



St Leonard's College

Year 10 Outdoor Education Alpine Hike

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Copy of this powerpoint available on
STL Link, Year 10 'Outdoor Education'



Year 10 Alpine Hike

Saturday 11 November –
Friday 17 November

Program Outline

- Saturday – prep day 10am – 3.30pm
- Sunday 7.30am. Half day travel, half day hike.
- Monday - Thursday – 4 full days hiking
- Food drop mid way
- Friday – half day hike, half day travel, pack up. 4pm pick up.

Program Outline

- Each day you will journey (bushwalk) to a new campsite
- Distance each day hiked is 10 -15km
- Fully self sufficient – ie. Everything you need in your pack, on your back
- Beautiful remote area of the Alpine National Park, near Mt Buller
- Water available at each campsite

Program Outline

- Students self-cater
- There is a food drop halfway through the program, to help lighten load of packs
- Alpine area can experience extremes in weather, so it is very important to be prepared and follow packing list exactly.

Groups

- Maximum group size of 12 students
- Two staff: One outdoor leader and one teacher or assistant leader
- Students got to choose 3 friends
- Mixed across entire year level
- In consultation with mentors and Head of Year, we have tried to accommodate requests



Aims and Objectives of the Program:

- Year 10 Alpine Hike is part of the sequential Outdoor Education Program
- Builds on skills and challenges learnt on the Great South West Walk in Year 9
- Which was a progression from the introduction to camping and hiking at Camp Ibis in Years 7 and 8

Aims and Objectives of the Program:

Personal Sustainability – Self

Socio- Cultural Sustainability – Others

**Environmental Sustainability -
Environment**

Some comments from
previous Year 10 students

What were your groups most valuable attributes?

- Awesome food
- Good teamwork
- Good pace, once we actually got going.
- Positive attitudes, singing
- Patience, understanding
- Staying strong and focussed, even in tough times.

What did you like / helped you get through the week?

- The huts, fires
- Fun with friends, spooning
- Leaders were fantastic and supportive
- Scroggin
- Mindset
- Making new friends
- Knowing Christmas is soon

What were you /your groups most significant moments?

- Looking back at the mountain we climbed
- Learning that we are mentally tough
- Playing games: ghost stories and charades
- Making it into camp after a hard days hike.
- When we looked at the starry sky together

What did you learn about someone else?

- Everyone needs help, even if they don't ask for it.
- Big challenges are easier when you take them with small steps.
- We can make jokes and laugh, even when tired.
- I was surprised how well we got along and cooperated.
- Kara carries everyones stuff, she's great.

What did you learn about yourself?

- It was challenging, but worth it.
- I can push myself
- I am a bloody machine
- I can go 4 days without a shower
- I was a bit worried about being unfit, but it was fine
- It made me proud of myself
- I actually like hiking
- It was more physically challenging than Yr 9, but it feels like more of an accomplishment

So what does it look like?

- Please go to the year 10 hike STL link page – there are a couple of videos made by past yr 10 students for you to check out.
- It will help give you an idea of the terrain, campsites and scenery.

David Witham Award

A year 10 student(s) who have embraced the challenge of the year 10 hike. They will have demonstrated leadership, teamwork and environmental awareness. They may have been taken out of their comfort zone, faced confronting situations on the hike and have dealt with these challenges in a positive manner. This may have resulted in significant personal development and will have certainly impacted on their group, helping their hike group overcome their own challenges and enjoy the experience.

Nominated by:

- Hike Leader
- Accompanying staff member

Seconded by:

- Head of Outdoor Education
- Head of Year 10

Fun and friendly competitions

- Best landscape photo
- Best people photo
- Best video / movie
- Best written piece

Safety / Risk Management

- Each group will be led by a qualified Outdoor Educator.
- Each outdoor educator holds a current Advanced Leaders Wilderness First Aid, CPR and Anaphylaxis certification, as well as a degree or diploma in outdoor education.
- Each group will have a satellite phone and contact the program co-ordinators in the morning and evening.
- Program Co-ordinators are available 24 hours a day with 4wd vehicles.

Severe Weather Management

Continual monitoring of weather and fire danger via:

- Vic Emergency App
- Websites
- Radio
- BOM (Bureau of Meteorology)
- CFA (Country Fire Authority)
- Local Parks
- Local Police
- DSE (Department of Sustainability and Environment)
- VicRoads

Severe Weather Management

Depending on prevailing conditions and advice from the above authorities, the following actions may take place:

- Modified program – change of hike route
- Evacuation of high risk areas
- Abortion / Cancellation of program

- Individual incident scenarios
- Advise you check your ambulance cover

Injury Management

- Scenario 1 – still able to hike

Outdoor leader applies first aid, may lighten pack weight by sharing load with group.

- Scenario 2 – unable to continue hiking

Coordinators pick up student in 4WD.

Parent to collect student from Mt Buller.

- Scenario 3 – urgent evacuation

Outdoor leader calls 000 for emergency response. Coordinators will notify parents ASAP.

Before purchasing new equipment

Please visit our buying guide, for advice on purchasing the best gear and clothing.

<http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/>

Clothing and Equipment



School Provided Clothing and Equipment

- Hiking Pack
- Waterproof Jacket
- Waterproof Pants
- Trangia Stove
- Tent



Equipment - Students to Supply

Toiletries



Water

Carrying capacity of at least 3 litres in 2 or 3 separate containers.



Head Torch

- Small and lightweight
- AA or AAA batteries only (bring along a spare set)



- Small Towel

Personal first aid kit

- Any personal prescribed medication, eg asthma inhaler, Band-Aids
- Sports strapping tape
- Blister tape
- Insect repellent
- sunscreen
- Triangular bandage
- Spare pads / tampons.



Eating and Cleaning



Bedding



- Sleeping Bags
- -Must have a hood and a draw string
- -Be rated to at least -2 °c
- -Weigh less than 2kg
- -Pack to less than 14lt with a compression sack



Available for hire from Camp list

- Sleeping bag
- Thermarest
- Gaiters

Clothing- “function not fashion”



- Hat
- Beanie
- Sun glasses (optional)

Shirts

- 1 collared shirt polo
- 1 short or long-sleeved collared shirt



Jumpers

- 1 must be woollen
- 2nd can be wool, polar fleece or down.

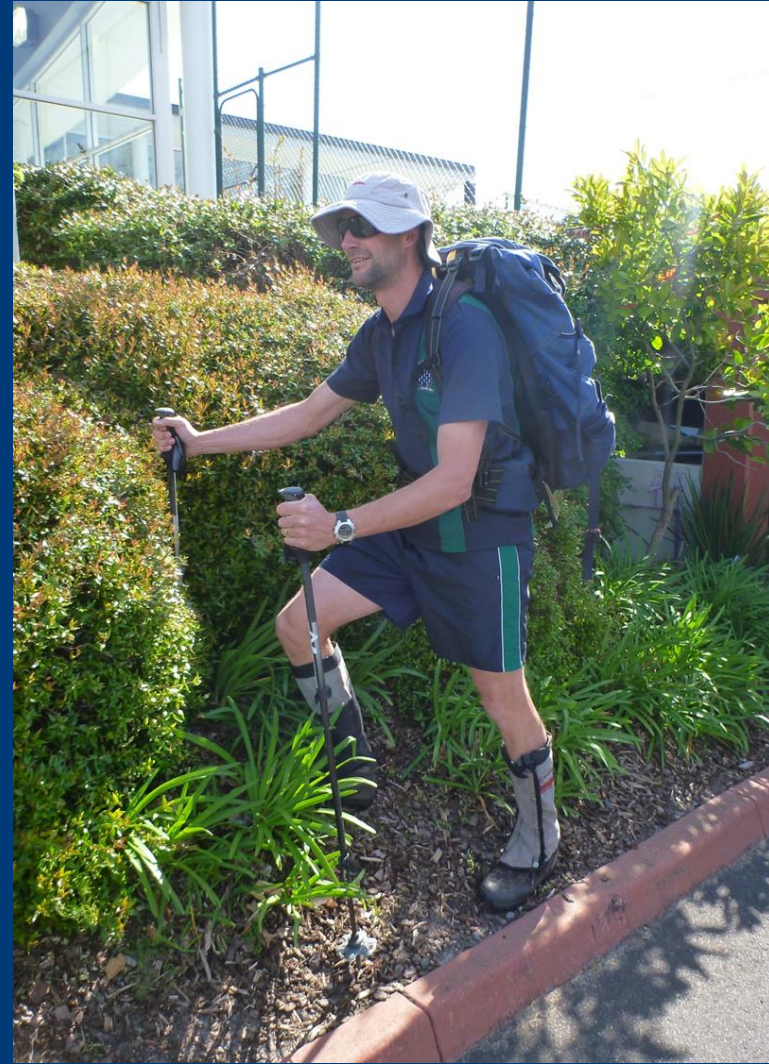


- Quick drying hiking pants



- Or

- Shorts and Gaiters



No cotton leggings. Sports leggings are OK (eg skins / 2XU)

- 2 sets of Thermals (wool or polypropylene)
- 3 x Socks (merino wool is the best)
- Hiking Boots
- Gloves / mittens



Optional Extras

- Bathers
- Down vest
- Second pair warmer pants (fleece is best)
- Pillow – (super small light weight, inflatable pillow)

Optional Extras

- Camera
- Frisbee
- Playing cards
- Hacky sack
- Second pair of shoes for around camp. Must be light weight and have an enclosed toe. Crocs or volleys are best.
- Please note this is a technology free week: no iPod, iPhone, iPad, ect.



Before purchasing new equipment

Please visit our buying guide, for advice on purchasing the best gear and clothing.

<http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/>



Essentially you have 2 sets of clothing:
one set to hike in.....



And one set of clothes for the evening / cooler conditions.

Hiring Equipment

- If you need to hire a sleeping bag or sleeping matt or gators
- Please contact Vast Outdoors or camplist.
- <https://camplist.au/list/?list=student-hire>

Wear your Hiking Boots!



**A little
blister on
the pinky
toe.**

**A bigger
blister on
the heel...**

And ...



**Break your boots in
so they don't break
you!**



Frequently Asked Questions



FAQ's

Can I bring my phone?

NO

Can I bring my Ipod?

NO

Not even for the bus trip?

NO

Only piece of electrical equipment allowed is a camera. We aim to have a technology free week, socializing face to face instead of electronically. It is a rare opportunity to connect with nature. It is a chance to step away from the everyday luxuries you take for granted, so that you may appreciate them all the more on your return.

FAQ's

Are there toilets?

Certainly no flushing ones. It will be either:

1. Pit toilet
2. Dig a hole

So what if I get my period?

- Change and look after yourself as per normal, with emphasis on hygiene.
- Every female provided with sanitary bags to help dispose of waste
- Possible to wash in river / creek / water bottle or even sponge bath.
- Always carry pads/ tampons – even if you're not expecting it.
- If you usually take pain relief, bring some in your First aid kit.
- Be honest with leader / friends
- Use support of friends and staff

FAQ's

Can we have camp fires?

Yes – it is a possibility, depending on campsite, weather, and discretion of staff.

Are there Showers?

NO, but beautiful rivers and creeks to wash in, sometimes.

FAQ's

Which one is the easy hike?

There is no easy hike, they are all challenging and of similar difficulty.

So who are our leaders / staff?

You will find out in the coming weeks.

What was all that again?

Please go to STL Link, Outdoor Education / Year 10 hike and download a copy of this presentation.

<http://learn.stleonards.vic.edu.au/outdoored/year-10-alpine-hike/>

All information plus more is available on this page.



Questions / Queries

Should you have any further enquires please contact:

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