



ST. PHILIP'S COLLEGE

YEAR 10 MITTAGUNDI WINTER CAMP 2018 MAJOR INFORMATION PACK

ACTION REQUIRED:

SPC – Medical/Consent information updated by on
Community Portal Monday, 21 May

Mittagundi Medical/Consent information completed through
Care Monkey by their due date (to be advised)

Dear Parents/Guardians and Year 10 Students

I am pleased to inform you that the proposed Year 10 Mittagundi Winter Camp to Victoria in July will proceed. **This is a lengthy document that should be read in full carefully – especially by students.**

At the Information Night, I outlined in detail what students will do at Mittagundi, the amazing learning and development opportunities it offers, explained the logistics and equipment requirements. As we are promoting and encouraging student responsibility, they must be aware of the requirements, expectations and logistics - therefore students must take some of the organisational responsibilities on themselves

KEY DATES:

- **21 May 2018** – Medical Information updated and consent given online on Community Portal.

Each group will undertake the same activities at Mittagundi, but in a different order. The travel details are listed below. Note flight times to be confirmed – you can check the QANTAS website in the meantime if required.

GROUP 1 (max 40 students) Itinerary:

- Sunday, 8 July** Meet at Alice Springs Airport at 10.30am* (2 hours prior to departure time)
Depart Alice Springs on Qantas Flight QF797 to Melbourne at 12.35pm*
Arrive Melbourne at 3.40pm*
*Times could vary closer to date
Travel by bus from airport to accommodation
Stay overnight in Melbourne Metro YHA Hostel, 78 Howard Street, North Melbourne VIC 3051
Dinner at La Porchetta, North Melbourne
Movie in Melbourne Central
- Monday, 9 July** Depart YHA before 7am and travel by bus from Melbourne to Mittagundi
Arrive Mittagundi late afternoon
Breakfast at YHA
Lunch enroute
- Monday, 9 July to
Tuesday, 17 July** The time at Mittagundi will be divided between a one-day and three-day cross country skiing trip (subject to weather) on the adjacent Bogong High Plains and at Mittagundi itself.
While not skiing and snow camping, the group will be at Mittagundi to help run the farm. This includes milking cows, baking bread, building sheds and fences, planting trees, blacksmithing, making furniture and helping tend the vegetable garden.
- Tuesday, 17 July** Depart Mittagundi before 10am and travel by bus to Melbourne
Arrive in Melbourne in the evening.
Stay overnight in Melbourne Metro YHA Hostel, 78 Howard Street, North Melbourne VIC 3051
- Wednesday, 18 July** Travel by bus from accommodation to Melbourne Airport
Depart Melbourne on Qantas Flight QF796 to Alice Springs at 9.35am*
Arrive Alice Springs at 12.00pm*
*Times could vary closer to date
Breakfast on the plane
Parents to pick up students from Airport or notify of other arrangements.
- Monday, 23 July** Return to school

GROUP 2 (max 40 students) Itinerary:

- Wednesday, 18 July** Meet at Alice Springs Airport at 10.30am* (2 hours prior to departure time)
Depart Alice Springs on Qantas Flight QF797 to Melbourne at 12.35pm*
Arrive Melbourne at 3.40pm*
*Times could vary closer to date
Travel by bus from airport to accommodation
Stay overnight in Melbourne Metro YHA Hostel, 78 Howard Street, North Melbourne VIC 3051
Dinner at La Porchetta, North Melbourne
Movie in Melbourne Central
- Thursday, 19 July** Depart YHA before 7am and travel by bus from Melbourne to Mittagundi
Arrive Mittagundi late afternoon
Breakfast at YHA
Lunch enroute
- Thursday, 19 July to Friday, 27 July** The time at Mittagundi will be divided between a one-day and three-day cross country skiing trip (subject to weather) on the adjacent Bogong High Plains and at Mittagundi itself.
While not skiing and snow camping, the group will be at Mittagundi to help run the farm. This includes milking cows, baking bread, building sheds and fences, planting trees, blacksmithing, making furniture and helping tend the vegetable garden.
- Friday, 27 July** Depart Mittagundi before 10am and travel by bus to Melbourne
Arrive in Melbourne in the evening.
Stay overnight in Melbourne Metro YHA Hostel, 78 Howard Street, North Melbourne VIC 3051
- Saturday, 28 July** Travel by bus from accommodation to Melbourne Airport
Depart Melbourne on Qantas Flight QF796 to Alice Springs at 9.35am*
Arrive Alice Springs at 12.00pm*
*Times could vary closer to date
Breakfast on the plane
Parents to pick up students from Airport or notify of other arrangements.
- Monday, 30 July** Return to school

GROUPS

Students have been placed in groups based on their classes and requests. It is not possible to move between groups. Students will be split into two groups (A and B) when in Melbourne enroute to Mittagundi.

MEDICAL CONSENT FORMS

All medical and consent information **for St Philip's College** should be carefully completed and returned by the Monday, 21 May 2018. Please login to the Community Portal to update medical information and give consent for Mittagundi via the excursions tab. If you are having difficulties with your Community Portal, please contact cp@stphilips.nt.edu.au or 8950 4568. There is also an Ipad at reception to make this easier if you need.

In addition to this you will be contacted by Mittagundi to fill in an Online Medical form through a program called CareMonkey. Please do it when you receive it.

ORGANISING YOUR OWN AIRFARES

Those families wishing to organise their own flights/travel should have **advised in writing by Friday, 16 February**. We cannot arrange one-way sections of flights. It will be more convenient and practical to try to match our flight itinerary. We cannot offer transport or supervision for students in Melbourne outside of our travel times, as staff fly with the group. Any additional travel costs (taxi's etc. are at your own expense).

STUDENTS JOINING THE GROUP IN MELBOURNE

Those students who are making independent travel arrangements will meet the group at our accommodation or at the airport if their flight arrives before the main group. The accommodation details are: Melbourne Metro YHA Hostel 78 Howard Street, North Melbourne VIC 3051, Melbourne, Ph: (03) 9329 8599.

If there are problems on the day then telephone staff, (students will receive a listing of staff mobile phones later in Term 2). To assist me, and to ensure a problem-free meeting, I require some written or emailed details about student movements in Melbourne prior to joining the group - Contact name, phone number, where they are staying and how they will get to the hotel.

STUDENT BEHAVIOUR AND EXPECTATIONS

St Philip's College has a very positive history in our Outdoor Education programs in general and in particular at Mittagundi, where our students' attitude and efforts are highly regarded. The Mittagundi 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 Mittagundi, when travelling to and from Mittagundi 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 at Mittagundi) as they are helpful when we are in the city. Phones must be charged and able to make phone calls. 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 (although some souvenirs may be available from Mittagundi)**. All meals are included in the trip cost, if students would like extra food on top of what is provided, it will be at their own expense. 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, keycards, phone etc on buses, planes, or in the hotel. Please ensure that clothing is clearly labelled as the drying room at Mittagundi makes it easy for clothing to be mixed up with other student's. At Mittagundi, all lost property is offered to students on the last day – items (usually odd socks!) not collected then, are considered a 'donation' to Mittagundi.

CLOTHING AND EQUIPMENT

A detailed clothing list for the time at Mittagundi is attached and available on the college website. This list includes the items that Mittagundi 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. Some old clothing is advisable for farm work at Mittagundi. 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 to Mittagundi. It is one of the only things that students need to do to assist with the running of the trip. Those students who do not come prepared, risk the safety of their peers in the snow!

PLEASE ENSURE I HAVE YOUR CURRENT EMAIL ADDRESSES – all correspondence is via email. If I do not have your current email address, please email me at outdoor.education@stphilips.nt.edu.au

Students will be regularly updated as soon as 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,



David Atkins
Head of Outdoor Education



ST. PHILIP'S COLLEGE

YEAR 10 MITTAGUNDI WINTER PROGRAM 2018

Personal Clothing and Equipment List

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. Mittagundi is typically wet and very cold at this time of the year. **Please bring ALL listed items (except where indicated optional).**

Clothing designed for Downhill Skiing is generally not suitable for use at Mittagundi or while Cross Country Skiing, as they are designed to be dried each evening/day in a lodge. As the groups are snow-camping, it is essential that the guidelines are carefully followed. Layers of woollen clothing and thermal underwear are essential – see note on Page 5. Many items can be easily supplied at Mittagundi – these items are listed under the 'Mittagundi Provides' section. If you already have your own please bring it, but please read the guidelines carefully. If you need to use Mittagundi gear it will be issued shortly after your arrival – you do not need to book it and there is no extra charge.

Students will not be carrying all items at once, as some will be left at Mittagundi while on expedition. However, think carefully about your selection, as you will be carrying it at some stage. Not specifically included on this list is clothing for travelling to and from Mittagundi and the time in Melbourne. Students should choose these carefully – think minimal and remember it is winter in Melbourne.

WHAT TO BRING

as you pack!

ESSENTIAL ITEMS

- 2 thermal tops and bottoms polypropylene or wool only (**no cotton**)
- 2 woollen or polar fleece jumpers (**no cotton**)
- 2 woollen or fleece beanies
- 1 woollen or fleece gloves or mittens
- 1 broad brimmed sunhat (**no baseball caps**)
- 1 pair of sunglasses – essential for snow glare (**don't bring expensive/valued sunglasses**)
- 8 pairs of woollen socks
- 1 t-shirt (**no singlets**) for the farm only
- 2 long sleeved collared tops for farm
- 1 long sleeved collared top for snow (**no cotton**)
- underwear as required
- 2 tracksuit pants or work pants for farm
- 1 tracksuit pants or work pants for snow (**no cotton**)
- bathers and towel
- single bed fitted sheet and pillow case
- 1 small torch and spare batteries
- 6 strong, large garbage bags
- 3 recycled supermarket bags
- 5 large, strong rubber bands
- toiletries – toothbrush, toothpaste, comb/brush, deodorant (roll on, **not spray on**)
- 2 1L water bottles
- personal care kit – sunscreen (**very important**), band-aids, sports tape if you have an injury needing taping and any other personal hygiene needs.
- cup, bowl, spoon
- 2 comfortable boots or runners for hiking and working around Mittagundi
- musical instrument
- clothes travelling to and from Mittagundi and in Melbourne

MITTAGUNDI PROVIDES (please bring own if you good quality items)

- woollen or polar fleece pants
- 1 waterproof jacket – MUST BE WATERPROOF, see note below
- 1 waterproof over pants
- 1 pair of gloves or mittens
- whistle with cord to wear around neck
- 1 pair of water proof gloves
- sleeping bag **minus 5 rating for snow camping**
- sleeping mats
- back packs
- tents
- skis and skis boots

OPTIONAL ITEMS

- belt or braces (ideal) to keep waterproof pants up when skiing
- small, lightweight camera – disposable, waterproof cameras are a good idea.
- spending money for extra food and/or for the Mittagundi merchandise store.

DO NOT BRING

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

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

Some garments are unsuitable and should not be brought:

- ski parkas or quilted jackets (they are bulky and **NOT** waterproof)
- 'shower-proof' spray jackets
- Lined jackets eg. Cotton or flannel on inside

A simple test for waterproofness is to try and suck air through the jacket material. Generally, if air can get through, so can water. However, there are some exceptions. '*Japara*' and '*Goretex*' are two types of material that allow water vapour, but not liquid, to pass through; allowing them to 'breathe'. These jackets are often expensive.

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.

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.

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.

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 is 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, – eg. Thermal underwear, *Polartec* jumpers, waterproof jackets, boots etc.

LABEL CAREFULLY

All clothing and equipment should be clearly marked with your name to avoid confusion at Mittagundi, particularly in the drying room. All bags should be clearly tagged/labelled with the Group Name (**St Philip's College, Mittagundi**)

Please bring clothes in a soft bag if required (eg. sports bag) – not suitcases. Bags must be manageable by students!

EQUIPMENT CARE AND RESPONSIBILITY

Necessary camping/specialist equipment (Packs, snow tents, skis, cooking utensils and sleeping bags etc.) will be issued to students at Mittagundi. 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.