Huntingtower
Year 10
Climb

Student and Parent Information Booklet

23rd – 27th Feb 2015

OUTDOOR EDUCATION
1. **EDUCATIONAL AIMS:**
   - To develop Outdoor Education Skills
   - To develop Independence

2. **LOCATION:**
   Mt Araplies

3. **ACTIVITIES:**
   Bouldering, Rock Climbing & Abseiling

4. **DATES:**
   Monday 23rd - Friday 27th February 2015

5. **ACCOMMODATION:**
   Mobile tents

6. **TRANSPORT:**
   Students to be at school at 7:00am on Monday (No later than 7:15am)
   Students will be returned to school by 4.00pm on Friday

7. **MENU & FOOD:**
   - Due to the nature of this program, students and staff need to **provide their own lunch** on the first day. This lunch should be substantial and comprise of several healthy sandwiches or rolls, a drink and fruit. **Please ensure all items are free of all whole nuts.**
   - Bindaree Outdoors is responsible for the provision of all food for the program **except lunch on day 1.** Please note that Bindaree maintains a nut aware policy- we do not provide any items that contain whole nuts but do have products that contain traces of nuts.
   - All dietary requirements must be written on your medical form. If you do have dietary need or have any food allergies that need to be catered for please contact Bindaree directly, or via the camp coordinator a minimum of 4 weeks prior to the start of the camp.

8. **MONEY:**
   There is no need for any money to be taken on camp. The camp costs cover everything and you will not have an opportunity to enter a store.

9. **MEDICINE:**
   If any medication is required during this camp, please label it carefully with a name and full written instructions. This medication should be noted on the medical form, and presented to staff prior to departure. Due to the structure of this camp, each student will be responsible for handing their medication to their School appointed group Leader upon arrival. **Asthma puffers** will be the responsibility of the individual unless otherwise agreed upon.
   If an **Epinephrine Auto Injector** is required then one must be carried on person at all times and another given to the supervising staff member.
7. **INJURY:**
   Due to the nature of this program, any student or staff member with a pre-existing medical history (Eg. ankle, knee, hip, heart attack or back injury) should include this information on their medical form.

8. **LUGGAGE:**
   - A small daypack is also useful on Day 1 and at other times during the program (Please no suitcases)

9. **EMERGENCY:**
   If a family member needs to contact someone on camp they should contact Huntingtower School Office on 9807 8888 or 0423 600 504 and ask for the school emergency contact, Noel Davies.

10. **EQUIPMENT HIRE:**
    If you would like to hire a Japara or Sleeping Bag please visit our website at [www.bindaree.com](http://www.bindaree.com) and follow these instructions:
    - Click ‘Outdoor Gear Hire’
    - Follow the link under the Schools Gear Hire section
    - Complete this form and send it back to Bindaree by no later than two weeks prior to the commencement of camp.

Some good places to source gear...

**Family and Friends**
- Often family and friends will have clothing and equipment that you can borrow- just ask nicely!

**Op Shops**
- You can never go wrong with a bargain from an opportunity shop. So go down to your local store and see what you can find.

**Retail Stores**
- Bogong Equipment, Kathmandu, Macpac, Mountain Designs and Snowgum are just a few retail stores that sell outdoor equipment in Victoria. Be careful of ‘up selling’, you don’t want to buy more than you need.

**Mainpeak Australia**
- Bindaree receives discounted prices on gear through Mainpeak Australia. Please contact outdoors@bindaree.com for a price list.

Safety is our #1 priority
CLOTHING AND EQUIPMENT LIST

In selecting clothes for camp please consider the weather, environment and all activities. Pack sensible clothes that you don’t mind getting dirty, leave your valuables at home and limit yourself to only one soft sided bag, not a rigid suitcase. Ensure all items are clearly marked with your name.

Please ensure that your child does not wear tights/leggings or short shorts (skins/2XU, etc. are ok for climbing). Also ensure their shoes for walking and most activities are at least a runner.

<table>
<thead>
<tr>
<th>CLOTHING CHECK LIST</th>
<th>✓</th>
<th>EQUIPMENT ITEMS</th>
<th>✓</th>
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</thead>
<tbody>
<tr>
<td>1 Waterproof Rain Jacket (Japara)</td>
<td></td>
<td>1 Sleeping Bag with a hood</td>
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<tr>
<td>1 Set of thermals (Top and bottom)</td>
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<td>1 Torch with spare batteries and globe</td>
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<tr>
<td>2 Woollen jumpers or fleece</td>
<td></td>
<td>1 Strong large plastic bag (Orange ones are the best- journey based programs only)</td>
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<tr>
<td>3 Shirts (must have sleeves, no tank tops, avoid cotton)</td>
<td></td>
<td>4 Plastic garbage bags for dirty items or waterproofing (not black as we use those for rubbish)</td>
<td></td>
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<tr>
<td>2 Pants (avoid denim/ cotton)</td>
<td></td>
<td>2 1L Water bottles</td>
<td></td>
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<tr>
<td>2 Shorts</td>
<td></td>
<td>1 Plate, bowl, mug, fork, spoon &amp; knife (preferable non-breakable plastic)</td>
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<tr>
<td>1 Small towel</td>
<td></td>
<td>1 Old tea towel</td>
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<tr>
<td>1 Woollen beanie</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1 Sunhat</td>
<td></td>
<td>1 Personal medication (Listed on your medical form)</td>
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<tr>
<td>3 Socks (At least one pair woollen)</td>
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<td>1 Sunscreen/ Insect repellent/ lip balm</td>
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<tr>
<td>4 Underwear (1 per day)</td>
<td></td>
<td>1 Small personal first aid kit</td>
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<tr>
<td>1 Pair old runners that can get wet &amp; dirty</td>
<td></td>
<td>1 Toiletries- brush/ toothbrush/ toothpaste</td>
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<tr>
<td>1 Pair of walking boots/ shoes</td>
<td></td>
<td>1 Toilet paper (In snap lock bag)</td>
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<tr>
<td>1 Swimwear</td>
<td></td>
<td>1 Anti-bacterial hand sanitizer gel, alcohol based</td>
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<tr>
<td>1 Sunglasses</td>
<td></td>
<td>1 Small note book and pen</td>
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<tr>
<td>1 Set of travelling clothes (Clothes you wear to and from camp)</td>
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<td>Camera and book to read (Optional)</td>
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Equipment Hire:
If a student does not have or cannot acquire a sleeping bag or waterproof rain jacket from friends or family then they may hire it from Bindaree Hire. Go to www.bindaree.com then click ‘Equipment Hire’, and then follow the ‘click here’ link under the Schools Hire Form section. Complete this form and send it back to Bindaree by no later than two weeks prior to the commencement of camp.
This activity will be done by the groups located in Mt Arapiles.

Rock climbing is a fantastic activity to test individual comfort zones, team work and encouragement between students and also overcome a fear of heights. All students will be equipped with helmets and harnesses before walking out to the base of the cliff. Once at the climb site students will be given instructions outlining how to climb, how to belay and back up belay safely. Students will work in small groups and encourage each other to reach the top of the climb. As the week goes students will progress and learn others forms of on rock activities, including Bouldering, Abseiling and viewing a single pitch guide and seconding their climbs.
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Travel</td>
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<td>Travel</td>
<td>Bouldering session and pack up</td>
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<tr>
<td></td>
<td>Bouldering Session up near the Plaque</td>
<td>Top-rope/single pitch sessions at Mitre Rock/ Dec Crag</td>
<td>North Camp @ Arapiles</td>
<td>Top-rope/single pitch sessions at Bushrangers. Lead climbs at various locations</td>
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The above program is dependent upon student ability and the progression of their skills. It will remain the responsibility of the staff on program to assess their ability and amend the program accordingly.