



## Outdoor & Environmental Studies Grade 9 Rafting Camp – Weld and Huon River

Tuesday, 17 August 2015

Dear Students & Parents/Guardians,

The Outdoor & Environmental Studies Grade 9 class will undertake their next overnight field trip on Saturday the 29<sup>th</sup> and Sunday the 30<sup>th</sup> of August 2015 (this date has changed due to some clashes).

### Proposed Activities:

The trip will be a 2 day White Water Rafting expedition on the Weld and Huon Rivers near Judbury. The purpose of the overnight camp is to introduce students to Expedition Rafting and develop Rafting, Teamwork and Leadership skills.

### Departure & Return Details

**Departure:** Students should meet outside the Outdoor Education store room at 8.30am on Saturday 29<sup>th</sup> August to check gear and pack the bus ready for a 9.30am departure.

**Return:** We will return from the trip at approximately 5pm on Sunday 30<sup>th</sup> August. Parents will be notified on the return journey of our estimated time of arrival. If we are earlier or delayed on the return students will be able to contact their parents/guardians to inform them of the expected return time.

### Supervising Staff:

The students will be supervised by myself – Matt Conolan – Outdoor & Environmental Studies Teacher and 2 experienced outdoor education instructors. These staff members will be with the students at all times and an excellent level of respect and behaviour is expected from all students. If a student behaves in any way that does not meet these standards and puts themselves or other group members at risk then the student will be required to be picked up by their parent/guardian and returned home at their own expense. I'm sure however that this will not be an issue and we all look forward to an exciting and rewarding experience.

### General Information:

The cost of the camp is included in the school fees and Outdoor Education Levy, however students are expected to provide their own food for the 2 day camp. We will be staying in tents on the banks of the river.

Students will need to come to school on the Saturday morning of the 29<sup>th</sup> of August with everything they will need for the weekend trip. A suggested gear list is attached as a guide to the equipment required. This list also details any gear the College will provide for the trip. Students will need to talk to their teacher at least a week in advance if they need to borrow or hire any other equipment that the school does not provide. If you have any questions regarding equipment please feel free to contact me at any time.

Risk Assessment / Informed Parent Consent:

The nature of overnight white water rafting takes us away from immediate emergency care however all staff attending the trip are trained in wilderness first aid and we will be taking satellite phones to use in the case of an emergency. A thorough risk management protocol has been developed for this trip and may be viewed by parents/guardians upon request. The risks associated with any excursion are identified and assessed before the approval of any excursion in line with the College's Excursion Policy. The SHC Excursion Policy and Procedures can be viewed on the SHC website at [www.shc.tas.edu.au](http://www.shc.tas.edu.au) (under the *Policies* tab on the *Home* page).

Please complete the permission slip below and return it to Mr Conolan by **Friday the 21<sup>st</sup> of August**. It is important that these forms are not returned late as if I do not have the permission slips the students will not be able to attend the journey.

The medical information on the school database will be used for this camp, however if there are any new medical situations that I should be aware of can you please enter them in the space below. Please ensure that your child packs any necessary medication and informs Mr Conolan where it is packed in the case of urgent use.

Please feel free to contact me at any time in regards to questions or concerns about the overnight Rafting trip on the number or email below.

We look forward to an exciting trip.

Please find attached:

- Permission slip
- Daily Itinerary
- Equipment & Clothing List
- Suggested food menu


Yours sincerely



Mr Mathew Conolan  
Outdoor & Environmental Studies Teacher & Outdoor Education Co-ordinator

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Outdoor & Environmental Studies  
Grade 9 Rafting Camp – Weld and Huon River





# OUTDOOR & ENVIRONMENTAL STUDIES: Sacred Heart College

## Grade 9 – White Water Rafting - Huon River – Itinerary

DATES: 29<sup>th</sup> & 20<sup>th</sup> August 2015

LOCATION: Huon and Weld Rivers – near Judbury

STAFF: Teacher: Matt Conolan  
Outdoor instructors: Aaron Ward & Dan Hall

### Day 1

8:30am	Meet at the Outdoor Education shed and drop bags
	Gear check - pack bus
9.30am	Depart SHC
11 / 11:30	Drop car at river end - Drive to Weld River put in
11:30 – 4pm	Raft down Weld & Huon Rivers
4 - 5pm	Set up camp
5 – 6:30	Dinner
9pm	Bed – lights out

### Day 2

8:00am	Out of Bed. – Staff to do Car shuffle.
8:30 – 9:30am	Breakfast & pack up camp – Load rafts
10am	Depart for river journey to Judbury
10 – 3pm	Raft
3 - 4pm	Arrive and pack up rafts
4 – 5pm	Drive to SHC
5 – 5:30	Pack up
5:30	Students dismissed

# EQUIPMENT AND CLOTHING LIST

REMEMBER COLD CLAMMY COTTON CAN'T COME CAMPING or KAYAKING!!

YOU need to supply the following:

You will need all your food for 2 days – sharing with 1 or 2 other students & LIGHTWEIGHT snacks for 2 days!!

QUANTITY	ITEM
<b>Rafting Specific equipment</b>	
1 set	Polypropylene Thermal Underwear (top & legs)
3 pairs	Thick Woollen Socks - to keep feet warm while wet
1	Polarfleece or woollen jumper
2	2 pairs of shoes (one to get wet while in raft)
1	Change of warm dry clothes - to put on at the end of each day.
3	Large plastic bag to put wet clothes in.
<b>General Camping equipment</b>	
1	Sports bag to carry clothes & equipment.
1	Waterproof Jacket - GoreTex or similar fabric needs to be of good quality not just a light spray jacket.
1	Lightweight waterproof overpants.
5	Large thick plastic bags for waterproofing clothing and equipment
2	Pairs of lightweight shoes – one to get wet in the raft and one to wear at camp
1	Sleeping bag – It will be cold so a down sleeping bag rated at around 0 degrees.
1	Mug, Bowl (preferably plastic)
1	Knife, Fork, Spoon – Pocket knife or similar for chopping food for cooking
2	1 ltr Water bottle (screw top lid) you need the capacity to carry at least 2 ltrs of water
1	Reliable light weight head torch and spare batteries
1	Toilet paper (bring ½ a roll to safe space and water proof it)
2	Chux (type) cleaner & steel wool scourer
1	Tea towel
1	Toiletries (toothbrush, toothpaste, biodegradable soap)
1	Sunglasses
1	Sunscreen (essential)
1	High energy snacks
1	Personal First Aid Kit
2	Wool or polarfleece jumpers
1	Thin wool or polarfleece jumper or skivvy
2	Lightweight warm Long sleeved shirt
2	Board shorts &/or swimmers for swimming
1 or 2	T-shirts
2 pair	Polypropylene Thermal underwear Top and bottom ESSENTIAL DO NOT BRING COTTON. To keep dry for the night.
1 pair	Synthetic Track pants or warm pants (NO DENIM or similar)
3 pair	Wool socks ESSENTIAL
1 pair	Thick gloves
1	Beanie ESSENTIAL
1	Sunhat (preferably full round brim) (essential)
1	Towel

The following items will be supplied by the COLLEGE:

QUANTITY	ITEM
1	Dry Bags
2 person	Tent
1	Sleeping mat
1	Stove and fuel (to share in groups of 2 - 3)

# Suggested Lightweight Camping Food

(This is given as suggestion only)

## Things to Consider:

You will need to keep the food as lightweight as possible – Avoid tins, they are heavy. Please DONT BRING TIN or GLASS JARS or packages with lots of liquid.

If you can buy dehydrated food or dehydrate your own food you will save heaps of weight.

You will need to make sure your food is of a high nutritional value to sustain your energy throughout the walk – you should also have some high energy snacks such as Dried fruit mix (Scroggin)

Minimise your packaging – the rubbish you take out you will need to bring back i.e. NO TINS.

For Items like Milo, sugar, any powders or even pasta it is a good idea to repack them in a snap lock glad bag as this minimises bulky packaging and the bags can be used for rubbish once they are empty.

## Strive Food

Orders can be made for reasonably priced dehydrated meals of great quality from Strive Food. Details can be found at this website: [www.strivefood.com.au](http://www.strivefood.com.au) their shop is Open Monday – Friday 9am – 2pm. You can buy direct from their shop from Mon – Fri, or food can be ordered over the phone or online and be delivered.

## Suggested 2 day Menu.

	Breakfast	Lunch	Dinner	Snacks
Day 1	At Home	Flat bread Cheese Salami Avocado Carrots Vegemite	Strive Dehydrated Meals OR Pasta Sachets of Tomato paste. Broccoli Zucchini Carrots OR <b>Cous Cous and Vegies</b> Stock powder Carrots Broccoli Zucchini	Muesli bars Chocolate Scroggin (mixed chocolate & Dried fruit) Milo – No Nuts
Day 2	Muesli or cereal Powdered Milk Dried Fruit. <b>Liquid Milk in a carton or even the small boxes gets heavy and is not appropriate.</b>	Flat bread Cheese Salami Avocado Carrots Vegemite	At Home	Muesli bars Chocolate Scroggin (mixed chocolate & Dried fruit) No Nuts