

Experiential learning.

Personal growth.

Safe and fun.



NBCS SOW Parent Information Pack



Barrington Outdoor Education

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Program Itinerary

Below you will find your program itinerary. Please be aware that some activities are subject to weather and for water activities, the river level, if required BOE will arrange suitable alternative activities.

Monday, 20 May 2019

7:15 AM	Meet at Hornsby Railway Station, to catch 7:47am Train to Gloucester	
11:38 AM	Group arrive at Gloucester train station, transfer to BOAC	
11:45 AM	Welcome and camp briefing	
12:30 PM	Lunch	
1:00 PM	Route planning and risk management	
2:00 PM	Equipment check, set up camp	
3:00 PM	Backpack briefing	
3:30 PM	Food planning and preparation - supermarket visit	
5:00 PM	Dinner	
7:00 PM	Campfire games	

Tuesday, 21 May 2019

7:00 AM	Rise and shine, breakfast, pack up camp, load gear into trailer	1
8:30 AM	Transfer to Seal Rock Rd	
10:30 AM	Commence hike to Shelly Beach	2
12:30 PM	Lunch	
1:00 PM	Continue hike	3
4:00 PM	Arrive at Shelly Beach, set up camp	1
5:00 PM	Dinner	
7:00 PM	Route planning	0.5

Hours of effort: 7.5

Wednesday, 22 May 2019

7:00 AM	Rise and shine, breakfast, pack up camp	1
8:30 AM	Commence hike to Bombah Point	3.5
12:00 PM	Lunch at Bombah Point (cross ferry)	0.5
1:00 PM	Continue hike to Rivermouth Campground	2.5
3:30 PM	Arrive at Rivermouth, set up camp	1
4:30 PM	Free time	
5:00 PM	Dinner	
7:00 PM	Route planning	0.5

Hours of effort: 9

Thursday, 23 May 2019

7:00 AM	Rise and shine, breakfast, pack up camp	
8:00 AM	Commence hike to Korsmans Landing	1
11:00 AM	Arrive at Korsmans Landing, journey review and debrief	3
11:30 AM	Lunch	0.5
12:00 PM	Transfer to BOAC	
2:00 PM	Arrive at BOAC, pack away gear and prepare for journey home	
3:30 PM	Transfer to Gloucester train station	
5:38 PM	Arrive at Hornsby train station - Parents collect students	

Hours of effort: 4.5

Total hours of effort: 21

Catering

Self-Catered Program

The food for the group will be supplied on the first day (and first Breakfast), however, as part of the Duke of Ed Requirements, students will need to provide the food for the 3 days of hiking.

Online Services

As part of our services BOE provides an online system tailored to your schools program. Using the provided link below .

School URL: www.outdooreducation.net.au/nbcshike2019

Camp Gear List

Students will develop their own gear list as part of the planning/training day however this gear list is supplied as a general list to allow students time to purchase/borrow any gear that they need prior to camp.

Please note that one of the purposes of the camp is to allow students to learn about themselves by testing them beyond their comfort zone. Having the correct equipment allows them to get the full experience without making it too demanding. The correct equipment also adds to their personal safety and comfort.

It is important to remember that at times students may experience adverse weather conditions with little shelter and they will be required to carry all their equipment on an extended hike. For this reason students are advised to follow the equipment guidelines and refrain from packing excess or inappropriate equipment.

Personal experience tells us that having appropriate equipment adds to the enjoyment, but experience also tells us that some of this equipment can be very expensive. If camping or trekking is going to be prominent in the future it may be worth investing in quality gear and building up a collection over time. However, if this is not the case, less expensive alternatives often suffice. Some of the items may well be borrowed e.g. wet weather jacket.

If you wish to purchase gear from RAG please call our office on 02 6558 2093 for school prices.

Tips:

- Label all your equipment with your name and Phone No.
- When packing always think of lightweight materials that take up less space.
- While on activity cotton makes you colder on cold days and hotter on the hot days, thermals or synthetic clothing will make you more comfortable.

Banned List:

- Cigarettes, iPods, pocket knives, alcohol, drugs, mobile phones, tablets, flip flops, make up or gum

Final Checklist

Equipment Type	✓	Equipment Type	✓
Sleeping Bag		Clothes for Campsite: Tracksuit pants, T shirts, jumpers etc.	
Sleeping mat		Thermals - 2 tops and 1 pants	
Water Bottles – 5L carrying capacity		2 x Long sleeve shirt for sun protection	
Raincoat ¾ length		1 x Shorts	
Rain pants		1 x light weight hiking pants	
Sun Hat		Underwear & socks At least one pair for each day and a spare pair.	
Warm Hat/ Beanie		Plastic bag for wet gear	
Sunscreen		Fleece Jumper / Wind Stopper	
Insect Repellent		Meal Utensils: light weight bowl, knife, fork, spoon, mug, plate + <u>tea towel</u>	
Torch & spare Batteries		Food for the duration including healthy snack food	
Toiletries: Toothbrush + paste and deodorant. Hairbrush (optional)		Sunglasses with strap (optional)	
Camera (Optional)		Towel or Chamois	
Personal First Aid Kit: Band Aids, Personal Medication, Tweezers, Strapping Tape, Hand Sanitizer, Blister Treatment		Hiking boots that are worn in	