



**STAGE 2 OUTDOOR EDUCATION**  
**GROUP PRACTICAL 1: MT ARAPILES INFORMATION - 2019**  
**Term 2, Week 5**

- 
- ACTION REQUIRED:**
- Pay deposit of \$800 by Friday, 15 February 2019
  - Medical information updated on *Community Portal* by Friday, 26 April 2019
  - Consent for attendance given on *Community Portal* by Friday, 26 April 2019
  - Pay balance of \$830 by Friday, 26 April 2019
- 

Dear Parent/Guardian and Stage 2 Outdoor Education Student

As part of the St Philip's College Stage 2 Outdoor Education program, your son/daughter has a planned trip to Mt Arapiles in Western Victoria departing on Friday, 17 May and returning on Sunday, 26 May 2019.

**PROGRAM**

Please find attached a copy of the itinerary. This journey is a base camp at the Mt Arapiles Campground. The base camp will be at the same site each day but move out to various crags for students to construct climbing and abseiling systems that they will climb and abseil on. Students will also follow experienced climbers up multi-pitch climbing routes with some potential for the development of lead climbing, if deemed suitable. The expedition section of this trip will comprise of spending time travelling away from the campsite and actually camping on the rock itself. This will involve one night where students will be sleeping in their climbing harnesses attached to the rock as it will be 80 to 100 metres off the ground on large ledges.

The aim of this trip is to extend students' climbing ability, expose them to other climbing areas in Australia, and to focus on future folio tasks, investigation and the journey components of their Stage 2 study. Mt Arapiles provides us with a world class climbing area with a rich history and the park management practices required to achieve 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.

**IMPORTANT FLIGHT DETAILS**

Friday, 17 May	10.30am Arrive at Alice Springs Airport for group check-in	12.35pm Flight departs
Sunday, 26 May	7.30am Arrive at Melbourne Airport for group check-in	11.55am Arrive Alice Springs

**TRIP COST, PAYMENT DETAILS AND MEDICAL FORMS**

The total cost of the trip will be \$1630.00 all inclusive. The deposit is \$800 and due by Friday, 15 February 2019. The balance of \$830 is due by Friday, 26 April 2019.

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.

Students will be required to ensure their medical information is up to date on the *Community Portal* and consent is given **by Friday, 26 April 2019**. Please complete carefully with as much detail as possible.

**STUDENT BEHAVIOUR AND EXPECTATIONS**

St Philip's College has a very positive history in our Outdoor Education programs in general. The Mt Arapiles program is an exciting learning opportunity with many varied challenges – it is not a holiday. There will undoubtedly be a lot of fun had, but all should come committed to working hard towards making the program the best it can be.

I have the highest expectation of students in how they will handle themselves during their time at Mt Arapiles, when travelling to and from Melbourne and in their dealings with other people – staff and other students. It is also worth restating the enormous effort that has gone into organising this trip and the emotional and financial commitments that all families and students have made to ensure the best opportunities are available.

Individuals who do not believe they can live up to the high expectations should urgently consider whether they should take part in this year's expedition, and should discuss the issues with me. Consequences for those who are destructive towards the success of the program will be very severe, at which the most likely is removal from the program at the student's/parent's considerable expense. The Headmaster and Deputy will be involved if a situation arises. The following are examples of behaviours that would be considered serious enough to consider removal from the programs:- Smoking; alcohol or drug use; intimidation or bullying; uncooperative behaviour.

#### **OTHER INFORMATION**

- If you wish to claim Frequent Flyer Points for your plane trip either, keep your boarding pass or present your membership card when we check in.
- Mobile phones may be brought on the program (they will not work the entire trip) as they are helpful when we are in the city. Students will be asked to give their number to the staff member supervising them.
- Pocket money – students should remember that this trip is not a **“shopping spree!”** In fact, there is no time allocated to shopping. All meals are included in the trip cost. Spending money should be kept to a minimum and preferably accessible by key card rather than cash in wallets.
- Lost property – every care should be taken by students with gear. Students can easily misplace wallets, key cards, phone etc on buses, planes, or in the hotel. Please ensure that clothing is clearly labelled, as it is easy for clothing to be mixed up with other students.

#### **CLOTHING AND EQUIPMENT**

A detailed clothing list for the time at Mt. Arapiles is attached. This list includes the items that SPC supplies and the items that students need to bring themselves. I would like to reinforce the importance of woollen jumpers and woollen socks (e.g. 'Explorers'). A woollen beanie is essential, as are suitable thermal underwear. All clothing should be clearly labelled with the student's name.

**The organisation of personal equipment and belongings is an important test of students (not parents!) personal organisation and commitment to coming. Those students who do not come prepared, risk the safety of their peers. Where possible St Philip's will lend equipment that is not available at home.**

Students will be regularly updated as any new information comes to hand. In the meantime, please feel free to contact me at the College by phone or email if you have any questions or concerns.

Yours sincerely



**Emma Shearer**  
**Acting Head of Outdoor Education**

**T:** 08 8950 4511 | **M:** 0478 021 054 | **F:** 08 8950 4522

**E:** emma.shearer@stphilips.nt.edu.au

**W:** www.stphilips.nt.edu.au

## ITINERARY

**Friday, 17 May**

**Arrive at Alice Springs Airport at 10:30am**

**Depart Alice Springs at (currently listed as 12.35am) on QANTAS Flight QF797 to Melbourne**

Arrive into Melbourne Airport at 3.40pm

Collect Budget vehicle from Airport and drive to Mt Arapiles stopping in Ballarat for dinner and Horsham for fresh food for the duration of the trip

Arrive late Mt Arapiles and set up in campground

Introductory climb if time permits on cliffs close to campground

Group discussion about inherent risks of rock climbing in the outdoors

**Saturday, 18 May**

Introduction and daylight tour of the Tooan State Park taking in the major sites and locations with some brief history

Discussions: Management practices, risks of climbing, assessment criteria related to risk

Students begin introductory placements of protection at Fang area

Students begin practice of basic abseil system setup on the ground at Fang area

Students construct basic abseil system in pairs and then abseil on system after being checked by staff members (Fang/Plaque area)

Introductory climbing in afternoon at Fang area

**Major discussion topic: Risks in Rock Environments (Folio Task 1 - 5%)**

**Sunday, 19 May**

Students construct basic top rope climb setup in pairs at Bushrangers Bluff and then climb on systems after being checked by staff members.

Ind Climbing 1: Students construct own individual climbing system at Bushrangers Bluff.

Ind Abseil 1: Students construct own abseiling systems on Flight Deck

Followed by more climbing/abseiling at Flight Deck area.

Some students may have the opportunity to complete some seconding of staff members to view techniques and strategies to climb and manage ropes outdoors

**Major discussion topic: Investigation Topics specific to Arapiles (External - 30%)**

**Monday, 20 May**

All students will be involved in a long multi pitch climb during the course of the day

Ind Climbing 2: Approx half group constructing own climbing systems at Plaque/Dec Crag

Approx half group involved in multi-pitch climb.

Tour of major bouldering problems close to camp or top roping some harder climbs on the Plaque and surrounds.

Some students that are deemed comfortable and competent will have access to an introduction to lead climbing on very easy grade climbs.

**Major discussion topic: Sustainable Parks (Folio Task 3 – 5%)**

**Tuesday, 21 May**

Approx half group climbing multi-pitch climbs in the morning

Ind Abseiling 2: Approx half group constructing own abseiling systems at Plaque/Dec Crag

Haul systems set up

Preparation of equipment for night out on the Flight Deck (this area is a high ledge that does not involve roped climbing to get to it). Practice Haul System set up and dehydrated meal prior to climb and haul on Thursday.

**Major discussion topic: Environmental Perspectives (Folio Task 4 – 5%)**

**Wednesday, 22 May**

Organise equipment and prepare for all day long journey to major sleeping ledge

(Preludes Wall). Where students will be 80 to 100 metres off the ground on a large ledge for the night where they will cook, clean, eat and manage faecal wastes.

Morning climbs/slacklining near camp ground.

Early lunch and depart

**Major discussion topic: Risks in Rock Environments continued (Folio Task 1)**

- Thursday, 23 May** Descend cliff/abseil with pack and end journey part of the trip  
Time permitting Multi Pitch climbs in the Organ Pipes or Bard Buttress Area  
Complete unfinished assessments  
**Major discussion topic: Risks in Rock Environments continued (Folio Task 1)**
- Friday, 24 May** Advanced Rock Climbing skills  
Complete unfinished assessments
- Saturday, 25 May** Travel by bus from Mt Arapiles to Melbourne, leave 10:00am and arrive in the evening  
Stay overnight in Melbourne Metro YHA Hostel, 78 Howard Street, North Melbourne VIC 3051  
Clean and organise equipment.  
Dinner and movies
- Sunday, 26 May** Travel by bus from accommodation to Melbourne Airport  
**Depart Melbourne on QANTAS Flight QF796 to Alice Springs: (currently listed as 9.30am)**  
**Arrive Alice Springs: time to be confirmed (currently listed as 11:55am)**  
Breakfast provided at YHA and on the plane/at airport  
Students will be available for pick up shortly after their arrival
- Monday, 27 May** Return to school



ST PHILIP'S COLLEGE

STAGE 2: MT ARAPILES

Personal clothing and equipment list

This list contains the items required for the various conditions and activities you will encounter during the program. Depending on weather conditions, you will use all or most of the items. Mt Arapiles is typically wet and very cold at this time of the year. Please bring **ALL** listed items (except where indicated optional).

Many items can be easily supplied at the college— these items are marked on the list with a # (e.g. waterproof jacket, all climbing equipment, tents, and specialised equipment). If you already have your own please bring it, but read the guidelines carefully. If you will need to use college equipment it will be issued in class prior to your departure – you do not need to book it and there is no extra charge.

Students will not be carrying all items at once after they arrive in Melbourne. However, think carefully about your selection, as you will be carrying it at some stage along with a reasonable amount of climbing equipment.

Not included on this list is clothing for travelling to and from Alice Springs and the time in Melbourne. Students should choose these carefully – think minimal and remember it is generally colder in Melbourne.

WHAT TO BRING

ESSENTIAL ITEMS -  As you pack! # = available at St Philip's College Packing session

- 1 # waterproof jacket. MUST BE WATERPROOF – see note on Page 2.
- 1 # climbing harness, helmet, belay device and carabineer, 3 spare screw gate carabineers, chalk bag and prussicks
- 1 # pair of climbing shoes
- 1 # back pack
- 1 # tent or bivvy between 2 people
- 1 # Trangia stove and fuel bottle between 2 people
- 1 # sleeping bag with inner sheet
- 1 # inflatable sleeping mat
- 1 # rope or climbing equipment package (approx. 5kgs)
- 1 # ground sheet
- 4 pairs medium weight wool or wool/nylon mix socks. Explorers are ok, but worth seeking out some 100% wool socks
- 2 jumpers, medium weight for general use. Must be wool or quality outdoor fleece – see note on page 2
- 1-2 pairs thermal underwear long top & long bottoms comfortable boots or track shoes for hiking
- 1 travel underwear as required (cotton preferably)
- 1 tracksuit pants
- 2 strong long-sleeved shirts
- 1 t-shirt
- 1 light collared shirt for sunny days – t-shirts don't protect the neck from sun
- 1 whistle on cord, to be worn around neck at all times
- 1 beanie (woollen)
- 1 broad brimmed hat with brim from sun protection. Bucket hat ideal as it would fit under helmet
- 1 knife, fork and spoon (strong and durable)
- 1 sports water bottle / personal drink bottle approx. 1 litre (check carefully for leaks)
- small/lightweight camera (**photographic evidence of the trip is beneficial** in follow up assignments)
- 5 heavy duty plastic garbage bags (for waterproofing clothing)

OPTIONAL ITEMS

- 1 sunglasses (optional)
- personal rock equipment
- 1 small non-locking blade knife/multi tool

DO NOT BRING

Parents are asked to ensure that students do not bring any, cosmetics, tobacco, alcohol or drugs.

## **LABEL CAREFULLY**

All clothing and equipment should be clearly marked with your name to avoid confusion. All bags should be clearly tagged/labelled with the group name (ST PHILIP'S COLLEGE – MT ARAPILES)

**Please bring clothes in a back pack provided at school**

## **EQUIPMENT CARE AND RESPONSIBILITY**

Necessary camping/specialist equipment (Packs, tents, skis, cooking utensils and sleeping bags etc.) will be issued to students at the college. 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 out of doors 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**

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.

Polypropylene (brand names such as *Polartec*) fabrics hold even less water than wool, and are used to make thermal underwear and pile jackets. This material is excellent, but 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**. 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 (2 Parsons St)** offers a range of equipment suitable for the College's Outdoor Education program, for example Thermal underwear, *Polartec* jumpers, waterproof jackets, boots etc.