



St Leonard's College

An education for life.

April 2025

Re: Year 8 Outdoor Education Camp 2025

Dear Parents/Guardians and Students of Year 8,

The Year 8 Outdoor Education program is held during term 2. To assist you in getting organised, some preliminary program and packing information is given below. Further details are provided on STL Link.

The year 8 Outdoor Education Program is held across three different locations within the Gippsland Lakes area on Gunai-Kurnai Country. Students will spend two nights each at, the Mitchell River National Park, the Gippsland Lakes Discovery Trails and Camp Ibis on the Banksia Peninsula.

This Outdoor Education camp is an integral part of the school curriculum for students' personal development. Over the duration of this trip, students will be exposed to new challenges such as white-water rafting, bike touring and the Ibis Adventure Challenge, which will build upon outdoor experiences and knowledge gained from previous trips. Students will also participate in several preparation and reflection activities with their mentor teachers. More information can be found on STL link.

CAMP DATES:

- Camp 1 - Saturday 3rd to Friday 9th May (8X, Y, Z)
- Camp 2 - Saturday 17th to Friday 23rd May (8R, S, T)
- Camp 3 - Saturday 31st to Friday 6th June (8U, V, W)

All students will meet at the Kevin Wood Centre (KWC) by 8.15am on their day of departure. Classes will conduct final preparations and check ins before boarding buses. Please note parents are not allowed to enter the KWC. Staff will be available to meet with parents to collect any medicine and last-minute updates. All camps will return to South Rd gates at 4.30pm on the Friday afternoon.

PREPARATION

An information session and PowerPoint presentation has been provided to students in late term 1. This Presentation provided an outline of the program and what the specific clothing and equipment requirements are.

FRIDAY PREPERATION AND PACKING DAY

The Friday prior to student's camp they will have a whole day of preparation activities in place of regular classes. The Preparation day will be held at school in place of normal lessons. Students are learning to be self-sufficient, safe in the outdoors and to cope with changes in weather whilst in remote areas. It is therefore vital that the attached gear list is followed closely.

Students are to bring all clothing, footwear, equipment and scroggin, as per the attached gear list with them to school on their preparation and packing day. Staff will complete checks on students clothing and equipment for suitability to the activities and expected weather conditions, as well as distribute school gear and teach students appropriate packing techniques. Students will also spend time on activities including goal setting, map reading, route planning and understanding expectations and roles for the program.

If students are missing any gear, or have any inappropriate gear, this gives them a chance to source suitable items prior to departure on Saturday morning.

Students should meet in the KWC on this Preparation day at 8:30am. They are expected to bring morning tea and lunch, as per normal school day and are still expected to wear school uniform. Students will be dismissed at 2.30pm.

Before purchasing any outdoor clothing or equipment please consult the OED Buying Guide at <http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/> Discounts are given to St Leonard's College students at Vast Outdoors located on the Nepean Hwy, just south of South Road.

It is important for each student's active participation in all aspects of the program that they are in good health. Staff are required to supervise students during all aspects of the program and therefore adequate supervision of unwell children may not be possible. In these cases, parents may be required to collect their children from camp.

Parent consent and medical details will be collected via 'Consent2Go'. Any queries, please don't hesitate to contact myself via Benjamin.Woolhouse@stleonards.vic.edu.au , or the Year 8 Camp Program Coordinator, Nina Birss via Nina.Birss@stleonards.vic.edu.au

Yours sincerely



Mr Ben Woolhouse
Head of Outdoor and Experiential Education

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 challenges of the week. 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. 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. Risks will not be taken with your son or daughter's safety and at all times students will be supervised by a member of staff. 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 suitable location. Outdoor Education staff are qualified and experienced in prevention, management and treatment of all physical and emotional conditions typically encountered by young people in this environment. Emergency services will be called in the event of emergency. Staff brief students on strategies to stay safe at all times, including actions to take if lost or separated.

STL Link:

All documents and information relating to this program is available for download from STL Link via the year 8 home page / Outdoor Education link. It may be helpful for parents and students to view the pictures here, to gain a better understanding on what the program looks like, to get a visual on gear / clothing, what campsites may look like, what white-water rafting is like, and some of the magnificent views that students can be rewarded with.

Travel:

Students will travel by coach (with seatbelts) to and from camp, and during the program.

Equipment:

Specialist gear provided. Please see attached gear list. Parents are asked to note that children are not allowed to take mobile phones or other electronic devices to camp (other than a camera).

Food:

All meals are catered for with the exception of lunch and morning tea on the first day and the week's scroggin (snack mix). Outdoor Education staff will run a preparation

session with students prior to camp, to explain scroggin and food, the program and clothing requirements.

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.

Distance from expert medical care:

All hike leaders have Leaders Advanced Wilderness First Aid, or equivalent. Bairnsdale hospital is the closest medical centre. Given the remote nature of the program, transport to the medical centre could be several hours. Mobile phones are effective within the Gippsland Lakes and along the bike trails. Each raft group carries a satellite phone as mobile reception on the Mitchell River is not reliable. 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.

Accommodation:

Students will spend two nights at Ibis, base camping in large canvas tents. Two nights students camp under tarps at campsites within the Mitchell River National Park, or at Echo Bend campground, in small hiking tents and / or under a tarp. Two nights in lightweight tents at Bruthen campground and Lakes Entrance, Eastern Beach Campground.

Cost:

Included in Year 8 consolidated charges.

Activities that may be undertaken during the program:

White-water rafting, camping, cooking on Trangias (camp stoves), swimming in rivers and flat water, canoeing, mountain biking, initiative challenges, raft building, cooking on fires, orienteering, travelling by boat.

Staff:

The program is coordinated by College Outdoor Education staff. Casual Outdoor Education staff are used to facilitate the program in specialist areas, such as raft guiding. The class mentor also accompanies the students for the majority of the week.

Emergency contact details:

College	9909 9300
All hours emergency number	9909 9509

Outdoor Education

Year 8 Equipment and Clothing List - 2025



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STUDENTS TO BRING

Please pack everything listed. Students must bring the following items to their Packing & Preparation Day on the Friday prior to camp.

Hiking Rucksack	Large (65-80 Liters) Everything including your sleeping matt must fit inside.
Day Pack	For lunch on bus journey & during Bike ride
Waterproof jacket	Gore-Tex or japara, must have hood.
Overpants	Gore-Tex or japara.
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.
2 x Pack Liner	Super durable 'extra large' Orange garden bags - for water-proofing hiking pack. approx 240L size.
Spare plastic bags	5 x recycled plastic shopping bags for dirty/wet clothing 2 x regular garbage bags for waterproofing sleeping bag
Whistle	On lanyard, for emergency use only

CLOTHING

2 x 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	Must be fleece or wool. One could be down jacket. No cotton.
1 x Hiking Pants	Loose and comfortable, quick dry material or tracksuit pants. No cotton leggings or denim
4 x Pairs socks	High quality hiking socks, we recommend merino wool
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
Runners	Sturdy & comfortable shoes for walking / riding
Water Shoes	Sturdy enclosed shoe for water activities eg old runners (Crocs are not acceptable)
Bathers	For swimming & wearing under wetsuit during rafting
Towel	Small travel size or gym towel. Microfiber & quick dry 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	

BEDDING

Sleeping bag	Good quality. MUST have a hood and draw string and be rated to at least -2. Pack down in a compressible storage bag to 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.	

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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).

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.
Bike Shorts	For comfort whilst riding
Rash top	Rash top for comfort under wetsuit & sun protection.

FOOD

Lunch & Morning tea for Day one of Camp (all other meals are provided)

Scroggin (snack mix) for 7 days – Ideally 1 bag per day.

Please see "How to make scroggin instructional video" for help with this on the STL Link

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/