

2 May 2024

**Re: Stage 1 Outdoor Education Canoe Trip – Wednesday 29 May – Friday 31 May**

Dear Families

The Stage 1 Outdoor Education Canoe Trip will take place from Wednesday 29 May to Friday 31 May. It is essential that students participate in the Stage 1 Outdoor Education Canoe Trip to ensure they complete all requirements of Stage One Outdoor Education and to provide them with an opportunity to develop practical skills such as watercraft control, camping, cooking and interpersonal skills such as leadership, group dynamics, resilience and perseverance.

**WHERE:** Swan Reach (Murray River)

**ITINERARY:**

Wednesday – After loading all of the equipment into the canoe, partaking in a safety briefing and completing a skills session we will set off on our first paddle. We will paddle a distance of 5 kilometres to the Punyelroo Caravan Park. Students will set up camp for the night before cooking their tea and engaging in a range of group enrichment activities.

Thursday – After breakfast we will pack up and clean up the camp area in preparation for the days travel. We will paddle a short distance (1.5 kilometres) to the Punyelroo cave system. We will then spend the morning exploring the Punyelroo cave system and learning about the ecological importance of the River Murray. We will then set off on our longest paddle of the trip which is 14 kilometres. Upon arrival to Greenways Landing, we will set up camp for night two.

Friday – Today we will paddle to Ngaut Ngaut Conservation Park which is an 8 kilometre paddle from Greenways Landing. We will paddle via the lagoons which will give students an opportunity to experience a different side of the River Murray ecosystems. We will then wash out and load the canoes onto the trailer before heading to the local bakery for a celebratory lunch. We will then travel back to Port Augusta.

**ARRIVAL/DEPARTURE TIMES:**

Students are expected to arrive on Wednesday at Caritas College (Woodforde St) at 6:45am to pack the bus and prepare for departure at 7:00am. On Friday, students will depart from Swan Reach at approximately 11:00am and are expected to arrive back at school at approximately 3:00pm. Once students have cleaned up, they can be dismissed. Please indicate who will be collecting your child on the Medical and Consent Form.

Students are reminded that they are required to provide their own breakfast, lunches, tea & snacks along with other essentials such as sleeping bag and warm clothes. They must refer to their Canoe Trip Booklets for information regarding what to pack, how to pack as well as the 'do's and don'ts' of the trip 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 is to be brought on this trip.**

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 **Wednesday 8 May**.

Yours sincerely



Josh Lambert  
Outdoor Education Teacher



Damian Smith  
Principal

**ITEMS TO PACK**❖ *General Clothing*

|                          |     |   |
|--------------------------|-----|---|
| <input type="checkbox"/> | 1   | Shoes (Sturdy & well worn)  |
| <input type="checkbox"/> | 1   | Water shoes/ booties or an old pair of sneakers that you don't mind getting wet |
| <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      | 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                                   |

❖ *Food (as per your planned menu plan)*

|                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Breakfast meals/ ingredients for 2 mornings   |
| <input type="checkbox"/> | Lunch ingredients for 2 days  |
| <input type="checkbox"/> | Tea ingredients for 2 nights (you may wish to pack a little extra as day 2 is a long paddle).         |
| <input type="checkbox"/> | Recess meals/ snack for 3 days  |
| <input type="checkbox"/> | Snacks for the evening after tea  |
| <input type="checkbox"/> | Water bottle (4 x 1 Litre bottles, minimum) *Extra water will be required for cooking and washing up* |

❖ *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 | Inflatable pillow (can use a jumper, but not as comfortable)      |
| <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, small amount of dish liquid |
| <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.