



OUTDOOR EDUCATION EQUIPMENT OVERVIEW YEARS 6-10 CAMPS

2020



CRICOS NO: 01645K

*Woodcroft College is vibrant, innovative and inclusive.
It seeks to provide an excellent all-round education
in a Christian environment.*

School Philosophy

Woodcroft College is future-oriented, equipping students with the knowledge, attitudes and skills they need to gain worthwhile employment, be responsible global citizens, and model their lives on Christian values and beliefs.

The curriculum is diverse and broadly based.

It is centred on the intellectual, physical, emotional and spiritual needs of students.

It encourages them to:

- Pursue academic excellence, yet caters for individual differences in learning styles and abilities
- Strive in all areas of human endeavour from the subject-based disciplines to the arts, outdoor education, sports and leisure-time activities
- Become confident, active, resilient, self-reliant and successful lifelong learners
- Grow in faith through Religious and Values Education, corporate worship, and service to others in school, local community and international projects.

The curriculum, co-curriculum and pastoral care program have a global perspective, preparing students for citizenship in a democratic, multicultural society.

They are encouraged to:

- Be themselves, showing tolerance and respect for the rights of others
- Appreciate social, religious and cultural differences
- Grow in self-respect, taking responsibility for their own actions and conduct
- Become leaders, experienced in decision-making.



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This handbook is intended to help families make appropriate choices when purchasing equipment for the College's Outdoor Education program.

Our aim is for all students to have equipment that is reliable and functional.

We require students to have equipment that enables us to manage a diverse range of weather possibilities as unseasonal weather can occur at any time of year.

Many items can be used for the duration of the College's Outdoor Education program so investing in quality equipment is recommended. Allowing for growth in students is also a challenge so it also important to purchase some items closer to specific camps.

Please contact the Head of Outdoor Education if you have further questions.

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Camp Equipment Overview for Years 6-10

This is an overview of what is required for all camps. Each Year Level will be provided with a detailed Gear List prior to camp departure.

Gear Required	Year 6 Narnu	Year 7 Murraylands	Year 8 South	Year 9 Quest	Year 10 Tuilkilkey
Sleeping gear					
Sleeping bag (-5 rating)	✓	✓	✓	✓	✓
Sleeping mat foam/self-inflating		✓	✓	✓	✓
Sleeping bag liner	✓	✓	✓	✓	✓
Clothing					
Thermals set – Long sleeve top and bottoms		1	1	2	2
Pair of woollen/explorer socks		1	2	5	2
Other items					
Hiking boot / Outdoor Shoes				✓	✓
Day pack			✓	✓	✓
Personal First Aid Kit (<i>Staff carry comprehensive First Aid Kits</i>) This kit is used to encourage and teach students to manage minor issues			✓	✓	✓
Head torch	Optional	✓	✓	✓	✓
Whistle on a neck cord			✓	✓	✓
Water bottle – Wide mouth (<i>Eg. Nalgene bottle</i>)	✓	✓	✓	✓	✓
Camera (no phones are allowed on camp)	Optional	Optional	Optional	Optional	Optional
Pocket knife				✓	✓
Digital wrist watch			✓	✓	✓
Sports / Duffel bag (<i>Hard suitcases are only permitted on Quest</i>)	✓	✓	✓	✓	✓
College Gear Provided					
Waterproof jacket			✓	✓	✓
Tents	(dorm)	✓	✓	✓	✓
Bushwalking rucksack				✓	
Cooking equipment (<i>for self-catering</i>)				✓	✓

Sleeping Bag

We often have inquiries about whether a minus 5 rating is necessary. The answer is yes. Cold weather has been experienced on all year level camps. It is easy to unzip a sleeping bag to cool down but a lack of insulation will mean a cold, uncomfortable night. The overall volume of the packed sleeping bag is also a consideration. Very cheap sleeping bags usually achieve insulation with bulky (and sometimes inefficient) material. We suggest you purchase a bag from a reputable outdoor equipment supplier. It should not be heavier than 2 kilograms and should not take up more than 13 to 15 litres when fully compressed.

Fill Material Options

Synthetic Material

Advantage - it retains some insulating properties if it gets wet.

Disadvantage - generally heavier and bulkier than down.

Down (Feathers)

Advantage - usually lighter and warmer.

Disadvantage - colder if the fill material gets wet.

Weight - 2kg maximum, lightweight

Rating - Minus 5 degrees (Ensure this rating is from a reputable camping/outdoor store.) This will be appropriate for all camps.

Length - If buying a good quality bag in Year 6 or 7, ensure you buy a full length bag to allow for growth through to Year 10.

A waterproof compression bag is a good investment to protect your sleeping bag. Students are required to use a plastic bag to line their compression bag if it is not waterproof. Some students find this an awkward process.

A compression bag makes packing up a sleeping bag easier.



Sleeping Bag Liner

Students require a liner on all camps where they need a sleeping bag. A liner can be made by sewing a sheet in half. Using a sleeping bag liner means the liner gets dirty instead of the sleeping bag. The liner is easier to wash and dry. Less washing extends the life of the sleeping bag. The sleeping bag liner increases insulation and warmth. It can be used as a sheet on hot nights (with the sleeping bag unzipped and used as a blanket).

Material Options

Silk - Comfortable except in hot nights, lightweight, silky feel isn't to everyone's liking. Can be expensive.

Cotton - Comfortable in a range of temperatures, heavy and bulky, cheapest option.

Synthetic - Ensure you like the feel of the material, mid-range price, lighter and less bulky than cotton.



Sleeping Mat

A closed cell foam mat or self-inflating mat will insulate students from the cold ground. The sleeping mat also provides comfort so it is tempting to purchase a thick and more comfortable mattress.

A balance needs to be found as it is impractical to take a bulky mat on a four day bushwalk due to the limited space and weight available in a backpack.

Students will carry their own gear on a four-day hike on Quest (Year 9).

Material options

Closed cell foam - Does not absorb water (only the surface will get wet), economical, durable. Will not fail.

Self-Inflating - More comfortable; packs smaller; if punctured, provides little or no insulation or comfort.



Closed Cell Foam Mat



Self-inflating Mat



Size comparison - A packed mat next to a water bottle

Thermals

Thermals are designed to retain heat and keep you warm in adverse weather. Even camps in Terms 1 and 4 have experienced wet and cold weather. The Year 9 (Quest) and Year 10 (Tuilkilkey) camps require higher quality garments due to their remote nature. As this is a size specific garment, you may choose to borrow or purchase cheaper garments for earlier years and invest in quality thermals for Quest and Tuilkilkey.

Material - Polypropylene or merino wool (not cotton as it loses its insulating qualities when wet).

Do not use active wear as thermals (e.g. 2XU, body armour) as these will hold moisture on the skin and take heat away from the body.



Socks

Woollen socks are ideal for outdoor activities as they keep your feet warm when wet. Explorer is an economical and reliable brand. Quality socks can also help to prevent blisters, especially when hiking for multiple days (Quest and Tuilkilkey).

Material - Wool



Hiking Boots/Outdoor Shoes

A hiking boot/outdoor shoe is essential for Quest and Tuilkilkey (Year 9 and 10).

Students will be walking for multiple days on rough terrain. Boots help prevent rolled ankles and will make the hike much more enjoyable.

Wearing boots in before camp will make them more comfortable and will help prevent blisters. A good hiking shoe should also be water proof/resistant so it keeps your feet dry and warm.

Our recommendation is to buy hiking boots in Year 9 because of the likelihood of a growth spurt resulting in a size change. Students only need sneakers with good grip in earlier years due to the nature of the activities.

Sole - Aggressive, knobbly sole with grip.

Material - Leather/durable fabric ideal (waterproof options available)

Do not bring skate or street shoes that have limited support or grip. They are dangerous on wet or rocky ground. High ankle boots are recommended for students prone to rolling ankles.



Lunch Box

Year 8 and Year 9 Camps only

Australia is one of the most wasteful countries in the developed world. In Home Economics classes and on camp we will be focusing on reducing unnecessary packaging by making snacks from scratch and by purchasing food in bulk. This will have the added benefit of reducing the amount of processed food students consume.

Each morning at base camp students get their lunch and snacks from a subway style set up. Students generally get two fruits, two types of snacks and 1-2 sandwiches for lunch. The fruit peel provides a natural wrapping and does not need extra packaging. Students need to bring one of the following options to carry 1-2 sandwiches and two types of snacks on camp.

Option 1: One container with at least three compartments.

Option 2: One larger container and two smaller containers.

Option 3: One larger container with two reusable snap lock bags that fit inside.

Please don't bring containers that are larger than the containers in the photos below as they will be too bulky to fit in students' day bags along with their minimum kit.

Students may want to bring beeswax wraps or other reusable sandwich wraps to keep sandwiches together. However a hard container is also necessary to make sure the lunch will survive during activities.



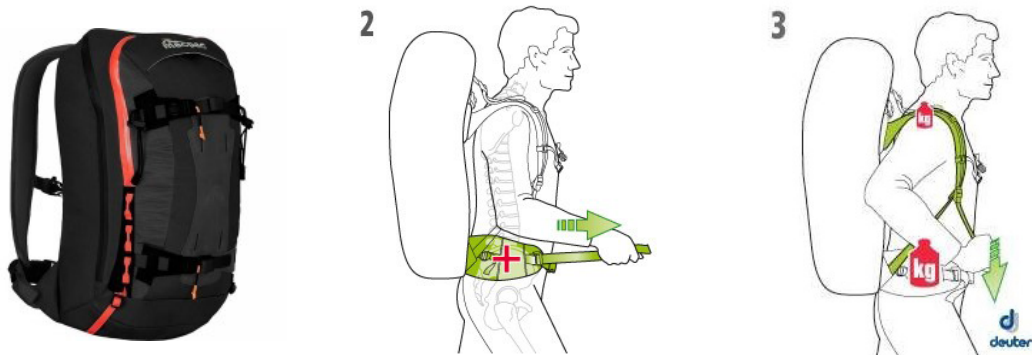
Day Pack

The day pack is required to transport all the necessities for a day's activity.

A bag of similar size to the College backpack is appropriate and the bag should have a waist belt and two adjustable shoulder straps to make the pack more comfortable to carry.

Size - 35-45L loading capacity.

Design - The pack needs to be sturdy with a waist belt (pic 2) and two adjustable straps (pic 3).



First Aid Kit

Staff carry comprehensive First Aid Kits and will attend to students in the event of a significant incident.

The personal first aid kit is required to ensure students learn how to treat their own minor injuries.

All students participate in a first aid course before Quest (Year 9).

Not all items listed below are required for each year level camp. Please see individual gear lists to determine which items need to be taken;

- Personal medication labelled (e.g. Asthma puffer, epipen)
- Sunscreen
- Insect repellent (no aerosol, it damages the waterproofing of the tents and can trigger asthma)
- Blister kit (Elastoplast sticky tape, a 5cm square piece of foam that can be shaped to go around a blister, gauze, 2-3 antiseptic wipes)
- Band-Aids – we recommend bringing the fabric style as they are more durable.
- Antiseptic cream / gel (e.g. betadine gel)
- Elastic roller bandage
- Triangular bandage
- Females only - bring a, *just in case* sanitary kit (pads, tampons, wet wipes, snap lock bags, paper bag, pain relief)



Head Torch

A head torch allows students to complete tasks with their hands free as they do not have to hold the torch. They come in a vast range of qualities and prices. We recommend an LED torch with 30 lumens or more of brightness, and which takes standard batteries (AA or AAA). Bring a spare set of batteries.



Water Bottle



One heavy duty plastic water bottle with a screw cap lid is required to allow students to fill water from a variety of sources. When more than 1 litre carrying capacity is required, additional water carrying capacity can be made up with single use screw top bottles. Carbonated beverage bottles are ideal as they are usually more durable than single use water bottles. Tuilkilkey (Year 10) requires a 10 litre box of water, used to refill containers at camp sites.

Size - 1 Litre

Style - Wide mouth (ideal for filling up from a variety of sources without spilling)

Brand recommendation - Nalgene is a reliable brand.

Folding Pocket Knife

It is mainly used for food preparation and shelter building. A small blade is essential. Students have arrived at camp unaware of how to use their pocket knife and have cut themselves opening or closing the knife. Please ensure your child knows how to safely open, close and use their knife. Getting them to practise by cutting food at home with their knife on a cutting board is recommended.

Size - Blade measurement 7 to 10 centimetres (10 cm is the maximum size).

Weight - Lightweight (will be taken on four day bushwalk)

Optional accessories - No additional accessories are specifically required, but these can be handy. Sheathed knives are not acceptable.

