



ST PHILIP'S COLLEGE

STAGE 2 OUTDOOR EDUCATION
SELF-RELIANT PRACTICAL: LARAPINTA BUSHWALK - 2019
Week 7, Term 3

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- ACTION REQUIRED:** Payment due by Monday, 29 July 2019
 Medical information updated on *Community Portal* and consent for attendance by Monday, 5 August 2019
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Dear Parents/Guardians and Year 11 Stage 2 Outdoor Education Student

As part of the St Philip's College Stage 2 Outdoor Education program, your son/daughter has a local trip to the West MacDonnell Ranges, departing at 8.00am on Monday, 2 September and returning at 2.55pm on Friday, 6 September. Depending on the planning completed in class for this trip, the walk could extend to the weekends either side of the proposed dates. If no students are involved in the musical, the trip could be brought forward into Week 6 (26 August to 30 August). This trip is a self-reliant journey for students, which involves them doing a significant part of the planning and preparation.

PROGRAM

This journey is the culmination of the Stage 2 classes' work during Term 3. Students practical skills are assessed in implementing a five-day bushwalking expedition. They should demonstrate initiative, self-reliance, leadership, and a sense of responsibility towards other people in the natural environment. As part of this, they should be applying appropriate risk and safety management practices. Students will be expected to reflect on their experiences leading up to and while conducting the trip.

This is a journey-based trip and students will walk 10km to 20km per day, camping at a different site each night and carrying all of their food and equipment for five days at a time.

The aim of this trip is to extend students' self-reliant journey experience, exposing them to a local extended walk in Alice Springs and to focus on future folio tasks, and the journey components of their Stage 2 study. The Larapinta Trail is a world-class local walk with a rich history and the park management practices required to achieve are at a high level in this study area.

Students will be responsible for much of the planning that goes into this trip and have some responsibilities towards the group as well.

COSTS

The cost of the group practical will be **\$640 (due Monday, 29 July, Week 2 of Term 3)** which includes food and equipment required for the trip, available through the College.

All payments are to be made at St Philip's College Reception where payments are fully receipted. Credit card payments are accepted. Cheques should be made out to: St Philip's College.

MEDICAL REPORT AND CONSENT FORMS

Students will be required to ensure their medical information is up to date on *Community Portal* and consent is given **by Monday, 5 August**. Please complete carefully with as much detail as possible.

If you have any further questions regarding the program or your son/daughter, please do not hesitate to contact me at the College.

Yours sincerely

Emma Shearer
Stage 2 Outdoor Education Teacher



ST PHILIP'S COLLEGE

LARAPINTA BUSHWALK 2019

Personal Clothing and Equipment List

This list contains the items required for the various conditions and activities you will encounter during the course. 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.

Students will not be carrying all items at once, as some will be stored in case of extreme weather. However, think carefully about your selection, as you will be carrying it at some stage.

WHAT TO BRING As you pack! - # = available at St Philip's College Packing session

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 trip in these clothes

- BYO lunch for the first day
- 1 pair of cotton long trousers, not tight fitting, not track pants. 'Hard Yakka' style trousers or cargo pants are ideal.
OR
- 1 # pair of shorts with knee-high gaiters
- 1 strong, long sleeved collared shirt (old business shirts are ideal)
- 1 pair comfortable boots or sturdy track shoes for hiking. *Blundstones* and elastic sided boots are not suitable and hiking boots must be worn in.
- 1 set of underwear (cotton preferably)
- 1 pair 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

- # Food for 5 days (4 breakfasts, 3 lunches, 4 dinners, and snacks) provided by school.
- 1 Personal first aid kit (including strapping tape, bandaids, fixomull, personal medications and anything else that may be relevant).
- 1 # waterproof jacket. **MUST BE WATERPROOF (Provided – if supplying own, please see note below)**
- 1 watch (if you have one).
- 1 jumpers, medium weight for general use. Must be wool or quality outdoor fleece – *see note on page 2*
- 1 set of long thermal underwear (must be wool or polypropylene NOT COTTON)
- 3 pairs medium weight wool or wool/nylon mix socks eg. *Explorers*
- sets of underwear or (cotton preferably)
- 1 pair of shorts (optional)
- 1 strong long sleeved shirts (old business shirts are ideal)
- 1 beanie or balaclava (woollen)
- sunscreen and sun/wind protection cream for lips
- minimal toiletries (toothpaste, toothbrush) **NO AEROSOL DEODORANTS**
- 1 roll of toilet paper (In snap lock bag/share with partner)
- 1 lightweight torch (LED head-torch is ideal – bring spare batteries)
- 1 lightweight eating bowl (preferably stainless steel or very strong plastic)
- 1 cup or mug (with handle)
- 4 litres of water bottles (recycled soft drink bottles, fruit juice bottles ideal). The bottles (or water bladder) combined must add up to 4 litres (could be 4 x 1lt or {1 x 2lt + 2 x 1lt etc}). These bottles will be used for group water and will not be used to drink directly from at any time. (Coke/softdrink 1.25lt bottles are good). At least one wide mouth Nalgene is a great waterbottle as it can also be used for rehydration of food while travelling, if necessary.

- 1 sports water bottle/personal drink bottle approx 1 litre. You will drink from this.
- 1 spoon (strong and durable)
- 3 extra heavy duty Garden Multix Orange wheelie bin Liners (2 x pack of 3 ask your instructor if unsure)
- writing materials (pencil, pen, notebook in waterproof plastic bag)

OPTIONAL ITEMS

- 1 # thermarest
- insect repellent (no aerosols please)
- disposable waterproof camera or digital camera in a waterproof container
- 1 pair of woollen gloves or mittens

DO NOT BRING

Parents are asked to ensure that students do not bring 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.**

EQUIPMENT CARE AND RESPONSIBILITY

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

NOTES ON CLOTHING AND EQUIPMENT

Waterproof jacket

This is an **essential item of great importance**, since you will be outdoors for the whole course. An effective waterproof jacket will provide protection from cold, wet and wind.

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

Woollen Clothing/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.

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 parents have brought their children 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.