

1 May 2024

Re: Outdoor Education Flinders Trek – Wednesday 5 June – Friday 7 June

Dear Families

Flinders Trek will take place from Wednesday 5 June to Friday 7 June. It is essential that students participate in Flinders Trek to ensure they complete all requirements of Stage One Outdoor Education and to provide them with an opportunity to develop practical skills such as bushwalking, camping and interpersonal skills such as leadership, group dynamics, resilience and perseverance.

WHERE: Warren Gorge (North of Quorn)

ITINERARY:

Wednesday – After setting up our tents and prioritising what we need to take we will begin our first hike. The Pine track loop extends over 10km and covers some tough terrain. There are many hills to climb and native flora and fauna to encounter. We will finish the walk by descending downhill through the native pine trees that live just outside of the Gorge. (Approximately 5 hours).

Thursday – The biggest day of Trek is the Mount Arden climb. This route is close to 16km and encounters some very steep and challenging terrain (make sure you are physically and mentally ready for this). It will be a slow climb, taking our time with lots of breaks, but we will catchup time coming down the hill. The view at the top is incredible and worth the hard work. (Approximately 7 hours)

Friday – A 5.2km circuit hike through Warren Gorge and returning along a ridgeline. The walk follows Warren Gorge, between the towering cliffs, along the native pine tree lined forest, before climbing up to the saddle through the Yackas. There are multiple lookouts along the ridgeline that we will stop at and observe the natural beauty of Warren Gorge. (Approximately 1.5-2 hours)

ARRIVAL/DEPARTURE TIMES:

Students are expected to arrive on Wednesday at Caritas College at 7:45am to pack the bus and prepare for departure at 8:15am. On Friday, students will depart from Warren Gorge at approximately 11:00am and are expected to arrive back at school at approximately 12:00pm. Once students have cleaned up and their equipment is dry, they can be dismissed. Please indicate collection/walking option on the Medical and Consent Form.

Students are reminded that they are required to provide their own breakfast, lunches & snacks (**tea is supplied**) along with other essentials such as sleeping bag and warm clothes. They must refer to their Trek Booklets for information regarding what to pack, how to pack as well as the 'do's and don'ts' of Trek to ensure they are thoroughly prepared for the experience. A full equipment list has been attached for your convenience. Students have also been provided with a copy of this and it is expected that they use it as a checklist as part of their practical assessment. **Absolutely no nuts, including peanut butter are to be brought on Trek.**

If you require further information or have any queries, please contact Mr Josh Lambert on 8648 9700.

Please complete the attached Student Consent and Medical Form and Active Education Form and return by **Friday 17 May**.

Yours sincerely



Josh Lambert
Outdoor Education Teacher



Matt Freeman
Outdoor Education Teacher



Damian Smith
Principal

ITEMS TO PACK

❖ General Clothing

<input type="checkbox"/>	1	Shoes (Sturdy & well worn)
<input type="checkbox"/>	1	Raincoat
<input type="checkbox"/>	1	Jumper (wool or polar fleece NOT COTTON)
<input type="checkbox"/>	1-2	Long Pants (comfortable, quick dry material)
<input type="checkbox"/>	2	T-Shirt (collared, lightweight, quick dry material)
<input type="checkbox"/>	3	Socks (wool/nylon NOT cotton)
<input type="checkbox"/>	3	Underwear
<input type="checkbox"/>	1	Beanie
<input type="checkbox"/>	1	Gloves
<input type="checkbox"/>	1	Hat (wide brimmed)
<input type="checkbox"/>	1	Thongs

❖ Toiletries

<input type="checkbox"/>	1	Deodorant (roll on NOT aerosol)
<input type="checkbox"/>	1	Sunscreen (SPF 30+, roll on, screw on lid)
<input type="checkbox"/>	1	Lip balm (sunscreen based i.e. chapstick)
<input type="checkbox"/>	1	Insect repellent (screw on lid NOT aerosol)
<input type="checkbox"/>	1	Toothbrush & Toothpaste
<input type="checkbox"/>	1 (roll)	Strapping tape (Elastoplast)/ Sports braces
<input type="checkbox"/>	1	Sanitary items
<input type="checkbox"/>	1	Hand sanitiser
<input type="checkbox"/>	1	Wet wipes (small packet)
<input type="checkbox"/>	1 roll	Toilet Paper
<input type="checkbox"/>	1	Tissues (small packet)

❖ Personal Medication

<input type="checkbox"/>	As required (i.e. asthma, hay fever etc.)
<input type="checkbox"/>	Band-Aids
<input type="checkbox"/>	Panadol
<input type="checkbox"/>	Blister tape

❖ Equipment

<input type="checkbox"/>	1	Whistle (for lost protocol)
<input type="checkbox"/>	1	Rucksack
<input type="checkbox"/>	1	Tent (shared with buddy)
<input type="checkbox"/>	1	Sleeping Bag (Small, lightweight, 0° warmth rating)
<input type="checkbox"/>	1	Roll mat
<input type="checkbox"/>	1	Watch
<input type="checkbox"/>	1	Torch (head torch recommended)
<input type="checkbox"/>	1	Batteries (spare set for torch)
<input type="checkbox"/>	1	Bowl, Plate, Mug, Cutlery, tea towel
<input type="checkbox"/>	1	Water bottle (2 x 1Litre bottles, minimum)
<input type="checkbox"/>	5	Garbage Bags
<input type="checkbox"/>	1	Stationary (small notebook & pen/pencil)

OPTIONAL

<input type="checkbox"/>	1	Thermals (top & pants)
<input type="checkbox"/>	1	Sunglasses (carry at own risk)
<input type="checkbox"/>	1 roll	Electrical tape
<input type="checkbox"/>	1	Ground sheet/tarp (for insulation under tent)

As per the College's updated mobile device policy, all mobile phone devices must be turned off and kept in bags for the duration of the excursion, smart watches must be switched to flight mode. Students will not be permitted to use these at any point during the excursion unless the teacher advises students that a device may be used for a specific purpose. If you need to make contact with anyone, do so by contacting the front office and they will communicate with staff.