Dear Parents,

Re: Cycle A Wilsons Prom Camp 2013

This notice is to provide you with important details for the upcoming Cycle A Wilsons Prom Camp in Term 4.

**WHERE:**
Tidal River
Williams Promontory National Park

**WHEN:** 18 – 22 November 2013

**PROGRAM:**
The camp is part of our Term 4 Core Studies unit “Challenges”. One of the major focuses will be on personal challenges and how students respond to them within a communal setting. Another focus will include developing personal responsibility for themselves and their experiences. We will also be building on their basic under canvas camping and hiking skills.

**STAFFING:**
Mrs Nicky Joiner, Mrs Sharon Witt, Mr Jono Bach, Mr Paul Scott, Mrs Anne-Maree Forbes, Mrs Yvonne Verhagen and one other staff member

**TRANSPORT:**
Students will be transported to the camp by a hired coach and mini bus. The coach will depart MECS on **Monday 18 November at 6:30am (please note early start)** and return to school on **Friday 22 November by 3:15pm**. Students will be departing from the Kiss n Drop area.

**EQUIPMENT:**
An equipment list is attached to this notice.

**FOOD REQUIREMENTS FOR THE HIKE:**
Camp food should be lightweight, nutritious and easy to prepare. Each student will be required to provide at least one breakfast, one lunch and one dinner to take on their hike depending on which hike they go on. It is possible for students to organise their food to share with another student going on the same hike. Students need to make sure they take ALL their rubbish back with them to Tidal River (including apple cores).
Some suggestions are as follows:

**Breakfast:** Breakfast bars, cereal boxes with UHT milk, pancake shaker, fresh fruit (preferably apples), Weet Bix crushed up in snap lock bag with measured amount of Sunshine powdered milk

**Lunch:** Chicken pouches, dry crackers with favourite spreads, fruit buns, long-life cheese (Kraft Cheddar), muesli bars, pizza rolls, tuna pouches, wraps

**Dinner:** Frozen spaghetti sauce with dry pasta (Monday night only), Indian meal sachets (e.g. Tasty Bite: Bombay Potatoes/Madras Lentils) with rice, packet meals supplemented with dehydrated/fresh vegetables: noodles, pasta, rice (e.g. Aldi/Uncle Ben’s brand), a little treat for dessert e.g. jelly cup

**Supper:** Hot chocolate drinking sachets with marshmallows

**High Energy Snacks:** Trail mix: dried fruit, nuts, jelly beans, M & Ms (divided into separate snap lock bags for each day of hike), muesli bars

**MEDICAL FORMS:**
Please complete and return the attached medical form to the school office by THE END OF THIS TERM. It is important that parents/guardians keep us informed particularly if there has been any recent illness or problem that teachers and leaders need to be aware of. Information on these forms will be kept strictly confidential and they are destroyed at the conclusion of your child’s camp. Please note that students will not be permitted to attend the camp if they have not returned their medical form. All student medication must be given to Mrs Yvonne Verhagen (in a clearly labelled plastic bag) on the morning of the camp. These will be kept by your child’s hiking leader for the duration of the hike and administered as per your instructions.

For catering purposes please ensure the section relating to your child’s dietary requirements, including adequate details of what they are unable to eat and alternatives, is completed and returned to school in a timely manner. Thank you for assisting us in this.

**PREPARATION FOR CAMP:**
In preparation for the camp the students will be participating in lessons on:
- General hiking practice
- Safety in the bush
- Trangia cooking
We will also be conducting a class demonstration on the types of food that students can purchase for their hikes.

All students will be participating in two practice hikes to Silvan Dam on Wednesday 16 October and Monday 28 October 2013. This will give the students practice using their hiking packs and allow staff to assess their fitness levels further.
On both days students are required to bring their hiking pack packed with all the items they will be taking on camp with them (or as many items as they have at that stage and pack it with other items so that the total weight is 15 kg). The attached Hiking Equipment list is a comprehensive guide of what this items should be.

They will also need to bring something for lunch that they can cook on their Trangia at Silvan Dam. Students are required to wear a Broad-brimmed hat, MECS T-shirt and have a whistle on a lanyard around their neck on both of these days.

SUNSMART:
As students will be participating in hiking and other various outdoor activities, it is imperative that they have their own supply of sunscreen with them at all times. Students are required to be vigilant with the application of sunscreen during the day. There is a high risk of sunburn if these items are not worn or re-applied whilst in the open (even on cloudy days!)

Further to this it is very important that students carry their own water bottle (these are NOT to be shared under any circumstances) and to wear their broad-brimmed hat at all times in the open. Please note students are not permitted to board the coach if they do not have these items with them.

STUDENT BEHAVIOUR/CONCERNS:
Parents/Guardians will be notified if their child severely misbehaves or acts in a manner that may compromise the welfare of other students. The leadership team reserves the right to request that parents make arrangements for their child to be picked up from Wilsons Prom, if such behaviour occurs.

Please remember the staff and students in your prayers as we prepare for an exciting and enriching camp. Please do not hesitate to contact Nicky Joiner at school by email on njoiner@mecs.vic.edu.au for further details about the camp.

Kind regards,

Nicky Joiner, Alison Copeland and Sharon Witt
Cycle A Teachers
## Cycle A Wilsons Prom Camp 2013 – Equipment List

*Students are NOT TO BRING: Electronic games, iPods, Mobile phone etc. on this camp*

<table>
<thead>
<tr>
<th><strong>HIKING EQUIPMENT</strong></th>
<th></th>
<th><strong>BASE CAMP EQUIPMENT:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day Pack:</strong></td>
<td></td>
<td>In addition to hiking gear</td>
</tr>
<tr>
<td><strong>Hiking Pack:</strong></td>
<td>(approx. 50–70 L)</td>
<td><strong>In addition to hiking gear</strong></td>
</tr>
<tr>
<td>No exposed frames</td>
<td></td>
<td><strong>Food:</strong> Morning tea &amp; lunch for Monday</td>
</tr>
<tr>
<td><strong>Hiking Tent:</strong></td>
<td>shared 1 between 2 people</td>
<td>Small pencil case: pen, pencil &amp; eraser</td>
</tr>
<tr>
<td><strong>Lightweight Bed Roll</strong></td>
<td></td>
<td>Water bottle for day walks</td>
</tr>
<tr>
<td><strong>Pillows:</strong></td>
<td>fill with clothes for a pillow</td>
<td>Whistle on lanyard for around neck</td>
</tr>
<tr>
<td><strong>Sleeping bag</strong></td>
<td></td>
<td><strong>Soft Duffel Bag:</strong></td>
</tr>
<tr>
<td><strong>Trangia:</strong></td>
<td>shared 1 between 2 people</td>
<td>Insect repellent</td>
</tr>
<tr>
<td><strong>Aqua tabs x 1 packet</strong></td>
<td></td>
<td>Pillow</td>
</tr>
<tr>
<td><strong>Bowl, Cup &amp; Plate</strong></td>
<td></td>
<td>Tea towel: extra</td>
</tr>
<tr>
<td><strong>Cutlery &amp; tea towel</strong></td>
<td></td>
<td>Towel: extra for showers &amp; beach</td>
</tr>
<tr>
<td><strong>Deodorant, toothbrush &amp; toothpaste</strong></td>
<td></td>
<td>Toiletries</td>
</tr>
<tr>
<td><strong>Food supplies (as per suggested in this letter)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Garbage bags x 3</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hand sanitiser</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Matches:</strong></td>
<td>in waterproof container</td>
<td></td>
</tr>
<tr>
<td><strong>Nylon cord (thin for clothes line)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Water bottle:</strong></td>
<td>1 Litre x 2</td>
<td></td>
</tr>
</tbody>
</table>

### Clothing WHILST ON HIKE:
- Bathers - boardies & t-shirt
- Light weight waterproof jacket/plastic poncho
- Shorts - MUST be mid-thigh in length
  - E.g. MECS PE shorts/leggings
- Spare socks & underwear
- Thermal, long sleeved top or polar fleece
- T-shirts x 2 - MECS sports top/collared top (prevents sunburn)
- Track pants

**Footwear:**
- Solid hiking shoes - wear these in before camp

### Clothing BASE CAMP:

**NO skirts or singlet tops**
- Hoodie /windcheater x 2
- PJ's
- Shorts - MUST be mid-thigh in length
- Spare socks & underwear
- T-shirts x 3 - high necked/collared
- Track pants

**Footwear:**
- Comfortable shoes (can be sandals with appropriate back strap)
- Runners
- Thongs - for showers & beach only

---

### Please Note:
- **Total weight** of Hiking Pack should be: 15kg or \( \frac{1}{3} \) body weight whichever is LOWER
- All items belonging to your child need to be CLEARLY LABELLED