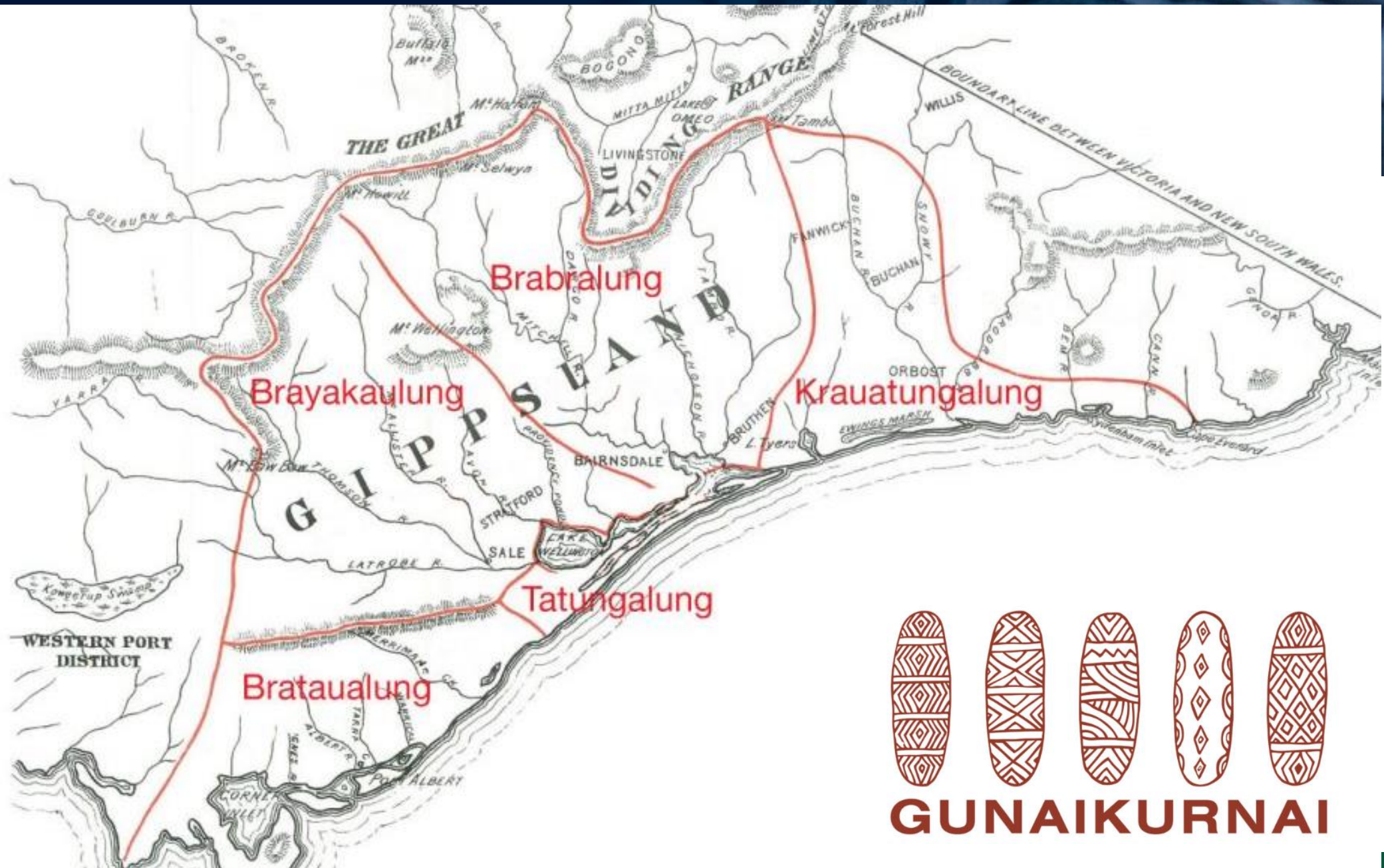
Think back to Year 7:  
Ocean Grange, Bunga Arm & 90 Mile  
Beach, Banksia Peninsula, Bush Camp,  
Elbow point, Newlands Arm.



## Mitchell River Journey

## East Gippsland Rail trail & Lakes Entrance

## Camp Ibis & Rotamah Island



**GUNAIKURNAI**

Class	Friday	SAT		SUN		MON		TUES		WED		THURS		FRI	
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
8Y 8S 8W	Preparation day at School	Travel to Angusvale (Mitchell River)	Introduction to rafting	Raft	Raft	Raft & Bus ride to Camp Ibis	Ibis Community project	Adventure race & Rotamah Island		Picnic point Apple orchard tour	Bus to Nicholson. Ride rail trail to Bruthen	Ride rail trail & discovery trail to Lakes Entrance		Glawac Cutural session	Lunch in Rosedale & return to school
camp			Mitchell River		Mitchell River		Camp Ibis		Camp Ibis		Bruthen		Lakes Entrance		
8X 8T 8V	Preparation day at School	Travel to Nicholson	Ride rail trail to Bruthen	Ride rail trail & discovery trail to Lakes Entrance		Glawac Cutural session	Introduction to rafting	Raft	Raft	Raft & Bus ride to Camp Ibis	Ibis Community project	Adventure race & Rotamah Island		Picnic point Apple orchard tour	Lunch in Rosedale & return to school
camp			Bruthen		Lakes Entrance		Mitchell River		Mitchell River		Camp Ibis		Camp Ibis		
8Z 8R 8U	Preparation day at School	Travel to Camp Ibis	Ibis Community project	Adventure race & Rotamah Island		Picnic point Apple orchard tour	Bus to Nicholson. Ride rail trail to Bruthen	Ride rail trail & discovery trail to Lakes Entrance		Glawac Cutural session	Introduction to rafting	Raft	Raft	Raft	Lunch in Rosedale & return to school
camp			Camp Ibis		Camp Ibis		Bruthen		Lakes Entrance		Mitchell River		Mitchell River		











## Friday: Preparation & Packing Day

A full day at school, please bring **everything** you intend to bring on camp with you.

- Checking & packing your personal clothing & shared group equipment
- Looking at maps & planning our Journey
- Allocating roles & duties
- Setting goals

You may be sent home with a 'shopping/finding list' of any critical equipment you forgot to bring. Your Hiking Pack will stay at STL overnight

Saturday Departure Day: Bring just your daypack with Lunch & Drink bottle



# 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/>

- The packing list along with all the other camp information is on STL Link. Follow it precisely, the gear list is a minimum list and a maximum list.
- Please come to school on Saturday morning wearing sports uniform, but with your fleece / woollen jumper.
- Please bring a day pack on the bus with: morning tea, full water bottle, lunch and any travel games, cards, books etc

# School provided Clothing & Equipment

You don't need to bring, it will be provided for you

- Wetsuit
- PFD
- Helmet
- Cag / Splash Top
- Bike & Bike Helmet
- Tents & Trangia (camp stove)



# Equipment Packing List



- Hiking Pack (60 to 75 Litres)– **Must be big enough to fit everything inside**
- Waterproof Jacket
- Waterproof Pants

# Equipment Packing List

## Sleeping & Bedding items

- Sleeping bag (at least -2C & in a compressible bag)
- Sleeping matt
- Inner sheet (optional)
- Travel pillow (optional)

*One Planet 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>.*



# Equipment Packing List



- Head torch – small and lightweight. Bring spare batteries.
- 2 x 1L drink bottles
- 1 x small travel towel

## Optional extras:

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



# Equipment Packing List

- **Bowl, plate & mug**
- **Spoon, fork & butter knife.**  
made from strong durable plastic or lightweight metal
- **Tea towel-** for drying and cleaning.





# Equipment Packing List

## Toiletries

- Tooth brush and tooth paste
- Hand sanitiser
- Roll on deodorant
- Travel size shampoo & Conditioner - optional
- Chapstick - optional
- Pads & Tampons
- Hairbrush - optional



# Equipment Packing List

## Personal First Aid Kit

- Roll on Insect Repellent, (or squirt spray, no aerosols)
- 30+ Sunscreen
- Strapping Tape
- Blister Bandaids

*Staff will carry big first aid kits for everything else you may need*



# Clothing Packing List

✓



**Broad Brimmed Hat**

**2 x Beanie**



✓



✓



**Sun Glasses (optional,  
recommend a strap)**

✓



# Clothing Packing List



✓ Sports Shirt



✓ House Polo Shirt



- 3 collared shirts
- 1x School Sports Shorts, plus a second pair of quick dry shorts
- No sport Jersey's or cotton Hoodies



# Clothing Packing List



## 2 x Sets of thermals

Made from: Polypropylene or Wool

## 1 x Bathers

## 2 x Shoes

- Runners / hiking boots
- Old sneakers for river

**Underwear** – a change for each day

## 4 x Socks

- 2 Woollen
- 2 Sports Socks



# Clothing Packing List

**2 Jumpers**  
**1 Long Pants**



✓  
Woollen Jumper  
(eg School jumper)



✓  
or fleece/ polar  
fleece Jumper



Quick Dry  
Hiking Pants



OR Tracksuit  
Pants  
School PE track  
pants are OK

No cotton  
rugby tops  
or hoodies



No cotton  
leggings. Sports  
leggings are OK

# Medications

Personal medical requirements must be clearly labeled, be in its commercial packaging and instructions provided from the student's doctor or pharmacist.

Medical Forms can be found by parents on consent2go and should be sent through to STL Health center

All medications must be handed to the accompanying teacher prior to departure.



# What to bring: Food



- **Bring on Friday with Everything**
  - Scroggin Mix for the week:  
Suggest 7 lunch size snap lock bags (one for each day)
- **Bring on Saturday:**
  - Lunch and morning tea in your day pack



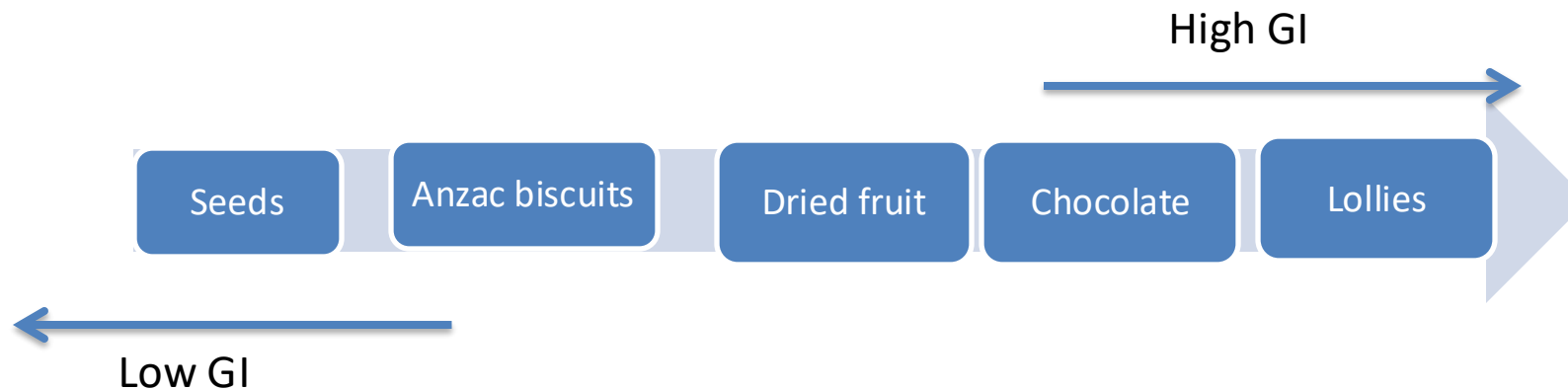
# Scroggin & Healthy Snacks

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 Scroggin Mix

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

**Please remember  
NO NUTS!**



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

Mix it all up in a bowl & make up 7 x Snack bags  
or make 7 x Savory and 7 x sweet

Watch the Scroggin video on STL Link for more information





MIKO

NORWEGIAN  
KAYAKS

BA  
OUTD  
CE

ATENA













# Contact Information

Any questions or queries please contact  
the Outdoor Education Team:

**Ben Woolhouse**  
9909 9487

[Ben.Woolhouse@stleonards.vic.edu.au](mailto:Ben.Woolhouse@stleonards.vic.edu.au)

**Nina Birss**  
9909 9451

[Nina.Birss@stleonards.vic.edu.au](mailto:Nina.Birss@stleonards.vic.edu.au)

**Stuart Walpole**

[Stuart.Walpole@stleonards.vic.edu.au](mailto:Stuart.Walpole@stleonards.vic.edu.au)



# St Leonard's College

An education for life.