



St Leonard's College

An education for life.

Year 9 Outdoor Education Great Southwest Walk & Glenelg River Gunditjmara country



Acknowledgement of Country

We acknowledge the Bunurong and Boonwurrung People of the Kulin Nation as the Traditional Owners and Custodians of the land on which we meet, teach and learn. We pay our respects to their Elders and young people of past, present and future generations, and to all Aboriginal and Torres Strait Islander peoples.

We would also like to acknowledge the Gunditjmara people, whose country will we journey through on this program.



Plan for this presentation:

- What are we doing?
- Why are we doing it?
- Where are we going?
- Am I going to survive?

This PowerPoint is available on STL Link to refer to at any time.

Program Aims and Objectives- CUE

To develop an understanding of environmental sustainability in the field through investigation of:

- Healthy Water Ways
- Personal Waste Management
- Ecotourism
- Conservation and Protection

Students will take time to consider and reflect on the pristine environment they are travelling through.

Think Global – Act Local

During the program students will investigate and discuss the positive and negative impacts they are having on the environment, locally and globally.

The Year 9 Outdoor Education Program

- The next step in your Outdoor Education development at St Leonard's College.
- A progression from the challenges and skills learnt in previous years on previous camps.

The Year 9 Outdoor Education Program

- Self sufficient, journey based program
- Everything students need for the week will be carried in a backpack with the advantage of 1 food drop throughout the week for each group
- All rubbish is carried out
- Different campsite each night

The Year 9 Outdoor Education Program

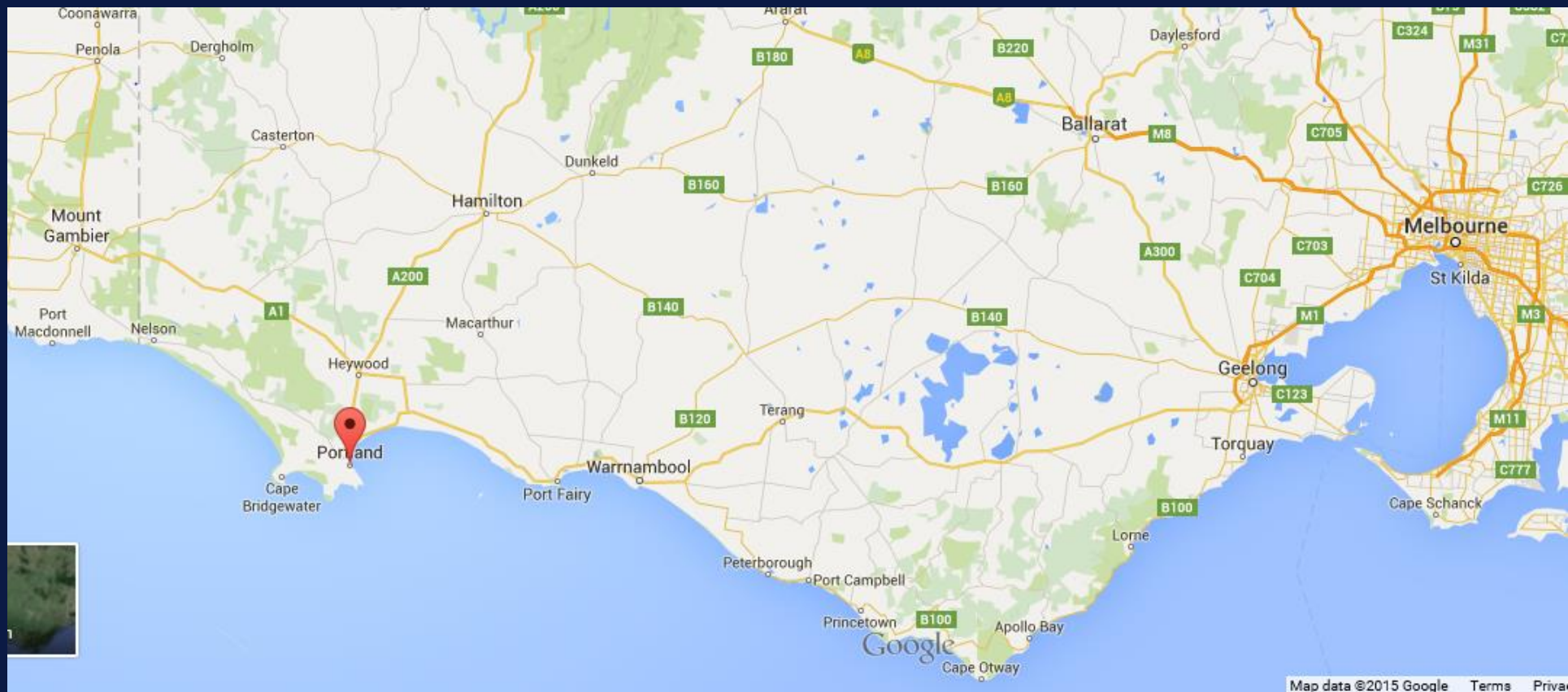
- Water is available at every campsite, for safety we treat water by boiling and / or water purification tablets.
- Half bushwalking, half canoeing for most groups. Some groups at the South-Eastern section will only hike.
- Student will provide their own food for the duration. Food preparation and planning sessions will be held in the weeks leading up to camp.

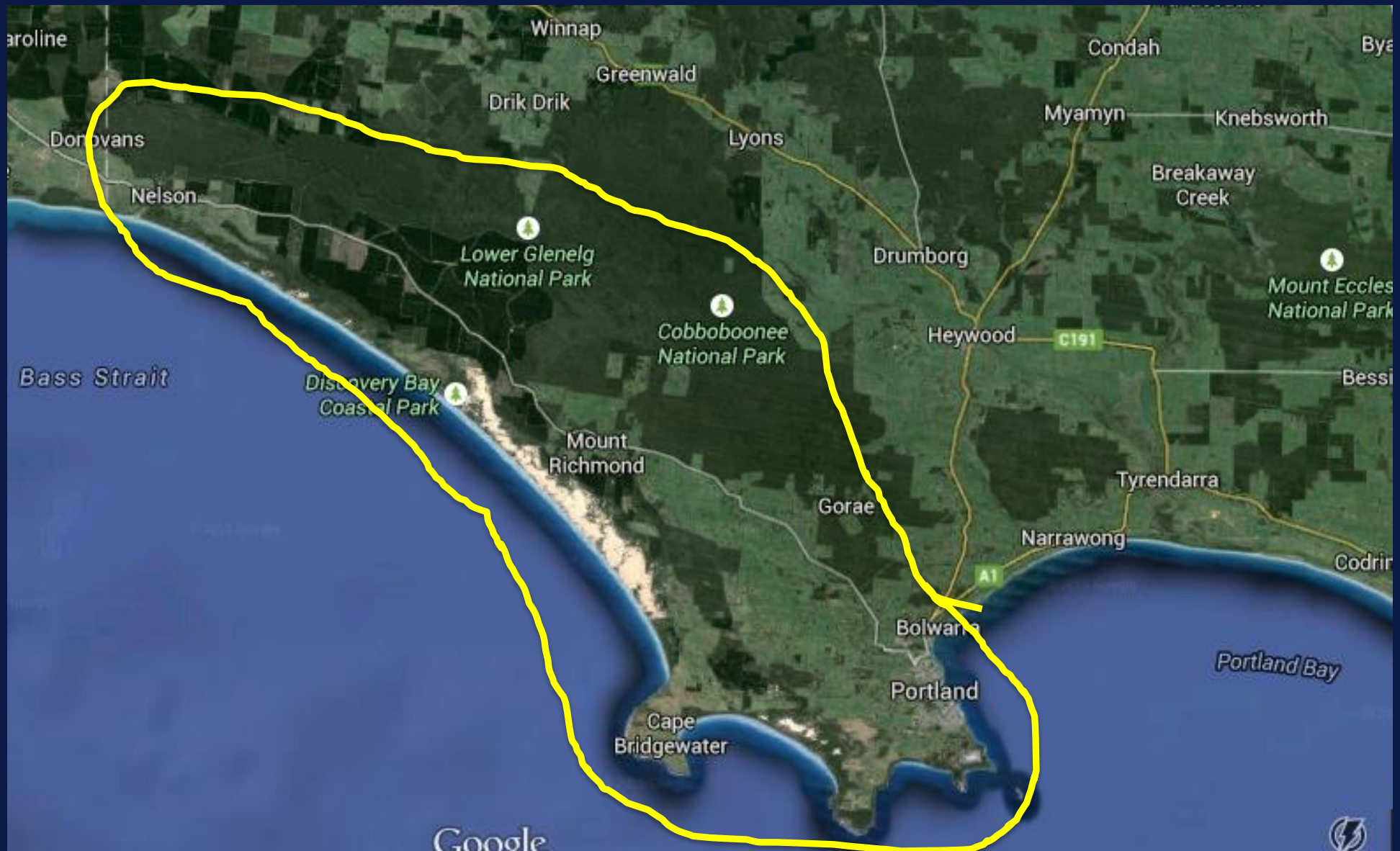
The Year 9 Outdoor Education Program

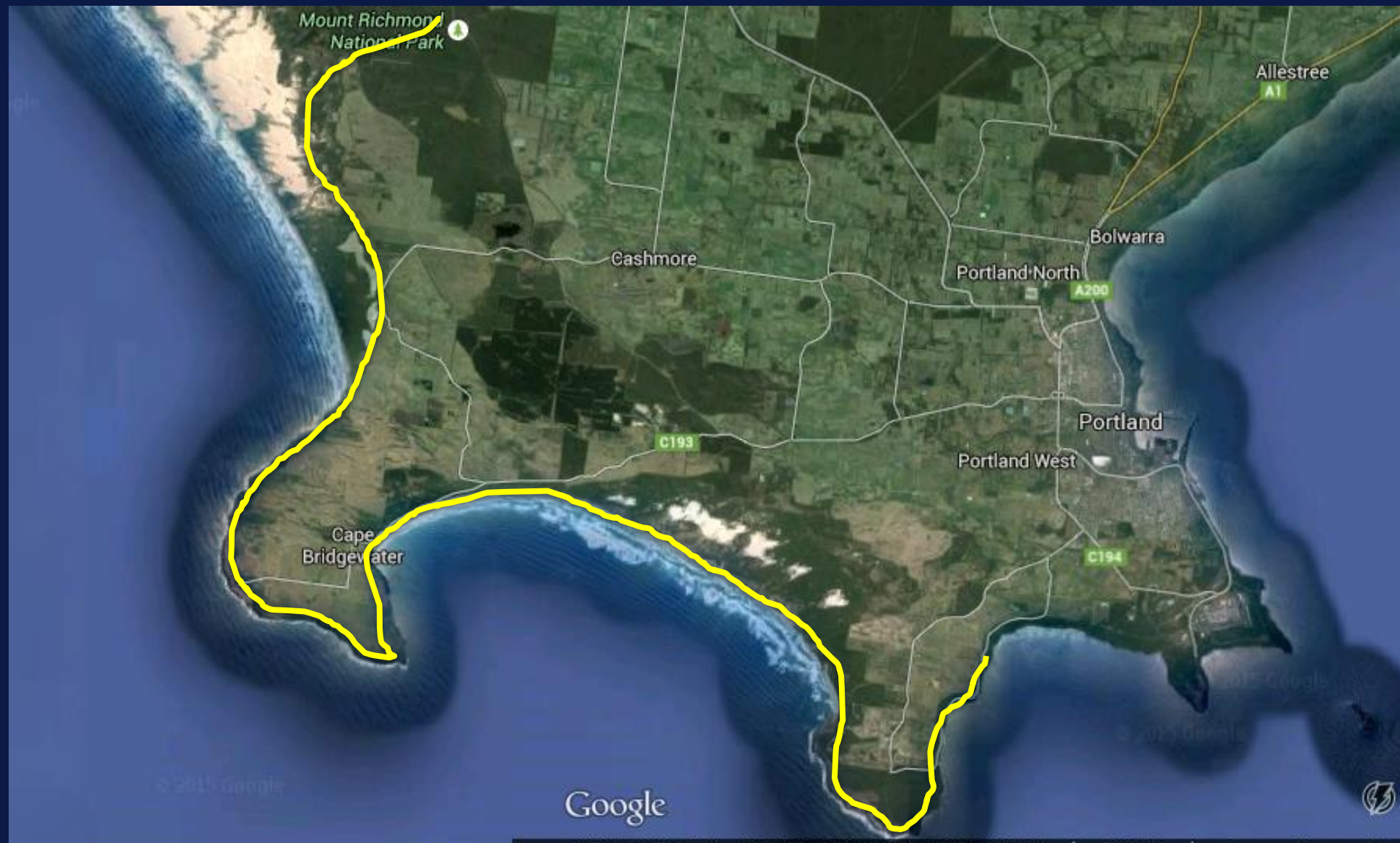
- Packing day Sunday 7 September 10am - 3:30pm. (BYO snacks and lunch)
- Monday 9 September meet in HSC at 7:00am for a 7.15am departure.
- Monday afternoon-Friday morning you will journey over rocky out crops, sandy beaches; through hidden rainforests, pine plantations and rolling hill sides; each night camping in tents. There is a canoe paddle section en-route for groups hiking inland routes.
- Friday -Lunch will be provided during transit and students will be dismissed at 4.00pm.

The Year 9 Outdoor Education Program

- Group size of 12 students
- Two staff: One outdoor leader and one teacher or assistant leader
- Students cooking in groups of 4 on Trangia
- Students sleeping in lightweight 2 or 3 person hiking tents





















Aims and Objectives of the Program Self

- To face challenges and stretch your comfort zone
- Develop coping strategies
- Embrace change
- Encourage good decision making
- Encourage students to assess risk
- Leadership
- Develop resilience



Aims and Objectives of the Program

Others

- For students to demonstrate empathy, understanding and compassion towards each other and the environment
- Demonstrate understanding and reflective action in relation to the complexities of interpersonal relationships
- For students to explore the challenges associated with living in a small community and develop skills linked to sociocultural sustainability



Aims and Objectives of the Program Environment

- To Immerse students of an urban background in the outdoors.
- For students to embrace being outdoors.
- Compel students to engage with, understand and protect our natural environments.
- Demonstrate complex understandings about outdoor living and travel skills.



Safety & Risk Management

- Each group will be led by a qualified Outdoor Educator.
- Each outdoor educator holds a current Leaders Advanced Wilderness First Aid, CPR and Anaphylaxis certification, as well as a Degree or Diploma in Outdoor Education and experience working with young people on remote journey programs.
- Each group will carry a satellite phone (along with their expedition first aid kit) and contact the program co-ordinators in the morning and evening.
- Program Co-ordinators are on call and available 24 hours a day.



Safety & Risk Management

Extreme weather & bushfire management

Continual monitoring of weather and fire danger via:

- Websites
- Vic Emergency app
- Radio
- BOM (Bureau of Meteorology)
- CFA (Country Fire Authority)
- Local Parks Victoria and South Australia
- Local Police
- VicRoads

Safety & Risk Management

Extreme weather & bushfire management

Depending on prevailing conditions and advice from the above authorities, the following actions may take place:

- Modified program – change of hike route
- Evacuation of high-risk areas
- Evacuation or Cancellation of program
- Individual incident scenarios
- Advise you check your ambulance cover

Injury & Illness Management

- Scenario 1 – still able to hike
- Scenario 2 – unable to continue hiking
- Scenario 3 – urgent evacuation

Frequently Asked Questions



Frequently Asked Questions

Can I bring my phone?

NO

Can I bring my Ipod?

NO

Not even for the bus trip?

NO

Only piece of electrical equipment allowed is a camera. We aim to have a technology free week, socialising face to face instead of electronically. It is a rare opportunity to connect with nature. It is a chance to step away from the everyday luxuries you take for granted, so that you may appreciate them all the more on your return.

Frequently Asked Questions

Are there toilets?

Not flushing ones, but each campsite has a composting toilet.

So, what if I get my period?

- Change and look after yourself as per normal, with emphasis on hygiene.
- Every female provided with sanitary bags to help dispose of waste.
- Possible to wash in river / creek / water bottle or even sponge bath.
- Always carry pads/ tampons – even if you're not expecting it.
- If you usually take pain relief, bring some in your First aid kit.
- Be honest with leader / friends.
- Use support of friends and staff.

Frequently Asked Questions

Can we have campfires?

Possibly – depending on campsite, available fuel, current weather.

Are there Showers?

NO, but beautiful rivers and creeks to wash / wade in, sometimes.

Frequently Asked Questions

Which one is the easy hike?

There is no easy hike, they are all challenging and of similar difficulty.

Who are our leaders / staff?

You will find out in the coming weeks.

Outdoor Education Awards

Nominated by OED leaders for any student who:

Goes above and beyond

Motivates their group

Looks after the environment

Embraces the challenges



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The Leonardian

2024

Year 9 Camp

Clothing and Equipment



Before purchasing new equipment

Please visit our buying guide, for advice on choosing the right gear and clothing.

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

School Provided Clothing and Equipment

- Hiking Pack
- Waterproof Jacket
- Waterproof Pants
- Trangia Stove
- Tent



Equipment - Students to Supply

Toiletries



Water

- Carrying capacity of 2 litres in 2 separate containers.



Headtorch

- Small and lightweight
- Bring spare batteries (in a zip lock/watertight bag)





- Insect Repellent
- Hand sanitiser
- Sun Screen 30+
- Personal First Aid

Eating and Cleaning



Bedding



○ Sleeping Bags

- Must have a hood and a draw string
- Be rated to at least -2 °c
- Weigh less than 2kg
- Pack to less than 14lt with a compression sack



Hire

Available for hire from One planet and Vast are high quality sleeping bags, sleeping mats and gaitors.

Clothing- “function not fashion”



- Hat
- Beanie
- Sun glasses

Shirts

- 3 collared shirts



Jumpers

- 1 must be fleece or wool
- 2nd can be wool, polar fleece or down



- Quick drying hiking pants
- Sports leggings

Or

- Shorts and Gaiters



- 2 sets of Thermals (wool or polypropylene)
- Long sleeve and long leg.
- Base layer of warmth, also excellent as Pj's

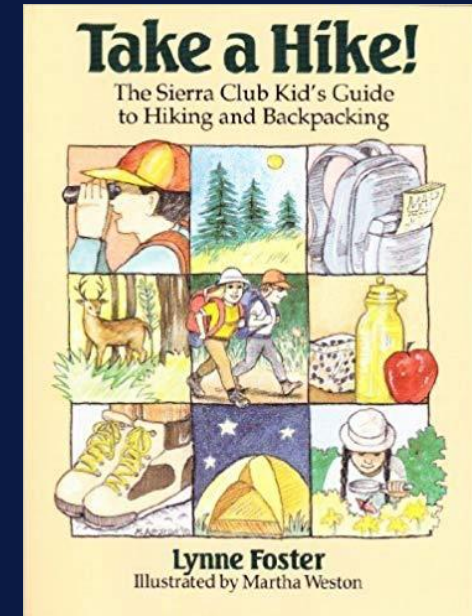


- Hiking Boots (or Cross Trainers) – must be strong, supportive shoes.
- *Note – for the year 10 hike you must have hiking boots, so we recommend you get them now.*
- 3 x Socks. We recommend merino wool hiking socks.



Optional Extras

- Bathers and small towel
- Second pair of warmer pants for evenings
- Wet shoes. light weight with enclosed toes. Eg. Crocs or lightweight aqua shoes
- Camera
- Frisbee
- Playing cards
- Hacky sack
- Book



How to self-cater for an Outdoor Education Expedition



- Insert bullet point 1
- Insert bullet point 2
- Insert bullet point 3

Light Weight Outdoor Food Principles

- Lightweight
- Nutritious
- Tasty
- Quick and simple to prepare
- Create minimal rubbish/ waste
- No tin or glass
- Easy to pack
- Will keep and stay fresh

Remember:

- Your energy needs will be higher
- You must carry out all rubbish
- Everything tastes better in the bush!



Food / cooking groups

- Cooking group will usually consist of 4 members
- Plan your menu together.
- Break down menu into ingredients / shopping list
- Make a time and place to shop together
- Good idea to practice your meals at home
- Remember no nuts, 'traces of nuts' is acceptable.

Food / cooking groups

- We suggest doing your own snacks / scroggin and breakfast, and doing lunch and dinner with your food group
- Be sure to cater for individual dietary needs within the group.
- Eg. Meat can be added at the end of cooking process to cater for vegetarians.
- Eg. To cater for a coeliac: the whole group may eat gluten free, or a separate bowl of GF pasta may be cooked on the side.

Scroggin / Snacks / Trail mix



The 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 may 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!!!



Food-scroggin

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

For extra tips in making scroggin – check out

<https://www.youtube.com/watch?v=7UAKdlsHliw>

Please remember not to bring any nuts or nuts products.

Breakfast

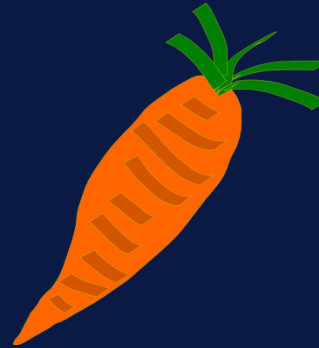


- Coffee, tea, hot chocolate
- Cereal with powdered milk
- Breakfast bars
- Vita wheats with spreads
- Instant porridge
- Fruit loaf / buns

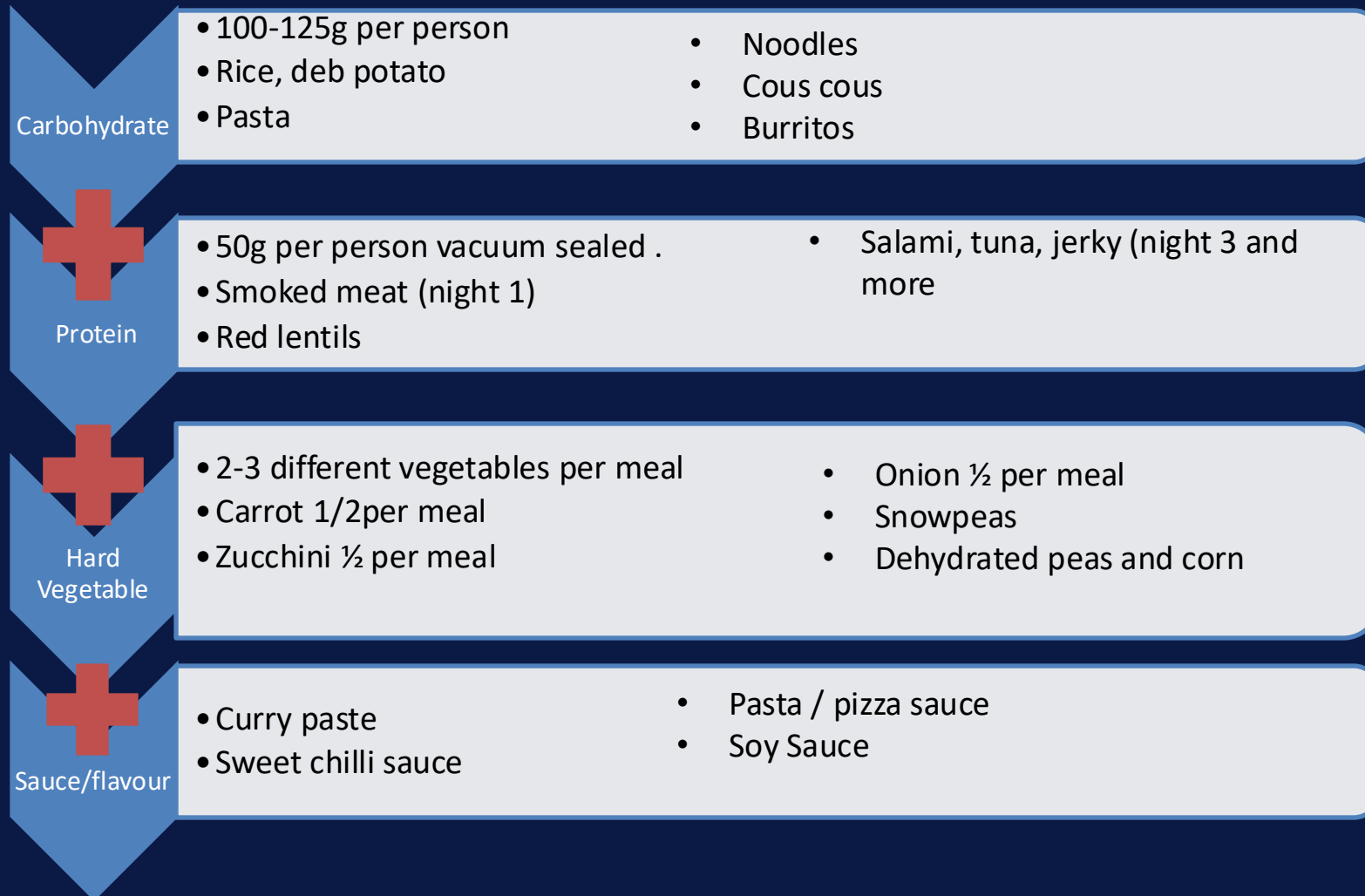


Lunch

- Bucket lunch
- Wraps
- Dry biscuits



Dinner Construction



Potential dinner menu:

- *Neapolitan spaghetti with salami and vegies.*
- *Sweet chili tuna, vegies and cous-cous.*
- *Burritoes – Mexican beans, rice, cheese and salad.*
- *Green Chicken curry (freeze dried meal)*

Dinner options:

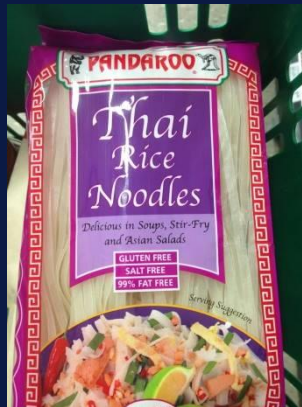
- Asian inspired Chicken Stir Fry with Hokkien Noodles



Smoked chicken, vacuum sealed, frozen– to be eaten on first night.

Or

Pre-packaged chicken and sauce that doesn't require refrigeration.



- Fettuccine with sautéed onion, bacon (first night only) or salami and red pepper in a tomato sauce



Savoury rice with Hungarian salami and vegetables



Red Thai vegetable curry with noodles



Sweet chilli tuna and vegetable cous cous



Carbonara pasta with vegetables



Alfredo / Carbonara pasta
with pepperoni and onion.



Burritos — with
With rice, cheese
and vegies / salad



Other food options to consider



Other food ideas

Freeze dried / Dehydrated meal



Dessert options



Chocolate apricot melts

Stewed fruit in custard

Chocolate mousse

What not to bring:

Nutella

Peanut M and M's

Pesto that contains nuts

Muesli bars that contain nuts

No tins, no glass

Anything with high water content (eg. Up and go, puddings)

Suggested group food plan

- Suggestion that in your cooking group of 4:
- Share the duties, ie. 1 person to organise / cook one meal / dinner each.
- Freeze dried (backcountry) meal as an emergency meal
- Shared lunches
- Organise your own breakfast and scroggin.
- Divide the cost and divide the weight.

Happy Camping!

Your overall goals should be:

- Have yummy food, and enough of it.
- Have meals that you will look forward to eating – it can be a great motivator throughout the day!
- Try and create food envy – make your friends jealous of how good your food is!

What now?

- **Wear your hike boots as much as possible**
- **Organise your clothing and gear**
- **Groups will be posted later this week**
- **Prep sessions on planning food during school in coming weeks**
- **Get excited – it is a great adventure!**





Further queries

Any further enquires please contact:

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Please explore the displays in the foyer and talk to our friends from Vast Outdoors about any gear / clothing requirements.