



Westminster School

DUKE OF EDINBURGH AWARD SCHEME

Expedition: Mt Remarkable – Bronze or Silver or 11/12 OED

The participants in the scheme are organising a bushwalking expedition to the Flinders Ranges over the long weekend 12 to 14 June, 2021.

Transport will be leaving School Saturday after 8 am and returning between 3-3.30 pm on the Monday.

Julie Engelhardt, Sam Ferguson and other instructors will be supervising the students and camping with them overnight but not walk with students the entire time. Contact will be maintained through checkpoints and use of VHF radios.

It is expected that the walking group will travel to the more spectacular, scenic and rugged areas of Mt Remarkable National Park. Some rock scrambling and rope work may be involved but this will be done under the supervision of staff. The area is quite beautiful at this time of year and water is plentiful. The area is well known for its scenery, gorges and walking opportunities. Different routes are available for different experience levels.

The cost of the expedition will be approximately \$160 and this will cover instructors, transportation, maps, camping etc. This fee will be added to the student's account.

Students are to provide their own food for the duration of the trip.

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

Any further inquiries should be directed to me at the school (08 8276 0337) or at home (0428 974 759) or email gbegg@westminster.sa.edu.au

Please complete the permission and medical forms and return them to Gordon Begg at school.

Check out the website below for information on the park.

<http://www.environment.sa.gov.au/parks/sanpr/mountremarkable/information.html>

Sincerely,

Gordon Begg
Head of Outdoor Education



Personal Equipment

Clothing

For any 3 day trip you only need one set of clothes for the activity 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).
- 2 pairs of long trousers/long tights or shorts, track suit pants are ok. (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
- Woollen, down or fleece** jumper. Please avoid synthetic cotton fabric jumpers, as they will not keep you warm when they are wet.
- 1 pair of thick walking socks and 1 pair of thin socks. ('Explorer' socks can be purchased from Coles for around \$7 and are ideal). A day-time pair and a night-time is a good idea.
- 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.
- QUALITY rain jacket and Rucksack provided by school.



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
- Small Towel (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
- Scourer or Chux
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General

- Pencil & Notebook
- Matches (waterproofed in a container or snap lock bag)
- 4 large plastic bags (waterproofing or rubbish)
- Torch (with spare batteries), whistle
- Hand sanitiser
- 1 garbage bag for rucksack waterproof liner (orange 'garden bags' are best)
- Camera, book, cards
- Pocket knife
- iPod (for tent use only)

Group Equipment (Provided)

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



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! **Cooking together in your tent group also makes sense.** 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.
 - Pasta, rice (both are super lightweight and small!!!) or cous cous with extras added
 - Extras can include: 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!

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1		Salad roll Fresh Fruit	Pasta and Sauce mix with extra vegies & tuna	Muesli Bars Lollies
DAY 2	Oat Temptations	Vita-Wheats with cheese and metwurst	Noodles with extra vegies & metwurst	Dried Fruit Shapes
DAY 3	Muesli 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. Stand on scales with, then without, your rucksack. Do the Maths.

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:

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



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 group gear up with a partner. One carries the poles and Trangia, the other the tent. Swap.
- Don't pack things unless you are sure you will use them. Don't say "just in case!"
- Pack cleaning and eating utensils into the Trangia. Saves having another bag!
- By combining into cooking groups of 2 you can save on 'kitchen utensils' & food weight & preparation.
- 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!)

Mount Remarkable Summit Hike

(12.2 km return, 5 hours return)

Commencing from the War Memorial Monument above Melrose, this trail contours across the eastern face of Mount Remarkable. Walkers are rewarded with magnificent views of Melrose and the rich agricultural land of the Willochra Plain. Wildflowers abound in spring. A detailed brochure is available at the trailhead near the monument.

The Heysen Trail

From Melrose a trail to the summit of Mount Remarkable is also part of the Heysen Trail. From the summit, the Heysen Trail follows east along Mungola Hut Track passing through grassy woodland before heading north along the Pines Track to the Alligator Gorge area. If you plan to walk the Heysen Trail, use topographic maps or the *Heysen Trail Northern Guidebook*. When walking on the Heysen Trail through private land, please keep to the trail. The Heysen Trail is closed during the Fire Danger Season.



Walk Safely

Be prepared when bushwalking:

- Wear sturdy shoes, hat and sunscreen.
- Carry sufficient food and drinking water. Allow 4 litres of water per person per day.
- Do not rely on tanks or creeks in the park for drinking water.
- Keep to the defined walking trail.
- Inform a responsible person of your proposed route and expected time of return.
- Weather conditions can change quickly, ensure you have appropriate wet weather clothing.

The National Parks Code

Help protect your national parks by following these guidelines:

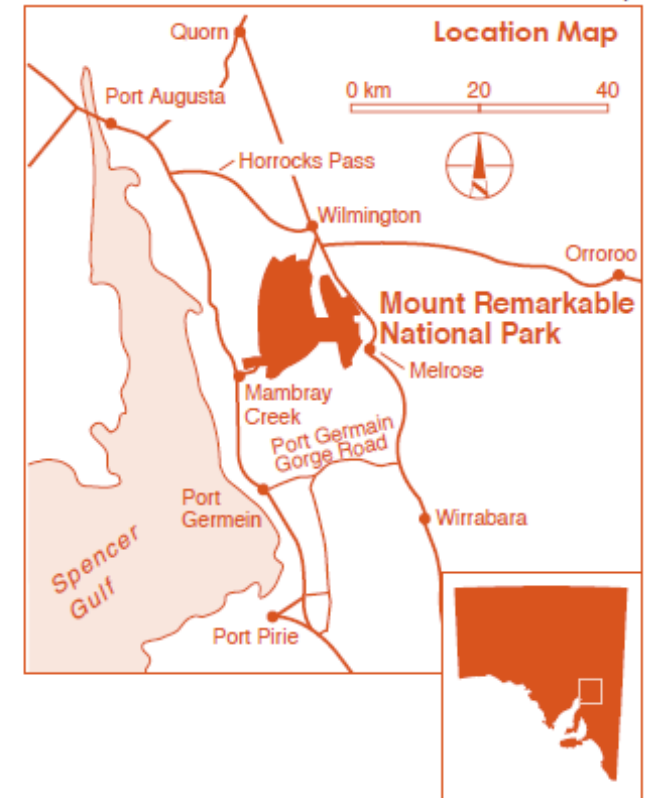
- Leave your pets at home.
- Take your rubbish with you.
- Observe fire restrictions usually 1 November to 30 April. Check CFS hotline 1300 362 361.
- Conserve native habitat by using liquid fuel or gas stoves.
- Camp only in designated areas.
- Respect geological and heritage sites.
- Keep our wildlife wild. Do not feed or disturb animals, or remove native plants.
- Keep to defined vehicle tracks and walking trails.
- Be considerate of other park users.
- Generators, chainsaws and firearms are not permitted.

Thank you for leaving the bush in its natural state for the enjoyment of others.

Fire Danger Season

The fire danger season usually extends from 1 November to 30 April. Check CFS hotline 1300 362 361. The following regulations reduce the potential for bushfires and enhance visitor safety:

- Wood fires are not permitted in the park during the fire danger season. Please use liquid fuel or gas stoves only.
- On Total Fire Ban Days all fires (liquid, gas and wood) are prohibited in the park and access to walking trails is restricted.
- Backpack camping is not permitted during the fire danger season, please plan day walks only. Camping is allowed only at Mambray Creek and Baroota Ruins campgrounds.



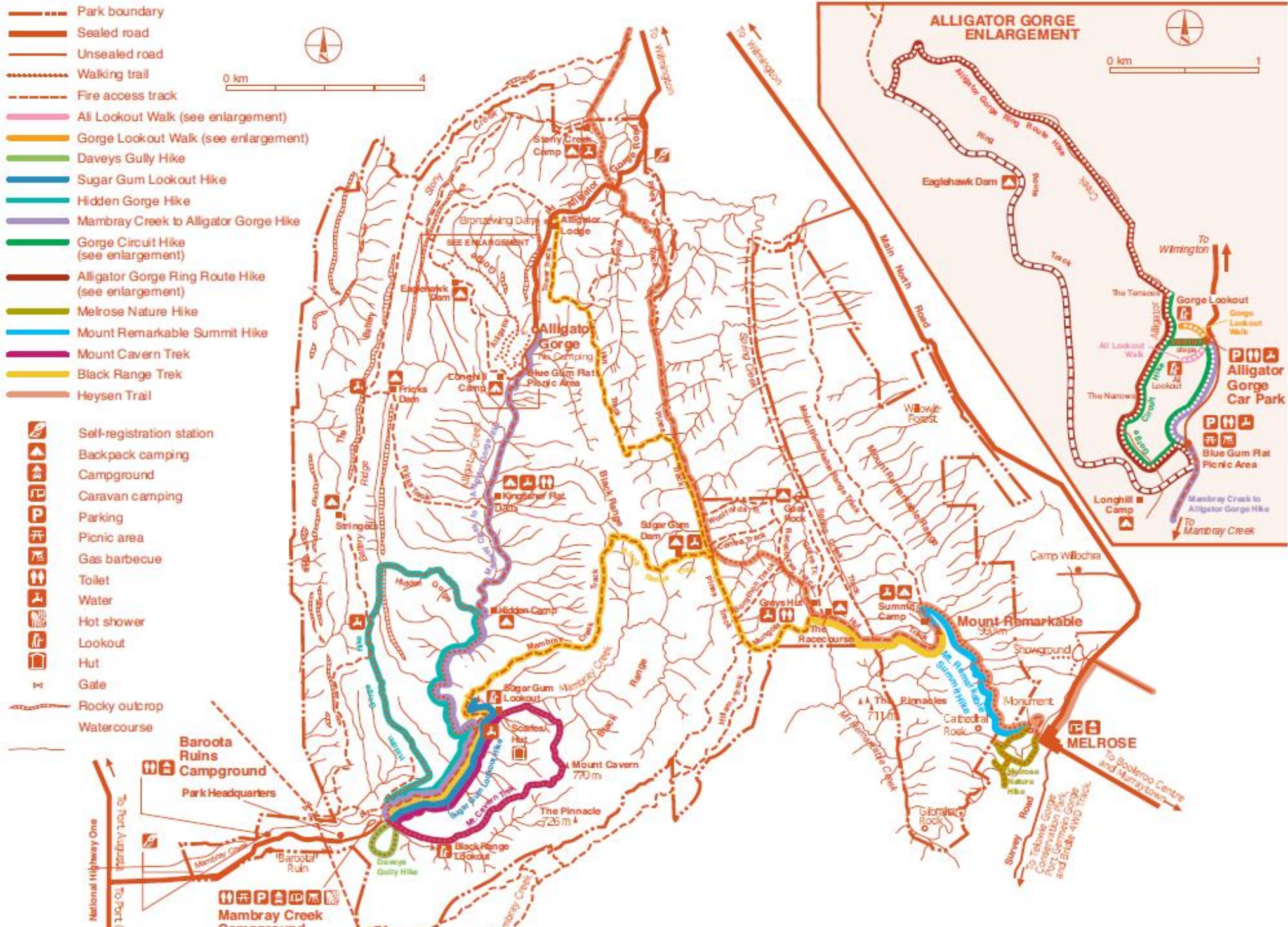
For further information contact:

Department of Environment and Natural Resources
Southern Flinders District Office
PMB 7 Mambray Creek
via Port Pirie SA 5540
Phone (08) 8634 7068
Fax (08) 8634 7085
Email mrnp@sa.gov.au
Website www.environment.sa.gov.au/

Phone Information Line (08) 8204 1910
Email denrinformation@sa.gov.au
Website www.parks.sa.gov.au

-  Park boundary
-  Sealed road
-  Unsealed road
-  Walking trail
-  Fire access track
-  All Lookout Walk (see enlargement)
-  Gorge Lookout Walk (see enlargement)
-  Daveys Gully Hike
-  Sugar Gum Lookout Hike
-  Hidden Gorge Hike
-  Mambray Creek to Alligator Gorge Hike
-  Gorge Circuit Hike (see enlargement)
-  Alligator Gorge Ring Route Hike (see enlargement)
-  Melrose Nature Hike
-  Mount Remarkable Summit Hike
-  Mount Cavern Trek
-  Black Range Trek
-  Heysen Trail

-  Self-registration station
-  Backpack camping
-  Campground
-  Caravan camping
-  Parking
-  Picnic area
-  Gas barbecue
-  Toilet
-  Water
-  Hot shower
-  Lookout
-  Hut
-  Gate
-  Rocky outcrop
-  Watercourse





CONSENT FOR CAMP

FROM THE SENIOR SCHOOL

As parent/guardian of:

(student name)

I give my consent:

(your name)

For my son/daughter to participate in:

MT REMARKABLE DUKE OF EDINBURGH BUSHWALK

at / on

(at)

(date) 12-14 June 2021

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

(address)	(home phone)	(work phone)	(mobile phone)
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Alternative Emergency contact

(name)	(address)	(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:** ____ / ____ / ____





Westminster School

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: ____ / ____ / ____

