



DUKE OF EDINBURGH SCHEME (To be Confirmed if trail is open for camping)

Expedition: Kangaroo Island Wilderness Trail 5 day walk – Flinders Chase National Park

Gold/Silver/Extra/Year 11 Outdoor Education – limited to 16 participants

<http://www.kangarooislandwildernesstrail.sa.gov.au/home> - see website for more details, photos and videos

The participants in the scheme are organising a bushwalking expedition to the Flinders Chase National Park on Kangaroo Island during Term 3 Break. Transport will be by chartered hire bus and the Sealink Ferry. Departing from school at 7 am on Friday 24 September and returning at 5 pm on Tuesday 28 September. Times to be confirmed.

Outdoor Education staff Rob McLean and Cam Watson will be supervising the students and camping with them overnight but will not walk with students the entire time. Contact will be maintained through checkpoints and VHF radio.

The students will experience some of the best wilderness walking and camping that Kangaroo Island has to offer. This five-day 'experience of a lifetime' provides towering cliffs of limestone, and coagulated magma, storm-blasted coastal scrub and massive arcs of bone white beach. This is the wildness that awaits all whom walk on the Kangaroo Island Wilderness Trail. This experience will include Platypus Waterholes, Rocky River, Snake Lagoon, Cape du Couedic, Remarkable Rocks, Hanson Bay and conclude at the Kelly Caves. The Westminster School Outdoor Education Faculty have enjoyed returning to Kangaroo Island's West Coast to bushwalk on this premier walking trail; that opened in October 2016, you will be one of the first to experience this journey.

The cost of the expedition will be approximately \$345 this will cover transportation, trail permits, instructors, maps, camping fees etc. This fee will be added to the student's account.

Students are to provide their own food for the duration of the trip. Bring pocket money (\$20) for potential takeaway meal on the return journey.

**** GOLD QUALIFIERS WILL NEED TO BE INVOLVED IN THE PLANNING PROCESS AND PRESENT THEIR PLANS TO Mr McLean FOR APPROVAL.**

In the event of an emergency, the contact person whilst students are away will be David Wallage (0407 962 639).

Any further enquiries should be directed to Gordon Begg. Please complete the permission and medical form and return it to the Outdoor Education office.

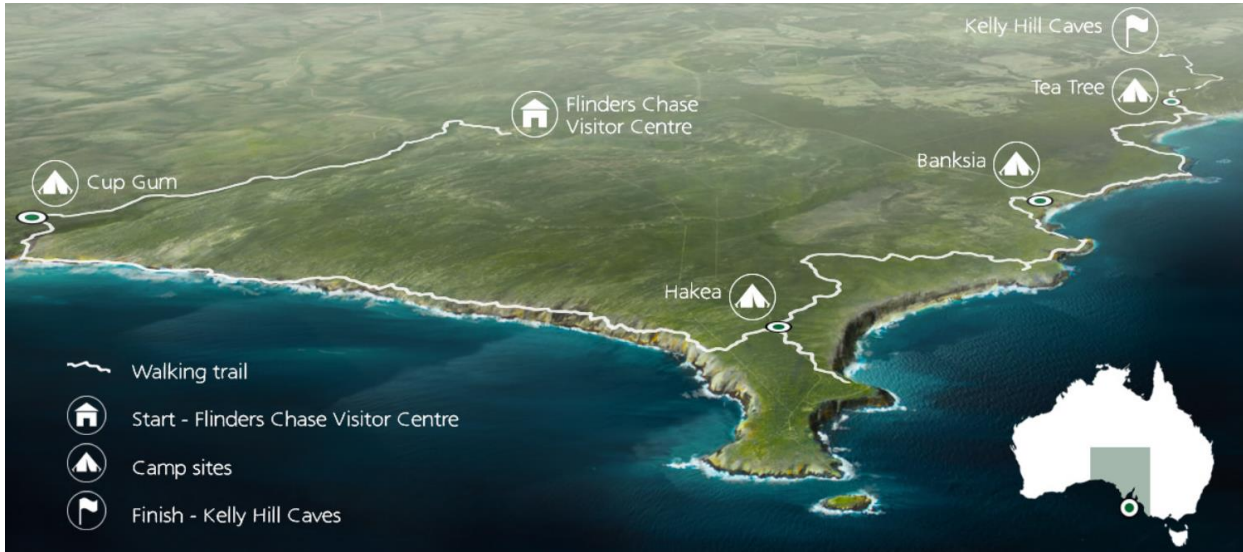
Gordon Begg

M: 0428 974 759

P: 08 8276 0337

E: gbegg@westminster.sa.edu.au





Friday 12pm – 4pm Day 1 Visitor Centre – Snake Lagoon = 12km
 Saturday Day 2 Snake Lagoon – Cape du Couedic = 14km (+ 6.5km return loop to Admirals Arch – no packs)
 Sunday Day 3 Cape du Couedic–Sanderson Bay via Remarkable Rocks =14.5km(+2km return trip to Sanderson Bay–no packs)
 Monday Day 4 Sanderson Bay – Tea Tree campsite via Hanson Bay Beach = 14.5km
 Tuesday Day 5 Tea Tree campsite - Kelly Hill Caves 7.5km (start 8am) Pick up at 11am

Personal Equipment

Clothing

The following is a list of preferred personal equipment for 4 days, advanced walking in Alpine or Remote areas. If you do not personally own any of these items they can be purchased or borrowed...

- 2 shirts, one light, the other warmer. Preferably long sleeved for better sun protection. (Westventure shirt is great).
- 1 pair of walking shorts or tights
- 1 pair of long trousers - tracksuit pants are okay, denim jeans are NOT.
- Walking boots/shoes, medium weight with rubber sole is best. Make sure they are WELL WORN IN!
- 4 pairs of socks. Two light pair and two thick wool or wool/mix ('Explorer' socks can be purchased from Supermarkets cheaply and are ideal). Day-time and night-time pairs are a good idea.
- Warm wear, such as polypropylene thermals (top and bottom) a beanie, gloves or mittens etc. Icebreaker shirts are expensive but are worth it.
- Underwear
- Jumper. Wool, Merino, Polartec, Polar fleece, down jacket, windstopper etc. Do not bring synthetic 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)
- Waterproof jacket (Gore-tex or similar). School can provide a high quality one if needed.
- Overpants are optional (available through school)



Sleeping

- Sleeping bag (good quality down-filled bag with a hood.
Alternatively, a good quality synthetic bag with compression straps on stuff bag.)
- Foam sleeping mat or Therm-a-rest

Toiletries

- Small amount of soap
- Toothbrush and toothpaste
- 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, Insect repellent

Eating

- Light plate, bowl & mug
- Eating utensils
- 1 litre strong water container
- Scourer or Chux
- 5 L water bladder, school can provide (empty)

General

- Matches (waterproofed in film container)
- 3 large plastic bags
- Torch (lightweight & batteries)
- 1 thick garbage bag for rucksack liner
- Whistle

Group Equipment

- Tent plus poles & pegs
- Trangia stove (or MSR) and fuel bottle
- First aid kit
- Tarp or groundsheet

Extras ~ pocketknife, spare batteries, digital camera, book, cards, ipods for use in tents

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 really 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 for 3 days only! We are going for 4 so pack more!!!!!!

	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 100 m away from any water source or campsite. It must be at least 15 cm 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.

Food Scraps – These **biodegradable** items can be buried. ONLY these can be buried. Do not leave plastic, foil, cans etc. carry them out.



Packing a Rucksack

During the walk you are expected to carry everything that you take, including shelter, clothing, food and water. All this will be on your back for four days so it is vital to pack remembering...



“MINIMUM WEIGHT AND MINIMUM VOLUME”

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) Know how much everything you wish to take weighs. In total this must be NO MORE than 25% of your body weight – MAXIMUM.

Gear should be divided in the rucksack into a few important areas. Light stuff should be down the bottom, medium on the outside and heavy stuff close to your back and at the top. Keep in mind too that items you want during the day or in an emergency should be stored at the top. See the example below:

<p>Appropriate Weights</p> <p>Food – less than 1kg / day Clothing – 4kg Water – 1 litre = 1 kg 2 litres / day (water is available each day)</p> <p>Total weight between 12 – 14 kg</p> <p>Maximum weight is 25% of body weight!</p>
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Total weight between 12 – 14 kg

Handy Hints

- Take care of the way you pack, nothing is indestructible. Be especially careful of food and tent poles.
- By carrying dehydrated food you save weight on carrying water that can be added from camp.
- 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. Save's 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!)



CONSENT FOR CAMP

FROM THE SENIOR SCHOOL

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 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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.....
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Signed: _____ Date: ____ / ____ / ____

