



www.coastlife.com.au

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Daramalan College Year 7 Camp Booklet

Camp Details

Location:	Tathra, Far South Coast of New South Wales
Venue:	Bournda National Park & Kianinny Bush Cottages
Dates:	Black Bank – Monday 26 th to Wednesday 28 th February Red Bank – Wednesday 28 th February to Friday 2 nd March
Transport Times:	Depart from Daramalan College at 8:00am Arrive back at Daramalan Collage at approximately 5:30pm

Camp Contacts

Coastlife:	02 6494 1122
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About Coastlife Adventures

Coastlife Adventures has over 20 years' experience delivering outdoor education programs of the highest quality to primary and secondary schools from across the Australian Capital Territory, New South Wales and Victoria. The company prides itself on an exemplary safety record and its' success in delivering sequential, progressive and educational outdoor experiences for students of different ages and abilities. The professional team of experienced outdoor leaders, surf and stand up paddling coaches, kayak guides, surf lifesavers and chefs work together to guarantee every student is enriched and inspired through their participation in a Coastlife Adventures camp.

Camp Overview

The Year 7 students from Daramalan College will take part in an exciting three day camp at Tathra in early Term 1. The students will be accommodated in lodges at Kianinny Bush Cottages for one night and in modern tents at Bournda National Park for the other night. In their pastoral care groups the students will take part in a surf safety program, an archery lesson and a raft building challenge at the residential site. At the Bournda National Park campout the students will experience flat-water kayaking, a team building activity and an environmental bushwalk to Bournda Lagoon.

Camp Components

Coastal Bushwalking	Campfire Evening	Raft Building Event
National Park Camping	Team Building Challenges	Surf Safety Education
Archery Lesson	Flatwater Kayaking	Lagoon Swimming

Camp Packing List

- Please pack a **substantial morning tea, lunch and 2 full water bottles** for the first day.
 - The list below is in addition to what is worn on the first day of the camp.
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- Morning tea & lunch for day 1
 - 2 x 1 litre water bottles – Check seals for leakage
 - Sleeping bag
 - Single sheet
 - Pillow
 - Head torch or small hand torch with new batteries
 - Shower towel
 - Beach towel
 - Small day backpack
 - Personal medication – Label and forward to the teachers before departure
 - Mess kit:
 - Tea towel
 - Strong plastic or camping style deep bowl

- Strong plastic or camping style plate
- Strong plastic or camping style mug
- Fork, butter knife & spoon (not disposable type)
- Bathroom bag:
 - Toothbrush & toothpaste
 - Soap
 - Hair brush and hair ties if required
 - Small sunscreen
 - Small insect repellent
 - Lip balm with SPF protection
 - Deodorant – Roll on or stick application only. Aerosol sprays are prohibited.
 - Sanitary items if required
- Clothing kit:
 - 1 x Long pants - Sports tracksuit pants are recommended
 - 2 x Shorts
 - Pyjamas
 - 1 x Swimming shorts or board shorts
 - 1 x Swimming shirt or rashie
 - Swimmers – 2 pairs are recommended
 - 2 x Tee shirts - Singlets and tank tops are not suitable
 - 2 x Warm jumpers or sweaters
 - 2 x Underwear
 - 2 x Socks
 - Waterproof rain coat
 - Sun hat
 - 1 x aqua shoes, beach booties, or old sneakers to be worn in the water
 - Sturdy closed lace-up shoes for bushwalking such as hiking shoes or supportive sneakers

Extra Equipment Notes

- Two 1 litre water bottles are necessary for rehydrating in the heat.
- A waterproof rain coat is essential as the camp activities will go ahead in light rain.
- Casual comfortable clothing or active wear is preferable to stylish valuable items.
- Mobile phones and electronic devices are not allowed. All technology is best left at home to avoid it being lost or damaged.
- Medication - If medicine is required please label clearly and forward with a note concerning its application to the coordinating teacher at school before departure. Students requiring EpiPens must carry a minimum of two EpiPens at all times.
- Luggage - Each student is limited to the packing list provided. All items should be transported in a soft sports bag or duffle bag. **Suitcases are not suitable for camping.**
- Extra Food - All food and drink is provided, with the exception of lunch on the first day which the participants will bring with them from home. No extra food (other than medical and dietary needs) is allowed. Snacks, lollies, chips etc. will attract wildlife into the tents and will therefore be confiscated for safety and hygiene reasons.

Important Safety Rules

- Matches, cigarettes, drugs & alcohol are not permitted on camp.
- No student is to leave the accommodation venues or an activity site without permission from a Coastlife leader and a teacher.
- No student, by his or her actions, is to place themselves or any other student in a dangerous situation.

Warnings Parents and guardians are encouraged to consider the following:

- Is your child up to date with tetanus injections?
- Do you have ambulance service cover?
- Special Diets - Coastlife Adventures will cater to most medical diets and religious diets. At least 14 days' notice needs to be given to the coordinating teacher regarding special diets.
- No meals on camp are provided or prepared with nuts, but we warn that some of the products we use may contain traces of nuts. Please consider the safety of other students by ensuring you do not pack any foods containing nuts for your child.

We look forward to seeing you soon for an exciting coastal camp!