

Homebush Boys High School

"CHALLENGE & GROWTH" ADVENTURE CAMP YEAR 7 -2016

Venue: COOLENDEL (BASE) -SHOALHAVEN RIVER /MORTON NATIONAL

Date: 10^h to 12^h Feb 2016

Included in the cost:

- Site fees/Bunkhouse emergency provision (Base), Tents etc...
- All Food (excluding lunch on Day 1)
- Activity instruction with experienced Outdoor Educators with certify ACF Instructors on Canoe activities, PACI qualified Inst on Roping activities and Remote area/Wilderness 1st Aid trained.
- All equipment including Tents, Bivouacs (Fly's), Camp Cookers/Trangia Stoves etc, Activity Equipment i.e. Canoe equip, PFD's Helmets, Roping equip, Mtn Bikes etc.
- Transportation to and from camp



Aims

Through the processes of Experiential Learning and using the Outdoors as a catalyst we aim to promote personal growth and group development through the use of carefully controlled, challenging experiences. The program is designed to develop a growing sense of competence in dealing with the natural environment with a strong emphasis on safety. The program is challenging, combining physical and developmental activities with the overall aim of enhancing the student's self-reliance, increasing their confidence in their own abilities and assisting them in learning to cooperate and work with others through controlled experiences.



Background

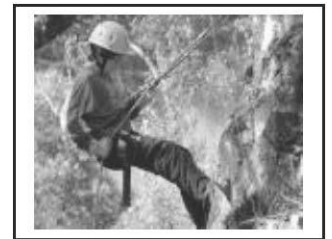
Using the outdoors creates a great learning environment. With this perspective we deliver our programs based on the following priorities;

- SAFETY being aware of one's own safety and the safety of other members in the group.
- To offer an ENJOYABLE experience, to feel really good about "oneself" and being with "others" in the group.
- NEW EXPERIENCES, which in turn lead in to Learning Experiences
- TRANSFERRING the experience, APPLYING to everyday life

Camp activities promote group development and the learning of new personal skills that can be applied and used in real life situations.

The learning goals we aim to achieve are to

- # increase the participants sense of personal confidence
- # increase mutual support within a group
- # develop abilities that contribute to group decision making and leadership.
- # Safety in the Outdoors
- # Skills acquisition and development in Outdoor Pursuits
- # to develop an increased joy in one's physical self, being with others and their environment.



Activities; The program is designed from the following activities and themes;

- | | |
|---|---------------------------------------|
| # Teambuilding and Challenge Initiatives | # Bushwalking/Environmental Awareness |
| # Canoeing -Safety practices & skills | # Navigation -Intro |
| # Trust and awareness activities | # Evening Activities & Entertainment |
| # Campcraft and Bushcraft skills | # Mountain Bikes |
| # Roping activities # Bushwalking/Environmental Awareness | |

***** NOTE AND PLENTY OF WILDLIFE TO SEE!!!!!!!!!! *****

PERSONAL EQUIPMENT / CLOTHING CHECKLIST

***** Recommended items for a three day Program *****

- Lunch & Morning Tea on Day 1
- Sleeping Bag
- Sleeping mat
- 1 pair of sturdy shoes & one pair of old trainers/wetsuit booties (for canoeing)
- Warm jacket (Polar fleeces are great)
- 1 Jumper (preferably one woollen)

***** ESSENTIAL ***** SUITABLE WET WEATHER GEAR ***** (Light weight will be fine)

- One pair of Long Pants
- 2 pairs of Shorts
- One long-sleeve shirt
- T-shirt's (3or 4) **** Thermals are great! ****
- Swimming costumes, rash vest (canoeing) and hat
- Beanie
- Socks and underwear for three days
- Toilet bag including sunscreen, roll-on insect repellent
- Towel
- Small personal 1st Aid Kit



***** ESSENTIAL *****

- Three garbage bags for wet/dirty and separating gear
- Dilly bag and 2 Tea Towels –
- Plate/Bowl and Cup
- Knife, fork and spoon (Note, not disposable)
- Torch and spare batteries
- 2 x 1 Ltr Drink Bottles

NOTE: IF YOU BRING EXTRA-REMEMBER!! "What you pack you carry"

**Do NOT bring -Ibods/mobile phones, other valuables or junk food
NO responsibility will be taken for any loss or breakages of personal items**