



OUTDOOR EDUCATION

An inland kayaking trip has been organised as part of the Year 11 course or Duke of Edinburgh Award. The kayaking expedition will be conducted on the Murray River and Katarapko Creek between Berri and Loxton on **Sunday 25 to Tuesday 27 October 2020**.

11OED students will be expected to conduct themselves in a self-reliant manner and will be under indirect supervision at times on the water. The trip is an expedition with students packing their kayaks and shifting camp-sites each day. Duke of Ed students will be under direct supervision and receive instruction at all times and is great introduction for Westventure.

The area is popular for its bird life, tranquillity and beautifully scenic backwater paddling as well as being a source for a wide range of environmental issues. Most of the trip will be utilizing the flow of the prevailing currents and will wind its way through the Murray River and its sheltered tributaries. The day distances are not profoundly long and opportunities for fishing and short nature walks will be possible.

Transport will be by the Westminster 4WD and/or Bus, leaving school at **8.00 a.m. Sunday** and returning **Tuesday at 3.00 p.m. approximately**.

Any further enquiries regarding the trip, or the nature of activities, should be directed to me at the school or at home (0428 974759) gbegg@westminster.sa.edu.au.

Please complete the permission form.

Date	:	Sun 25 (8.00 am) – Tues 27 October 3.00 pm.
Transport	:	School Bus or troop carrier.
Staff	:	Gordon Begg, Brodie Eckert and instructors.
Programme	:	Sunday: Lock 4 to Campsite 20 via Eckert Creek (12 Km) Monday: Campsite 20 to 38 via the Splash and Katarapko CK (20 Km) Tuesday: Camp 38 to Loxton via Murray River (8 Km)
Cost	:	Approximately \$200 to be added to school account.
Food	:	Students are to organise and provide their own food.
Equipment	:	All equipment required will be provided by the school.
Assessment	:	Performance Check-list 30%



MURRAY RIVER NATIONAL PARK Katarapko



Personal Equipment



Clothing

For any kayaking trip you only need one set of bathers/kayaking clothes and one spare change. (For longer or colder conditions another spare set should be included). Items can be shared between paddling and camping. Any gear carried in the kayak should also be appropriately waterproofed (remember from WV!). Lastly, weight is not an issue for kayaking but space definitely is!

For Paddling:

- 1 rashie for kayaking. Long sleeved and light coloured ones are better.
- 1 pair of shorts or tights for paddling in. Wetsuits can be used to substitute for bringing separate tops and bottoms.
- Reef sandals, aqua booties or old shoes (Dunlop Volley's do the trick) for paddling
- Underwear
- Old woollen or fleece jumper. Please avoid synthetic cotton fabric jumpers, as they will not keep you warm when they are wet.
- 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.

For Camp:

- 1 shirt, preferably long sleeved for better sun protection. (WV shirts are great!)
- 1 pair of thick socks to keep your feet warm ('Explorer' socks can be purchased from Coles for around \$7 and are ideal).
- Footwear for camp (Crocs, Dunlop Volleys, Thongs etc)
- Tracksuit pants or shorts
- Old woollen or fleece jumper. Please avoid synthetic cotton fabric jumpers, as they will not keep you warm when they are wet.
- Underwear and any warm wear such as a beanie, thermal and gloves for the cold nights.
- QUALITY rain jacket.

Sleeping

- Sleeping bag (preferably down)
- Sleeping mat (to insulate you from the ground). Foam mats are cheap, durable and do the trick!

Toiletries

- Small amount of soap (if showers available)
- Toothbrush and toothpaste
- Comb or brush
- Towel
- 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
- Scourer or Chux
- Large plastic screw top jars are good for scroggin
- 10L water bladder, sold as boxes of water (empty)

General

- Pencil & Notebook
- Matches (waterproofed in film container)
- Multiple large plastic bags (for waterproofing)
- Torch (with spare batteries)
- Camera, books, cards, pocket knife, mending kit and iPod for tent use.
- Hand sanitiser
- Whistle

Group Equipment

- Tent plus poles & pegs
- Trangia stove and fuel bottle



Food

When planning food for any* DOE or OE 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
 - Powdered 'Sustagen' (not 'Up & Go's')

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



- Dinner**
- Instant Pasta & Soup packets are brilliant (Continental Noodles, Rices of the World, 'Cup-a-soup' etc.) with extras added.
 - 'Back-country' or similar dehydrated meals.
 - Cous Cous, rice (both are super lightweight and small) or pasta with added ingredients such as:
 - Fresh vegies, freeze-dried peas, metwurst, tuna, sauce sachets etc.
 - Specific recipe ideas are also located in the OED office.

- Scroggin**
- High energy mix of snacks to boost energy levels throughout the day that is readily accessible whilst you are involved in your activity. You need a supply for each day. This is important especially if conditions are cold, wet or windy.
 - Dried fruit, nuts, chocolate, lollies, 'Shapes' biscuits

- Water**
- You need to have access to 2 litres a day. Two containers are a good idea.

Menu Plan Sample

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1		Salad roll Fresh Fruit	Pasta and Sauce mix with extra vegies	Muesli Bars Lollies
DAY 2	Oat Temptations	Vita-Wheats with cheese and metwurst	Cous Cous with extra vegies	Dried Fruit Shapes
DAY 3	Museli with milk powder	Tortilla wraps with spreads and leftovers		Chocolate Nuts

+ 1 spare dinner in case another fails or is ruined (2 min noodles or soup is best)

Note: On kayaking or base camp trips weight is not a huge issue. This means you can afford to be more creative with your meals!

Conservation

"Keep the wildlife WILD!... Take only photos, leave only footprints"

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. When using a long drop, CLOSE THE LID after use!

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

Packing a Kayak

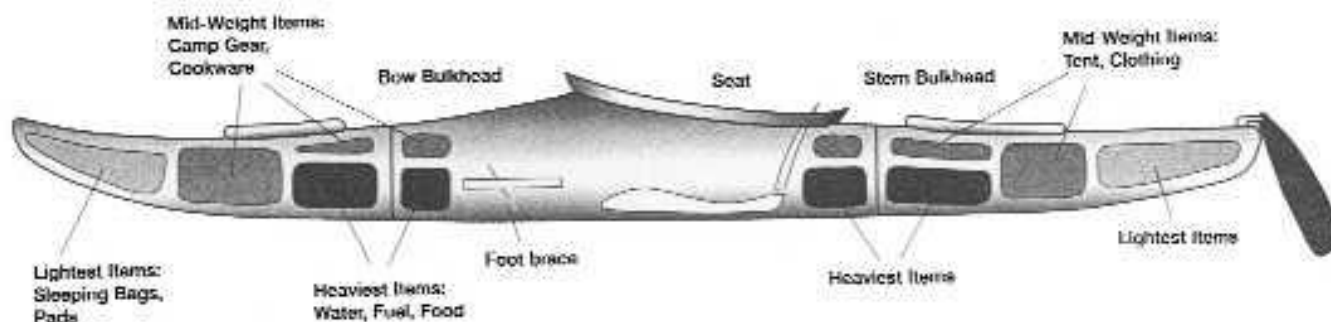


During the paddle you are expected to carry everything that you need for the day, including shelter, clothing, food and water. All this will be in your boat so it is vital to pack remembering that although weight isn't an issue, **volume of gear is!!!**

Therefore, you will need to...

- 1) Consider each piece of equipment carefully, choosing only the essential items and wherever possible those which serve a double purpose. Remember, the less you pack, the less you carry. Ask yourself...
Do I really need that 4th pair of shoes? Can my jacket be used as a pillow?
- 2) Know what clothes will be warm and comfortable and at the same time light and easily packed. For example, thermals are excellent because they are very warm and very light whereas a large hooded parka, while being warm, is not going to pack well. Lots of thin layers are better than one big bulky one!
- 3) Select food that weighs little and provides a healthy diet. Pasta, rice and cous cous all weigh hardly anything and rice and cous cous absorb water when cooked to increase their size! Anything in a can should be avoided whilst 'Up and Go' type drinks are also to be steered clear of.
- 4) Waterproof everything that if wet, won't function! (This means your Trangia or water bottle doesn't have to be water-proofed!) Use a lot of small packages instead of one massive bag. Remember the slip-knot method from WV or google other ways to waterproof. Sea to Summit dry bags are awesome but are expensive (Kathmandu have cheaper alternatives).

Gear should be divided into the kayak in a few important areas. Anything sausage like (sleeping bag, tent, etc.) should be stuffed at the bow and stern of the boat. Then place everything else inside leaving items you want readily accessible at the top of a hatch or behind your seat. If space is an issue a last resort is placing gear at your feet. Don't put anything on top of your boat if possible as this will create wind drag. The exception to this is foam roll mats which are hard to pack inside and are already waterproofed! See the diagram below for best practice.



Handy Hints

- Take care of the way you pack, nothing is indestructible. Be especially careful of food and tent poles.
- Split your tent up with a partner. One carry the poles and fly, the other the pegs and inner.
- Don't pack things unless you are sure you will use them. Don't say "just in case!"
- Tubes or film containers are good for sticky spreads and margarine. And to waterproof matches.
- Pack cleaning and eating utensil into the Trangia. Instead of having another bag!
- By combining into groups of 3 or 4 you can save on 'kitchen utensils' & food weight
- Consider excess packaging. Leave cardboard and plastic at home. Avoid glass, cans, bottles etc. ('Snaplock' bags are the best invention to help deal with this!)



Westminster School

from the Senior School

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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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.

.....
.....

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

health service provider details

medication plan

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

- delivery, storage, supervision, record keeping
- off-site activities
- reminding, if necessary.

If a care/health worker is involved because requirements exceed staff training and duties (ie 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:/...../.....





Westminster School

Westminster School, a Uniting Church Early Learning to Year 12 coeducational day and boarding school,
is a member of Round Square, an international association of schools.



Practical Knowledge and Skills – Kayaking
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