



Wilderness
Escape
Outdoor Adventures

EXPERIENCE YOUR WORLD

STUDENT CAMP BOOKLET



BENEFITS OF CAMP

Congratulations! You are about to embark on an adventurous journey of discovery on an Outdoor Education program with us, Wilderness Escape Outdoor Adventures (WEOA). To get you started on the journey, we ask that you take some time to read through this camp booklet. Some of this information may possibly be a repeat if you've come on a camp with us before. At the same time it is worth going through again.

Here are some reasons for going on camp

- Because it is a fun and enjoyable way to learn ways to responsibly enjoy the outdoors
- It's also a great way to polish some older skills while learning some new skills
- These skills could be an outdoor activity like kayaking, surfing, rock climbing etc. or using a camp Trangia stove to cook and enjoy your own gourmet preparations!
- Practice Adventure Based Learning, which means that we work with you to challenge yourself in new and fun ways while stretching you out of your comfort zone
- To figure out how to use each other's individual strengths to support the larger group. This will contribute towards building your general leadership skills for the future
- As a bonus, you will be able to use these skills on your own family outdoor adventures in the future!

We are sure you may have a range of questions and possibly some nerves, as you get ready for this trip. Here are some common questions that we typically get asked before any trip

Q: What will we be doing? What should I be packing for this trip?

A: Every camping trip is designed differently for every year level. For more information, please check out the "Program Outline" and a "What to bring" list available for download on the camp registration page online. The printout of the Program Outline will also be available with our staff on camp for your reference.

Q: Do we have any breaks during the day? Should I bring my own snacks?

A: Every morning session would have a morning tea break and every afternoon session would have a afternoon tea break with a lunch break in between. While we typically provide all food, some expedition style camps may require you to bring your own snacks. Please check the "Camp Menu" under the "Food and Menu" tab on the camp registrations page to check what you are required to bring. Either ways, it would not hurt to bring some personal snacks for some bonus bites during the day.

Q: What do we do after the day's activities are done? What time do we go to bed and when do we wake up in the morning?

Typically every outdoor activity on camp is done by around 5 pm. Some camps may have showering facilities for a quick shower afterwards and some free time. You will be involved in dinner prep, eating dinner and clean up next, and some of you may get rostered for the dinner prep and clean up. Some camps may have some night activities or games. Due to the physical nature of the outdoors, we want everyone to be well rested for the next day and our staff and teachers will decide a reasonable time for "lights out" based on a typical wake up time of 7 am the next day.



Q: I am nervous of some activities; do I have to do all the activities?

A: For some of you there may be some nerves with heights or being in water and for some it may be spending multiple days on camp. Our staff and your school teachers will encourage and coach you on giving every activity an honest shot.

PROGRAM INTRODUCTION

Q: What are the camp activities that we will be doing?

A: Please visit the "**Program Outline**" link at the top of the **Description & Outcomes** tab on the camp registration webpage to view / print what has been designed for your camp.

ACCOMMODATION AND FACILITIES

You will be staying in a dorm-based accommodation that will have a set of bunk beds in each dorm with separate dorms for males and females. The campsite will also have separate toilet & shower facilities, dining hall, kitchen and road access. Bunk room sizes can vary from 3 beds to 10 beds per dorm.



CAMP GUIDELINES

Our aim is to minimise our impact on the environment while we are guests at our campsites and surrounding areas. The following rules are in place to ensure your own personal safety and enjoyment of the camp, as well as to ensure we are practicing principles of leave no trace.

The following rules apply:

- Do not leave the camp grounds without staff supervision
- A wide brimmed hat must be worn during daylight hours
- Enclosed shoes must be worn at all times
- Avoid walking and playing in areas of fragile vegetation
- **No** mobile phones allowed
- **ALL SCHOOL RULES APPLY**

*WEOA staff will specify these rules and any others when you arrive.

FOOD AT BASECAMP

As eating wholesome food is important, we ensure that all the meals supplied by us are healthy and nutritious. There is always good variety and options to choose from and all dietary needs are addressed based on your camp registration data entered online before coming on camp.

To view / print the actual menu on your camp, please click on the **Camp Menu** under **Menu & Food** tab on the registration page for your camp

Below are some meals options that you may have on your camp:

Meals	Options
Breakfast	Cereal, milk, yogurt, juice, toast, bacon & eggs
Lunch & Dinner	Barbecue meals, Tortilla wraps, Spaghetti bolognaise, Burritos
Desserts	Fruit salad & Ice cream, Apple crumble, Jelly
Morning / Afternoon Tea	Whole fruits, cut fruits, lamingtons, cake



PERSONAL CLOTHING AND EQUIPMENT

- It is important, for your safety and enjoyment that you pack everything that is marked “**Essential**” on this list. And of course do not bring anything on the DO NOT BRING list.
- If there is anything you do not understand or are having trouble finding, talk to your friends, school staff and your family.
- You should pack all clothing and equipment in a sports bag (or similar), and into your daypack. Please make sure it is labelled. Do not bring excess gear as luggage space is limited.
- In a nutshell, all your clothing needs to serve 4 basic functions;
 - ✓ **It must keep you warm**
 - ✓ **It must keep you and your gear dry**
 - ✓ **It must be as light as possible**
 - ✓ **It needs to be suitable for a range of weather conditions**

Essential Equipment

- Day pack with shoulder straps
- Pillow
- Sleeping bag (with hood preferred, rated to 0°C)
- Head torch or a small torch (with spare batteries)
- Toiletries (toothbrush, toothpaste, deodorant, etc. - **NO AEROSOLS PLEASE**)
- Water bottle(s) (2L capacity)
- Plastic bag(s) (for wet clothes, rubbish, etc.)
- Sunscreen and insect repellent (no aerosol)
- Personal First Aid Kit (band aids, etc. including any required medication)

Optional items

- Book to read
- Sunglasses
- Pyjamas, tracksuit or thermals for sleeping
- Cards/games

Essential Clothing

- Sturdy enclosed shoes (NO sandals or thongs)
- Aquatic shoes (or old shoes to get wet)
- 2 x Shorts (quick dry preferable, e.g. nylon)
- Board shorts/bathers and rash top for aquatics (or long sleeve cotton top)
- 2 x Long sleeved tops/jumpers (wool or polypropylene is ideal)
- 3 x shirts (with collars, preferably long sleeve)
- Socks and underwear for each day of camp
- WIDE** brimmed hat (No baseball caps)
- Towel (base camp showering)
- Beach towel (aquatic activities)
- Warm Jumper (Wool or Polar Fleece - preferably **no** cotton)
- Warm hat/beanie
- 2 x Long pants (Fleece or track pants, **no** cotton and **no** jeans)

PLEASE DO NOT BRING THE FOLLOWING

- × Mobile phones
- × MP3 players / iPods / iPads
- × Electronic games
- × Aerosol sprays (e.g. deodorant, repellent, etc. Bring “roll-on” only)
- × Pocket Knives
- × Any items that are against school rules



WHAT WEOA PROVIDE

- ✓ Tents
- ✓ Sleeping Mats
- ✓ Japara (rain jackets)
- ✓ All specialised outdoor equipment for activities
- ✓ PFD's (personal floatation devices) for all aquatic activities including swimming

GENERAL CAMP HAZARDS

The camps we conduct have been designed to provide some level of mental, emotional and physical challenge to participants.

Wilderness Escape camps are held outdoors throughout many different areas of Australia's wilderness. While our staff minimise each activity's risk, there are some variables that are out of our control such as the environment and weather. Please be aware that the planned activities will still run during weather that may not be ideal e.g. heat, cold, wind, or rain. And we will run some alternate activities for extreme weather. While the weather or conditions may not be ideal during your camp, this is a part of the experience of camp and learning to work with each other and pushing your comfort zones.

More information regarding risk management strategies is available at our website:

<http://www.wildernessescape.com.au>

MEDICAL INFORMATION

Ensure that your medical information is handed in before the trip and that the school staff are aware of any medication you are taking. Your medical information remains confidential and is not supplied to other students. Bring any medication you require with you to camp and you must always inform a school staff member before taking any of your medication.

Wilderness Escape Outdoor Adventure staff members will carry Group First Aid kits during the activities, and journeys away from camp. A school first aid kit will also be available while on camp.

***PLEASE NOTE: You are not permitted to supply any medication to other students.**

Your school staff and our Outdoor Education staff from WEOA are looking forward to working with you and your classmates on this camp. We believe Wilderness Escape programs are a fun and exciting learning experience that will be enjoyed by all and provide memories that will stay with you and your friends for a lifetime.

The WEOA Management Team

