



OUTDOOR EDUCATION

Expedition: Adelaide Hills Mountain Bike Trip

A mountain-biking trip has been planned as part of the Duke of Edinburgh Award Scheme. The expedition will be conducted in the Adelaide Hills areas of Craighburn Farm trails and Fox Creek trails. All venues have routes that include a mixture of fire access tracks, forest trails and single trails. The trip is designed to develop your mountain bike skills and increase your understanding of the biking opportunities available in the Adelaide Hills. We cater for all types of cycling experience, matching your ability to the group and trails you ride. Students can provide their own suitable bikes (need working front suspension and working brakes) or bike hire costs are listed below.

The trip will be conducted by Mr Rob McLean, Dan McArthur and other instructors. At each venue each group will be cycling with emergency/repair kits and radio communications to facilitate any break down or injury. Instructors will aid in venue orientation, introducing students to appropriate trails. It is expected that students conduct themselves in a self-reliant manner by carrying the necessary day equipment in their small backpacks (whilst on the trails). If conditions and abilities permit, students may navigate some of the trails in small groups without direct instructor supervision. Instructors will monitor the groups through the use of check points and will camp with the students overnight. Students will camp and have use of facilities at Thomas Hill House, Cudlee Creek Forest (Fox Creek).

Departure: 8:30 am Friday 9 August 2019

Return: 4:00 pm Sunday 11 August 2019

Route: Day 1: 9am – 11:30am Craighburn Farm trails. Lunch and Drive to Thomas Hill House. Set up tents. Ride 1pm – 4pm around Fox Creek
Day 2: Enjoy Fox Creek trails. 9am – 12pm, Lunch, 1pm - 4pm
Day 3: 9am pack up camp/Clean facilities. Enjoy Fox Creek trails. Depart 2pm.

Trip Cost: \$160.00 (plus bike hire costs) to be added to student's account. This includes transportation, camp fees, instructors and accommodation.

Bike Hire Costs: * Full Mountain Bike & Helmet (\$100 total)
* Helmet for 3 days (\$20 total)

Students need to provide their own food for the duration. Students are encouraged to have some pocket money on them (\$20?) as we may stop at a service station where they can buy an extra snack.

Any further enquiries regarding the trip, or nature of activities, should be directed to Gordon Begg - school (8276 0337), home (0428 974 759) or email (gbegg@westminster.sa.edu.au)

Emergency Contact whilst students are away: David Wallage – 0407 962 639

Contact on trip: Rob McLean – 0428 974 760

Please complete the permission and medical form and return it to Gordon Begg at school.



Personal Equipment

Clothing

For 3 days riding you need only one set of riding clothes and one spare change (For longer or colder conditions another set should be included).

- 2 shirts, one light, the other warmer. Preferably long sleeved for better sun protection. (Westventure shirt is great).
- PADDED BIKE SHORTS MAKE FOR A MORE COMFORTABLE WEEKEND**
- 1 pair of long trousers or shorts, track suit pants are ok. (Try to avoid jeans, being inflexible and taking too long to dry out if they get wet).
- Walking shoes – sturdy track shoes are fine, although they will get knocked around a little. Don't buy walking boots just for this trip and make sure anything you wear is **WELL WORN IN!**
- Underwear
- Old woollen jumper. Please avoid synthetic fabric jumpers, as they will not keep you warm when they are wet.
- 2 pairs of thick walking socks. ('Explorer' socks can be purchased from Coles for around \$7 and are ideal).
- Broad-brimmed sunhat, one that covers the ears and back of neck (not a baseball-style hat if possible)
- Warm wear, such as a beanie, thermal and gloves for the cold nights
- Shorts for riding
- Rain jacket

Sleeping

- Sleeping bag (preferably down)
- Sleeping mat (to insulate you from the ground)

Toiletries

- Small amount of soap
- Toothbrush and toothpaste
- Comb or brush
- Towel (chamois is best, but hand towel is adequate)
- Small amount of toilet paper, waterproofed
- Any personal first aid equipment (i.e. Ventolin, bandaids etc.)
- Sunscreen and SPF Lip-balm

Eating

- Light plate, bowl & mug
- Eating utensils
- 2 x 1 litre strong water container (long days)**
- Scourer or Chux
- 5L water bladder, sold as boxes of water

General

- Pencil & Notebook
- Matches (waterproofed in film container)
- 2 large plastic bags
- Torch (with spare batteries)

Group Equipment

- Tent plus poles & pegs
- Trangia stove and fuel bottle
- First aid kit
- Trowel

Cycling Specific

- Small 25L backpack/camelback
- 1 bike bottle**
- Helmet (borrow or hire from us (see med form)
Recommended but not essential
- Gloves (windproof, abrasion resistant)
- Own Repair Kit to suit personal bike (puncture kit, pump, inner tube) We supply this as well as tubes which are 26 x 2.125 (standard). Bring your own if your wheel is a different size
- 1 garbage bag for pannier liner (orange 'garden bags' are best)



Food

When planning food for a trip it is important to consider the following things – weight, nutrition, preparation, interest and packaging. You want lightweight foods that are low on packaging, easily prepared and nutritious – but not boring! Some good recipe ideas include...

Breakfast

- Muesli with milk powder
- Instant porridge ('Oat Temptations' are great)
- Breakfast muffins
- Muesli Bars
- 'Up & Go' type energy drinks

Lunch

- Various breads (rolls, Mountain Bread, pita breads etc.)
- Dry biscuits (Salada, Vita-Wheat, Cruskits etc.)
- Toppings and spreads (metwurst, cheese, pastes, jam etc.)
- Flavoured Sandwich Tuna (packets are better than cans)
- Muesli Bars, Fruit Bars etc.

Dinner

- Instant Pasta & Sauce packets are brilliant (Continental Noodles, Rices of the World etc.)
- 'Cup-a-soup' type packets (ones with noodles are good)
- Home prepared meal, frozen for the 1st night (casserole, pasta etc.)
- 2-Minute Noodles (bulked up with metwurst, vegies etc.)
- Deb instant mash potato, freeze-dried vegetables, metwurst, tuna etc.

Scroggin

- Easy to eat snacks/muesli bars whilst on the go
- High energy mix of snacks to boost energy levels throughout the day
- Dried fruit, nuts, chocolate, lollies, 'Shapes' biscuits



Menu Plan Sample

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1		Salad roll Fresh Fruit	Frozen casserole	Muesli Bars Lollies
DAY 2	Oat Temptations	Vita-Wheats with cheese and metwurst	Continental Pasta packet	Dried Fruit Shapes
DAY 3	Muesli with milk powder	Tortilla wraps with spreads and leftovers		Nuts Chocolate

+ 1 spare dinner in case another fails or is ruined (pasta pack is best)

Conservation

Private land – Sometimes you will be walking on private land. Seek permission for access. Use gates, not fences, and leave them as you found them. Leave livestock and property ALONE!

Toilets – Dig a hole 100m away from any water source or campsite. It must be at least 15cm deep and fill it in afterwards, never bury sanitary items.

Litter – Carry a rubbish bag for all general litter. You must carry OUT what you carry IN.

Food Scraps – Carry them out. Do not leave plastic, foil, cans etc. carry them out.





What to wear? What to wear?

Depending on the weather ...but be prepared for anything!

- Strong shoes
- Medium to thick socks
- Shorts (lightweight quick dry)
- Long sleeve top
- Woollen jumper (if cold)
- Rain Jacket (if cold or wet)
- Gloves – stop blisters and cold
- Beanie (if cold)
- Helmet
- Padded Bike Shorts!!!!

Day trip gear list

These items need to be packed into your back packs

Personal Gear

- Cycling clothes (see above)
- Woollen Jumper
- Beanie
- Rain Jacket
- Hat (for stops)
- Sun Cream
- Snacks
- 1 x 1 Litre water
- Medication
- Bike bottle

Group Gear to Share

- Compass, Map
- 1st Aid Kit
- Repair kit + Pump
- Radio / Phone





CONSENT FOR CAMP

As parent/guardian of:

I give my consent

for my son / daughter to participate in

at / on

Agreement I agree to delegate my authority to supervising teachers/instructors. Such leaders may take whatever disciplinary action they deem necessary to ensure the safety, well-being and successful conduct of the students as a group and individually.

In the event of an accident or illness, and contact with me being impracticable or impossible, I authorise the teacher-in-charge to arrange whatever medical or surgical treatment a registered medical practitioner considers necessary. I will pay all medical and dental expenses incurred on behalf of my child.

I have provided all information necessary to plan safe and reasonable health care support for my child. This includes, if relevant, information about any activity modifications my child may require for medical reasons.

I consent to my child's doctor or medical specialist being contacted by medical personnel in an emergency.

The information given is accurate to the best of my knowledge.

Signed:

Date:/...../.....

Emergency family contacts

Parent/guardian

<input type="text" value="(address)"/>	<input type="text" value="(home phone)"/>	<input type="text" value="(work phone)"/>	<input type="text" value="(mobile phone)"/>
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Alternative emergency contact

<input type="text" value="(name)"/>	<input type="text" value="(address)"/>	<input type="text" value="(phone)"/>
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Please indicate the need to hire the following:

Mountain Bike	Yes	No
Helmet	Yes	No
I have my own bike and helmet	Yes	No





Staff supervising this camp will use the medical and personal information you have already provided to the school and which is recorded on the School's database. If circumstances have changed since last updating your child's personal information please advise of any changes using the attached form. All forms should be returned to the Senior School Office. After reviewing the camp programme please advise us of any additional information that would assist our staff to care for your child in this camp setting. This information will not be used to update the School's permanent records and will only be used for this camp/activity.

**ADDITIONAL INFORMATION
SPECIFIC TO THIS ACTIVITY / CAMP**

Confidential

To be completed by the PARENT/GUARDIAN for students who need additional support whilst on camp. This information is confidential and will be available only to supervising staff and emergency medical personnel and will not be recorded on the School's permanent database records.

Student Name _____

Please provide details of any current situation that will affect your child undertaking this activity/camp including any dietary needs

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Routine supervision for health care related safety

Does your child need additional supervision for health-related safety? Yes No

If yes, consider and attach as relevant:

Instructions from the child's doctor

Medication plan

If assistance with medication must occur on camp identify responsibilities for:

- Delivery, storage, supervision, record keeping
- Off-site activities
- Reminding if necessary

Health service provider details

If a care/health worker is involved because requirements exceed staff training and duties (i.e. other than oral or metered dose inhaler medication), write down:

- Who this is and the contact staff member?
- How, when and where will this occur?

Signed: _____ Date: ____ / ____ / ____



INFORMATION TO UPDATE SCHOOL'S PERMANENT RECORDS

Confidential

To be completed by the PARENT/GUARDIAN to update student information on the School's permanent database records.

Student Name.....

Personal

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Medical

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Other

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Signed:

Date:/...../.....

