



ADULT ENDEAVOUR PROGRAM 2019

IMPORTANT INFORMATION - PLEASE READ CAREFULLY

ACTION REQUIRED:

Information Session at 8pm, on 11 and 13 February 2019	<input type="checkbox"/>	Medical Consent Form/s by Monday, 20 May 2019	<input type="checkbox"/>
Expressions of interest due by Monday, 18 February 2019 to outdoor.education@stphilips.nt.edu.au	<input type="checkbox"/>	Pay balance of \$320 by Monday, 13 May 2019	<input type="checkbox"/>
Pay deposit of \$320 by Thursday, 4 April 2019	<input type="checkbox"/>	Pre-departure meeting at 5pm on Sunday, 16 June 2019	<input type="checkbox"/>

Dear Parents/Friends,

It is exciting to confirm the Adult Endeavour Program will be operating again this year. The Adult Endeavour Program provides you with the opportunity to experience the exciting highlights of the Year 9 Endeavour Camp. It offers unique challenges and opportunities for self-development and leadership enhancement.

ADULT PROGRAM OUTLINE AND TIMINGS

The main part of the course will be run in the West MacDonnell National Park and surrounding area to the west of Standley Chasm. This area lends itself well to the various adventure activities that participants undertake, such as bushwalking, orienteering, abseiling, rock climbing and canyoning. The level of adventure is high and the program is a significant physical challenge.

This program focuses particularly on development of respect around self, others and environment. It is an extension of the College's long running Outdoor Education Program. Parents and friends will learn a number of bush craft skills, although this is not the primary purpose of the course. The course aims to build confidence, raise self-esteem, increase initiative, encourage leadership and develop strategies that can be used successfully, individually or in a group.

COURSE DATES

Parents will attend a pre-trip packing session from 5pm-7:30pm on Sunday, 16 June where all packs will be packed. The program will commence on the following day, Monday, 17 June at 7.30am and return on Friday, 21 June middle to late afternoon.

COURSE COSTS

The cost of the course is \$640 (including GST). The deposit of \$320 is due by Thursday, 4 April 2019 and the balance of \$320 is due by Monday, 13 May 2019. All payments are to be made to College Reception by the due dates or earlier. The costs include all food, all specialist equipment, transport, and expert staffing. **This trip is dependent on numbers, so will only go ahead if there is a sufficient amount of participants.** Deposits will be returned if the trip cannot be conducted.

INFORMATION SESSION

An information session will be held at 8pm on the following dates: 11 February, and 13 February 2019. These sessions will be straight after the Year 8/Year 10 and Year 9/Year 11 Information Nights. Attendance to one of these information sessions will allow you the opportunity to ask questions and register interest/email address. A copy of a presentation about the program will be available on the college website and will be worth reviewing to give you a better understanding about the program.

PARTICIPATION

As for all our programs, the opportunities and dynamics of the Adult Endeavour Camp is complemented by the ideal of 'Challenge by Choice'. This puts the ownership of decisions to attend and participate strongly in the hands of the participant. This ideal is put strongly to all participants, that the decision to challenge themselves is their own. This means that all participants come enthused, willing to learn and to try hard.

EDUCATIONAL OBJECTIVES OF THE ADULT PROGRAM

Some of the objectives of the course are:

- To have participants better their communication skills, particularly when dealing with large groups.
- For participants to learn techniques that facilitate effective communication, through theoretical discussion and practical experience.
- For participants to be provided with time to assess who they are as a person, and where they are going in the near future. This time will include setting goals for the future that will help them keep 'on track' for their life journey.

EQUIPMENT LIST

A detailed equipment list is attached so you may begin gathering the correct clothing and equipment early. The correct equipment is essential so please refer to the list for important information and guidance. Participants are asked to bring clothing and personal items. However, food, rucksacks, sleeping bags, sleeping mats and shelters are supplied to ensure that all participants operate in the same conditions and that appropriate equipment is used.

WOMEN ON CAMP

Female staff will assist with understanding of practicalities on camp, and address any anxieties. This would be during the pre-departure meeting.

Yours sincerely,



Emma Shearer
Acting Head of Outdoor Education

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PERSONAL CLOTHING AND EQUIPMENT LIST

ADULT ENDEAVOUR PROGRAM

This list contains the items required for the various conditions and activities you will encounter during the camp. Depending on weather conditions, you will use all or most of the items. As the weather during the course can either have hot/dry or cool/moist conditions, you need to be clothed and equipped for both. Please bring **ALL** listed items (except where indicated optional).

Different people have different reactions to cold or wet conditions. Some people feel the cold very quickly; others remain comfortable in most conditions. Depending on how you feel in cold or wet conditions, you should choose to bring more or less of the optional warm clothing items. If you feel the cold quickly, you should bring the extra thermal underwear, and choose a slightly thicker garment when selecting specific woollen items. **Think carefully about your selection, as you will be carrying it for the duration of your trip.**

WHAT TO BRING

As you pack!

Backpacks, shelters, cooking utensils, sleeping bags and sleeping mats are all provided. You should bring hard wearing and durable clothing.

WEAR ON THE DAY - you will begin the program in these clothes

- 1 pair of cotton long trousers, not tight fitting, not track pants. 'Hard Yakka' style trousers or cargo pants are ideal - **NO JEANS**
- 1 strong, long sleeved shirt (old business shirts are ideal)
- 1 pair of comfortable boots or sturdy track shoes for hiking. Hiking boots **must be worn in. Blundstones and elastic sided boots are not suitable.**
- 1 set of underwear (cotton preferably)
- 1 pair of long medium weight wool or wool/nylon mix socks eg. *Explorers*
- 1 hat with brim for sun protection. No caps or straw hats
- 1 whistle on cord, to be worn around neck at all times

ESSENTIAL ITEMS

- 1 cold packed lunch for first day eg. sandwiches
- 1 watch (if you have one). Only waterproof watches are suitable.
- 1 jumpers, medium weight for general use. Must be wool or quality outdoor fleece – *see note on page 4*
- 1 jumper for use in water, tight fitting. Must be wool or quality outdoor fleece - *see note on page 4.*
- 1 set of long thermal underwear (**must be wool or polypropylene NOT COTTON**)
- 1 pair of firm soled sandshoes or runners (for use in water). Dunlop Volley's are ideal.
- 2 pairs medium weight wool or wool/nylon mix socks eg. *Explorers*
- 2 sets of underwear (cotton preferably). Boxers not recommended for abseiling or rockclimbing. OK for other activities.
- 1 pair of bathers/swim suit/pair of shorts
- 1 pair of cotton long trousers, not tight fitting, not track pants (*description as above*)
- 1 strong long sleeved shirt (old business shirts are ideal)
- 1 T-shirt
- 1 beanie or balaclava (woollen or quality outdoor fleece)
- sunscreen and sun/wind protection cream for lips
- minimal toiletries (toothpaste, toothbrush, comb). **NO AEROSOL DEODORANTS**
- 1 roll of toilet paper in a sealed plastic bag
- 1 lightweight torch (LED head-torch is ideal with spare batteries)
- 1 lightweight eating bowl (preferably stainless steel or very strong plastic)
- 1 cup or mug (with handle)

- 1 fork and spoon (strong and durable)
- 3 litres of water bottles (recycled soft drink bottles, fruit juice bottles ideal). The bottles combined must add up to 3 litres (could be 3 x 1lt or {1 x 2lt + 1 x 1lt etc}). These bottles will be used for group water and will not be used to drink directly from at any time. (Coke/soft drink 1.25lt bottles are good)
- 1 sports water bottle/personal drink bottle approx. 1 litre. You will drink from this
- 3 **extra heavy duty** Garden Multix Orange large bin Liners (1x pack of 3 ask your instructor if unsure)
- writing materials (pencil, pen, notebook in waterproof plastic bag)

OPTIONAL ITEMS

- insect repellent (**no aerosols please**)
- disposable waterproof camera or digital camera in a waterproof container
- 1 waterproof jacket (**PROVIDED – if wishing to bring own, please see note below**)
- 1 pair of woollen gloves or mittens
- 1 thermarest sleeping mat
- 1 set of walking poles (if you are used to walking with them and would like some extra support)

DO NOT BRING

Please ensure you do not bring any sheath knives or knives with locking blades, radios, iPods, mobile phones, cosmetics, aerosols, tobacco, alcohol, confectionery, soft drinks, any other food or any specialist camping gear.

PACKING

ALL CLOTHING AND EQUIPMENT SHOULD BE CLEARLY MARKED WITH YOUR NAME TO AVOID CONFUSION OR LOSS. **Please bring clothes in a soft bag – not suitcases.**

NOTES ON CLOTHING AND EQUIPMENT

EQUIPMENT CARE AND RESPONSIBILITY

Necessary camping equipment (packs, shelters, cooking utensils and sleeping bags) will be issued to participants. The care and responsibility for this equipment will be the participants, who will be expected to pay for the replacement if lost or damaged through irresponsible use.

WOOLLEN CLOTHING (OR QUALITY OUTDOOR FLEECE)

Wool is by far (economically) the best fabric for staying warm in wet and cold conditions. It absorbs very little moisture and therefore continues to feel warm, and therefore, does not draw heat from the body to dry the fabric as cotton does. Check the label to make sure the garment is at least 70% wool. The two required medium weight woollen pullovers, are more versatile than one thick jumper.

Cotton absorbs up to 25 times its weight in water and is **TOTALLY UNSUITABLE** as a fabric in clothing intended to keep you warm in the outdoors. **DO NOT BRING** cotton 'sweatshirts', football jumpers or tracksuit tops as substitutes for woollen pullovers.

There are many quality outdoor fleece fabrics hold even less water than wool, and are used to make thermal underwear and pile jackets. This material is ideal, but generally more expensive.

WATERPROOF JACKETS

These jackets will be provided, however, if you do wish to provide your own, the following should be used as a guide when selecting a jacket:

It must:

- have an effective hood that protects the head and face from rain and wind
- be **ABSOLUTELY** waterproof
- reach at least halfway down your thighs

Obtaining Clothing

Many items can probably be found in the old clothes bag at home, or second hand clothes shops. **FASHION IS NOT IMPORTANT.** At times in the past, people have bought special boots for walking, these are not necessary. If you feel it necessary to buy anything expensive you may wish to contact the Outdoor Education Department at the College for advice.

- **Lone Dingo (Todd Mall southern end)** offers a range of equipment suitable for the College's Outdoor Education program— eg. thermal underwear, *Polartec* jumpers, waterproof jackets, boots etc.