



Year 9 Outdoor Education Camps – 2022 INFORMATION

Introduction

Outdoor Education and participation in the program at Kooringal is seen as a significant and compulsory part of a Christ Church student’s education. The activities and challenges of camp are designed to promote an enhanced awareness of one’s self, living with others and the environment we live in.

Each Year 9 Outdoor Education program is nine days in duration. The boys will be involved in a variety of activities including an expedition that incorporates bushwalking, canoeing, high-ropes course, navigation exercise and an overnight solo experience. They may be exposed to extremes in weather and varied environmental conditions that require the students to be correctly attired as per the outlined list. As part of the development of essential life skills the students will be cooking many of their own meals both at camp and whilst on the expedition.

Please see the equipment list which details the items required for the camp, many of which are available from the Uniform Shop. It is not necessary to buy new equipment; borrowing or hiring are good options. Good quality woollen jumpers and trousers can also be picked up from Op shops or similar second-hand clothing stores. A very similar equipment list is issued for Year 10 Venture, therefore your son will make good use of the items if you decide to purchase them.

Please make a note the dates relevant for your son. Camp dates cannot be changed unless for medical reasons, or in exceptional circumstances, by prior arrangement with the Director of Planning and Co-Curricular, Mr Jamie Foster. Changing camp dates significantly disrupts a student’s academic program.

Camp dates

Camp 1 Craigie House	Tuesday 24 May to Wednesday 1 June
Camp 2 Wolsey House	Wednesday 8 June to Thursday 16 June
Camp 3 Romsey House	Tuesday 21 June to Wednesday 29 June
Camp 4 Jupp House	Thursday 21 July to Friday 29 July
Camp 5 Moyes House	Sunday 24 to Monday 1 August
Camp 6 Hill House	Wednesday 10 to Thursday 18 August
Camp 7 Noake House	Saturday 27 August to Sunday 4 September
Camp 8 Queenslea House	Thursday 8 September to Friday 16 September

The following guidelines apply to all groups:

- Boys are to assemble at the bus bay on Queenslea Drive by 7.15am for departure from the School promptly at 7.30am.
- Boys will return to the School at 3.30pm.
- All food will be provided by Kooringal staff. Boys are not permitted to bring any food with them, unless it is for medical reasons and by prior arrangement with the Director of Kooringal.
- Life at Kooringal is very active and at times demanding. Boys with a minor health problem, should be able to cope with the day. However, those with more serious health problems should consult with their doctor and advise the Director of Kooringal, Mr Ryan Myles, as to special care requirements.

- In the weeks prior to your son's camp, you will be asked to review his medical information and family contact details.

COVID-19

- Students exhibiting symptoms typical of an infection illness (e.g. fever, sore throat, cough, runny nose, vomiting or diarrhoea) or have been in close contact with someone who has these symptoms, must exclude themselves from the camp. This must be discussed with their Head of House and the Director Co-Curricular and Planning.
- Student's will be required to RAT prior to attending camp.
- Students will be required to supply facemasks for the duration of bus journey to and from Kooringal.

School contacts

Post camp feedback is very welcome and we would value your input into any aspect of the program.

General enquires can be emailed to Kooringal@ccgs.wa.edu.au .

You may contact the Director of Kooringal, Mr Ryan Myles on 9538 1061 or email at rmyles@ccgs.wa.edu.au



General advice

The attached list contains the items required for the various conditions and activities that may be encountered during camp. Depending on weather conditions, all or most of the items will be used so please ensure you pack EVERYTHING listed (except where indicated optional). All items will not be carried at once as some will go to resupply sites. CCGS will provide all specific activity equipment such as back packs, tents and stoves.

People react differently to cold and wet conditions. Some feel the cold very quickly, others seem to stay warm in most conditions. Depending on how an individual feels in cold or wet conditions, more or less of the warm clothing items should be selected. If an individual feels the cold quickly, then the optional light wool pants and a slightly thicker garment should be selected. Clothing should be hard wearing and durable.

Much of the clothing and equipment may now be purchased through the School Uniform Shop. Contact the Uniform Shop on 9442 1716 for advice.

Travelling clothes

The clothing worn during travel to camp is 'additional' to the clothing list. Travelling clothes will be put away to ensure a clean set of clothes in which to return home.

Medications and dietary requirements

All prescribed medications must be provided in a **Webster Pack** handed to the CCGS staff on the bus and will be taken under the supervision of staff. Make sure details concerning medications and any specific dietary requirements are accurately outlined in the 'Consent 2 Go' profile. Students are not to bring non-prescription medications to camp. These may include, paracetamol, antihistamines, anti-inflammatories etc. Students who are required to carry an Epipen due to the possibility of an anaphylactic reaction **must bring two Epipens on Camp.**

Students who have Anaphylaxis or Severe Asthma are to have a current **"Action Plan"** uploaded to their 'Consent 2 Go' profile.

The following items are not allowed to be brought to camp:

- Electronic games, iPads / tablets, mobile phones, etc
- Extra food or 'junk' food, such as chips, lollies, chocolate, Powerade, chewing gum, etc
- Any items contrary to normal school rules
- Aerosol sprays, such as deodorant or insect repellent (please use roll-on or pump packs)
- Sheath knives, lock blade knives, butterfly knives or flick knives

Equipment care and responsibility

CCGS issues all necessary camping equipment including back packs, tents and stoves. If equipment is lost or irresponsibly damaged, the responsible parents will be expected to pay for replacement or repair.

Waterproof jacket

This is an **essential** item of great importance as you will be outdoors for much of the camp. An effective waterproof jacket will provide protection from cold, wet and wind. A breathable waterproof fabric is recommended and can be obtained from the Uniform Shop or any reputable outdoor equipment supplier. Your jacket must have the following features:

- an effective hood that protects head and face from rain and wind
- be absolutely waterproof
- a durable shell style construction (no lining or padding)
- reach at least half-way down your thighs

The following garments are unsuitable and should not be brought on camp:

- ski parka or quilted jacket - not waterproof, too warm
- plastic jacket or normal raincoat – may tear on undergrowth
- spray jacket – not waterproof and may be too short
- padded Japara – too warm for walking and dries very slowly

Tip: a simple method to test if a garment is waterproof is to try and suck air through the jacket material.

Generally, if air can get through, so can water. However, there are some exceptions; 'Gortex' and other breathable waterproof fabrics are types of jacket that allow water vapour, but not liquid, to pass through. Thus, perspiration can escape, allowing the inner clothing to remain dry whilst repelling water from the outside. The breathable waterproof jackets available from the Uniform Shop are ideal. Ordinary nylon jackets are not suitable and tear easily on the rugged Australia flora and do not provide effective weather protection.

Polar Fleece and wool

Polar Fleece and wool are by far the most economical fabrics for staying warm in wet and cold conditions. They absorb very little moisture and therefore do not rob you of body heat. If using wool, check the label to ensure the garment is at least 70% wool. Two light to medium-weight pullovers are more versatile than one thick pullover. Cotton absorbs up to 25 times its weight in water and is totally unsuitable.

Do not substitute the vital Polar Fleece or woollen pullovers with cotton 'sweatshirts', football jumpers, or tracksuit tops. Polypropylene or chlorofibre fabric holds even less water and is used in long underwear.

Sleeping bags

Sleeping bags are preferably of a synthetic material such as Quallofil or Hollofil as this type will maintain some warmth even when wet. The sleeping bags available in the Uniform Shop are ideal. A sleeping bag liner is highly recommended - it improves the thermal qualities of the sleeping bag and helps keep the bag clean. A bag liner can be made from an old sheet or from a length of rayon or silk material, or may be purchased from outdoor equipment shops.

Obtaining clothing

Many suitable items can probably be found in the old clothes bag at home. Army surplus stores are a relatively economical source as are Op shops for old woollen clothing. Fashion and the need for the latest and greatest is not important. Many families will have items if they have had a son go through *Venture* in previous years.

Essential items are good quality waterproof jackets, a warm sleeping bag and two sets of thermals.

All items can be obtained through the Uniform Shop, the outdoor equipment suppliers listed below or from family and friends.

Year 9 Koorungal Camp Clothing and Equipment for Camp

Most equipment and clothing can now be purchased from the Uniform Shop.

Contact the Uniform Shop on 9442 1716 for advice.

All items are compulsory unless otherwise indicated

- Waterproof jacket (see notes)
 - Sleeping bag, not too bulky and comfort rated to +5
 - 1 sleeping mat (approximately 50cm x 180cm), no yoga/ fitness mats as they are too wide and heavy
 - 2 x woolen or Polar Fleece pullovers - light to medium for general use
 - 2 x pairs tracksuit pants, one pair could be light wool if you feel the cold (no jeans)
 - Hat with brim for sun protection
 - 1 pair bathers/board shorts
 - 1 pair wool gloves or mittens
 - 2 x sets of thermal underwear- compulsory for all students (top & bottom, Polypropylene or similar – not cotton)
 - Torch - lightweight, 2 to 3 battery head torches are ideal, have 2 sets of spare batteries. Remember to remove batteries for transport
 - Whistle on a cord to go around neck
 - 10 x heavy duty large plastic bags for weatherproofing clothing, don't use the small white plastic tidy bin liner
 - Writing material (pencil/pen/notebook - in waterproof zip lock plastic bag)
 - Roll-on insect repellent
 - Pillow and pillow case
 - Tube of insect bite cream
- For canoeing please bring
- 1x old woolen/polar fleece pullover
 - 1 pair of old sports shoes or wetsuit boots
 - 3mm spring wetsuit (optional)
- Camera (optional, disposable and waterproof is recommended)
 - 1 pair of waterproof over-pants
 - 1 x pairs of sports shoes or 1x lace up walking boots for bushwalking. These must be durable and in good condition - not elastic sided boots
 - 3 x t-shirts or long-sleeved cotton shirts
 - 2 pairs of shorts
 - 4 x pairs light to medium wool or wool/nylon mixture socks – no short sport socks
 - Beanie or balaclava - woolen
 - Towel
 - 5 x Underwear
 - Toilet gear (no aerosol deodorant, use roll on please)
 - 1 x lightweight but durable plastic eating bowl, not too small
 - Plastic mug, insulated mug is best
 - Metal or sturdy plastic spoon, knife and fork
 - 2 tea towels
 - Cloth bag for eating utensils
 - 3 x 1 litre water bottles
 - 30+ sunscreen

Name all equipment and clothing to avoid confusion or loss