



Year 7 Outdoor Education Program
Camp Ibis and the Gippsland Lakes



Copy of this PowerPoint available on
STL Link, Year 7 'Outdoor Education'
Along with all other camp documents
and info

The Outdoor Education staff



Mali Booth
Outdoor Educator

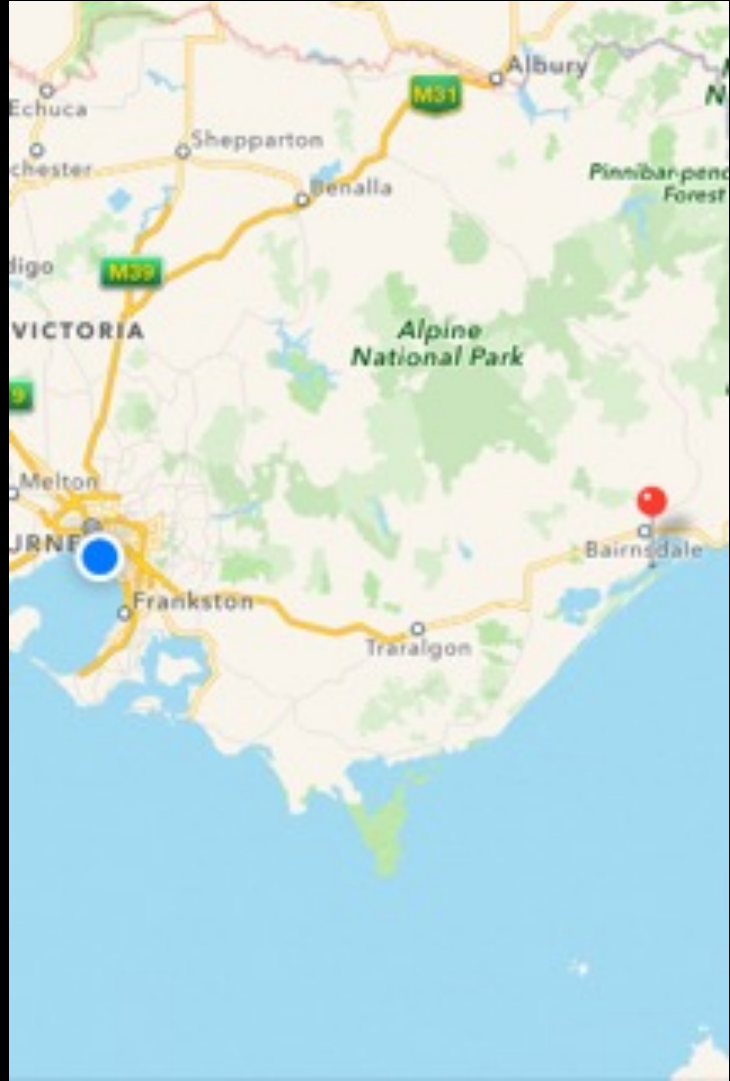


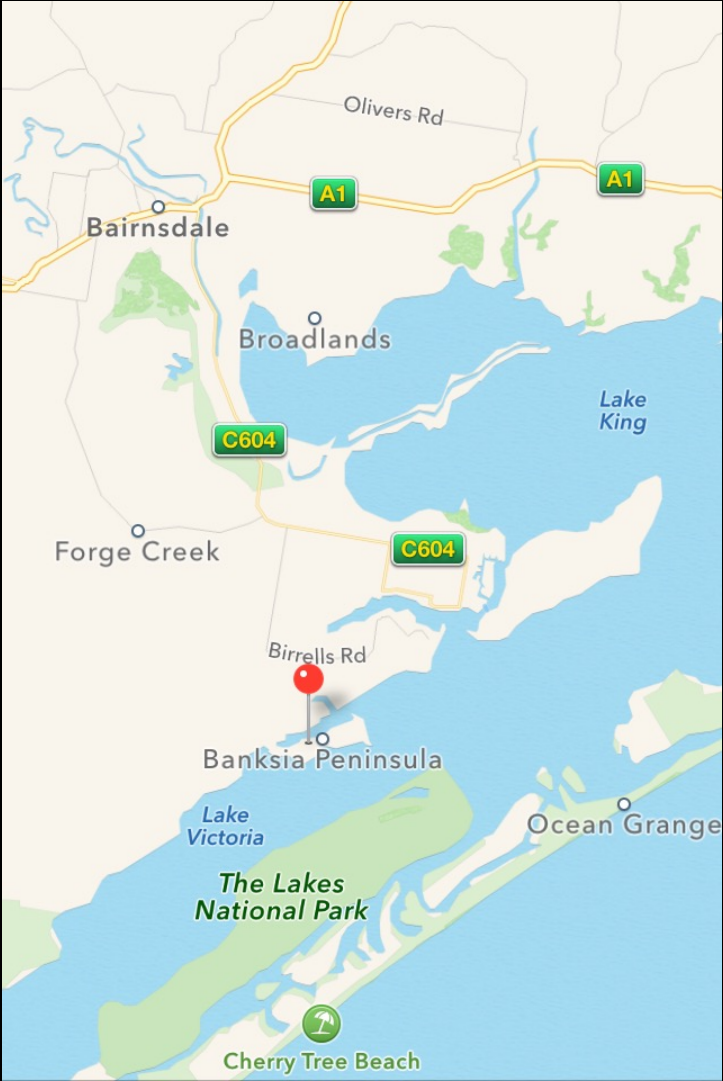
Ben Woolhouse
Head of Outdoor
Education

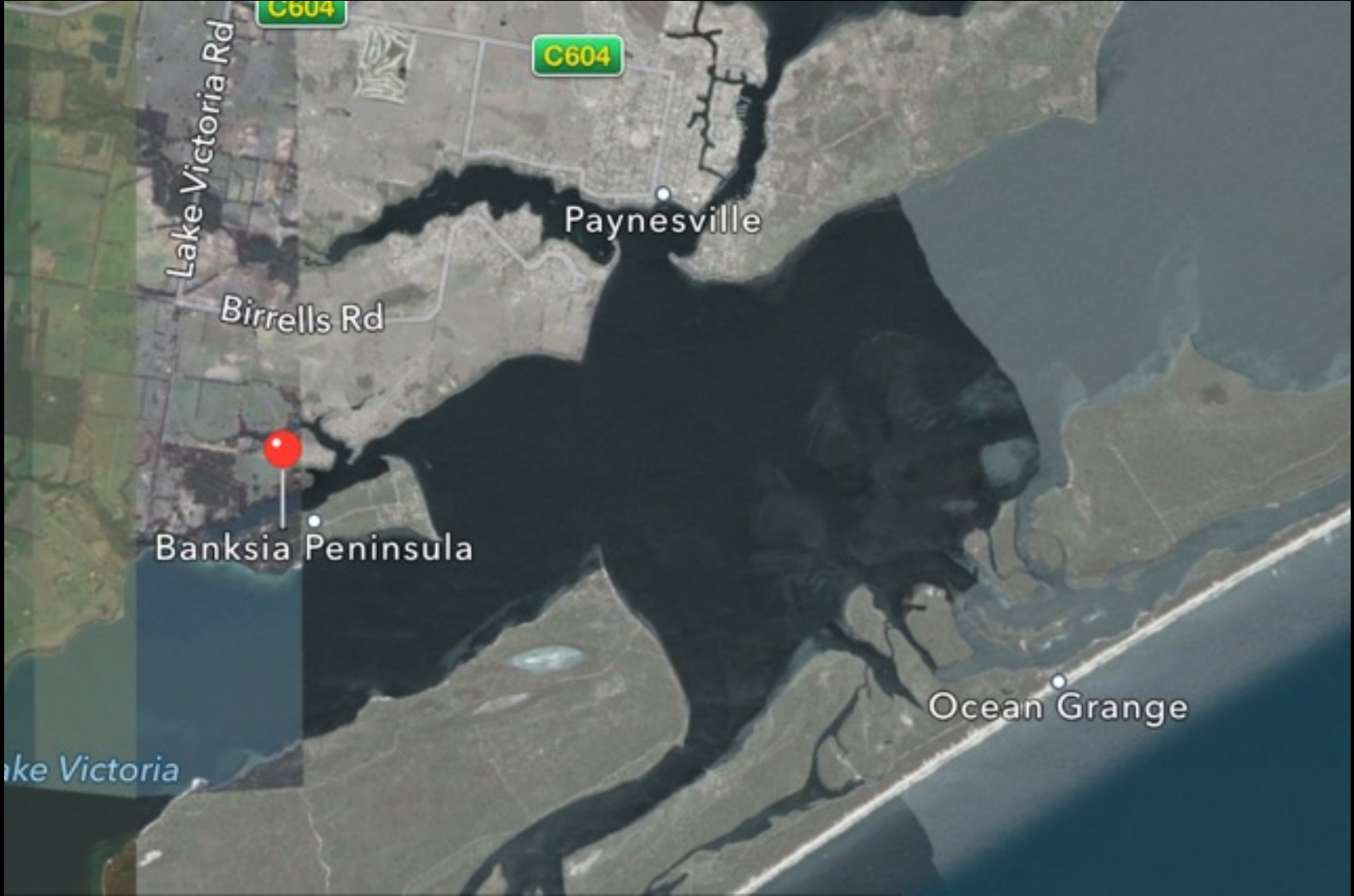


Jake Matthews
Camp Ibis
Manager /
Caretaker

Plus a great team of
part time and casual
OED Staff.









Stringers Rd

BANKSIA PENINSULA

Camp Toonalook

Camp Ibis

Cranswick Rd

Broome Rd

Coolamatong

Melbourne Grammar
School, Camp Dowd











Aims and Objectives of the Program:

Personal development

Formation of cohesive group / class

Development of Outdoor skills

Study of local natural environment, including indigenous studies.

Outline of Program

Monday. 830am. Meet at South rd gates.

Travel via coach to Camp Ibis. Welcome. site familiarisation, set up.
Banksia Challenge (Orienteering, initiative activities and raft building)
Stay at Camp Ibis

Tuesday

Canoeing in Duck arm
Ibis Ninja Warrior Course
Mountain Biking. Skill development and exploration.
Camp in tee pee's at Ibis bush camp

Wednesday

Bike journey to Newlands Arm
Take the Eucumbene (our 40' power boat) to Bunga Arm
90 mile beach exploration and games
Camp out in the National Park.

Thursday

Bushwalk along 90 mile beach.
Introduction to Sailing / Stand Up Paddle Boarding
Stay at Camp Ibis

Friday

Sailing / Stand Up Paddle Boarding Coach home.
4.30pm pick up from South rd gates.

Note – Some groups will do the same activities in different order.

Program Matrix

year 7 camp 2024										
Class	MON		TUES		WED		THURS		FRI	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
7W. 7Y. 7X	travel to Ibis	Eucy to Bunga Arm, beach games, set up camp, cook on trangia	Bushwalk to Grange. Eucy p/u 1130. lunch @ibis	Sailing /SUP	Sailing /SUP	adventure race	canoe /Ninja	mt bike / ibis and banksia trails.Ride to bush camp	Bike tour to Newlands arm	return to school
camp		Bunga Arm	Ibis		Ibis		Ibis bush camp			
7T. 7U. 7Z	travel to Ibis	adventure race	canoe /Ninja	mt bike / ibis and banksia trails	bike ride to Newlands arm	Eucy to Bunga Arm, beach games, set up camp, cook on trangia	Bushwalk to Grange. Eucy p/u 1130. lunch @ibis	boat to Ibis. Sailing on pacers	sailing on pacers	return to school
camp		Ibis	Ibis bush camp		Bunga arm		Ibis			
7V. 7R. 7S	travel to Ibis	mt bike / ibis and banksia trails	bike ride to Newlands arm	1.30pm Eucy to Bunga Arm, beach games, set up camp, cook on trangia	Bushwalk to Grange. Eucy p/u 1130. lunch @ibis	boat to Ibis. Sailing on pacers	sailing on pacers	adventure race	canoe /Ninja	return to school
camp		Ibis Bush camp	Bunga arm		Ibis		Ibis			

Equipment and Clothing




Day pack (to bring on bus):

- Monday's Morning tea and lunch
- Full water bottle
- Book / cards / games for bus trip

Hiking pack:

- All clothing, gear, sleeping bag and sleeping matt

Please have everything INSIDE your pack.

- 
- A sunset over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky is filled with soft, wispy clouds. The horizon line is dark, suggesting a distant landmass or forest.
- Please follow packing list carefully.
 - We are teaching students what is appropriate gear for the outdoors – the packing list changes very little between requirements for each year level camp.
 - Items you may need to buy / hire: hiking pack, rain jacket, rain pants, sleeping bag, sleeping mat, thermals, headtorch.
 - Before purchasing any outdoor gear or clothing, please consult the Outdoor buying guide (STL Link), and / or talk to OED staff.

- St Leonard's students will receive good advice and discounts from Vast Outdoors, located on Nepean hwy, Moorabbin.
- Make sure that the gear you buy this year will be appropriate for the years to come.

Equipment and Clothing



- ❖ Hiking Pack
- ❖ Waterproof Jacket
- ❖ Waterproof Pants
- ❖ School will provide specialist gear (eg. helmets, life jackets etc.)



Please follow the STL gear lists and online guides precisely

Students need to bring:

Toiletries:

must include:

- Tooth brush and paste
- Hand sanitiser



Mess kit (eating utensils)



Must bring 2 water carrying containers

If one of your water bottles can fit in a bike bottle holder then that is great.





**Head torch – small and lightweight.
Bring spare batteries.**

Personal First Aid Kit:

Just medications that you may normally use, eg. Asthma puffer, strapping tape.

Insect Repellent



30+ Sunscreen



All medications must be given to staff.



Beanie



Hat



Sun Glasses (optional)



Sports Shirt

❖ **2 short sleeve collared shirts**



House Polo Shirt



NO cotton rugby tops or hoodies – including school PE tops.



**School Sports Short
Plus a second pair of shorts**

2 Jumpers



Woollen Jumper
(eg School jumper)



Wool or Fleece Jumper



No cotton rugby tops or hoodies

1 Long Pants



Quick Dry Hiking Pants



OR Tracksuit Pants
School PE track pants are good

No cotton leggings.
Sports leggings are OK



Thermals



Made from
Polypropylene or
Wool



Bathers



towel



Shoes

- ❖ Runners / cross trainers
- ❖ Wet shoes



Socks

Ideally 2 Woollen and
2 Sports Socks



- ❖ Underwear – a change for each day
- ❖ Pyjamas

Bedding



- Sleeping bag
- Sleeping Matt
- Inner Sheet (optional)
- Travel pillow (optional)



Before purchasing any gear please refer to the Outdoor Education Buying Guide on the StL Link

Optional Extras

- **Camera**
- **Book, cards, travel games**
- **Rash top – sun protection whilst swimming**
- **Long sleeve polo / business shirt**



FOOD

Students must bring the following food:

- Morning tea and lunch for Monday (day 1)
- Snacks / Scroggin for each day.

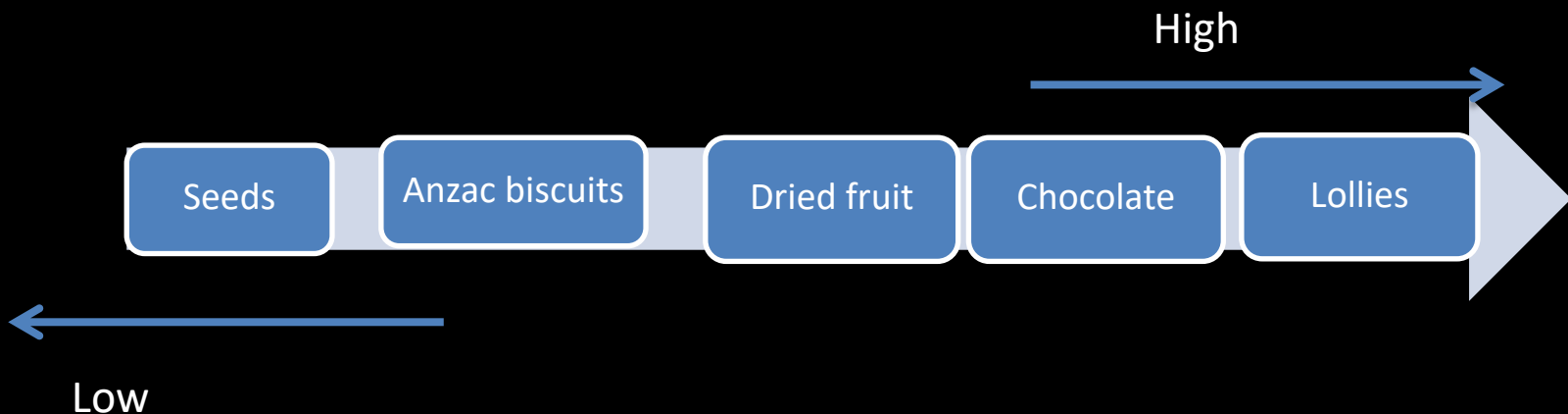
Scroggin / Healthy Snacks and Glycaemic index

The **glycaemic index**, (GI) provides a measure of how quickly blood sugar levels rise after eating a particular type of food.

Food that is **High GI** means that sugar is quickly available after eating food eg lollies. Be warned however as soon as that sugar is used you feel worse and more tired than you did before the sugar.

Therefore food that is **Low GI** means sugar is released slowly and energy levels can be more sustained.

We need both low and high GI foods in our snacks in the outdoors for optimum performance, comfort and most importantly to avoid symptoms associated with HANGRY!!!



Preparing Snacks for a 5 day adventure

- Sultanas, raisins, currents
- Dried fruit
- Yogurt or fruit chews
- Seeds
- Chocolate (M n M's) are best



- Rice crackers
- Jerky
- jubes, natural jellies, mints
- Anzac biscuits
- Muesli bars

Please remember NO NUTS!

See <https://www.youtube.com/watch?v=7UAKdlsHliw>
for help with this.



Risk Management:

Constant communication with local Parks / Police / CFA

4wd and boat in area for evacuation

Contingency plans for inclement weather

Outdoor Leaders have Advanced Wilderness First Aid

Awards and Prizes

- Year 7 Ninja Warrior Champion
- Year 7 Outdoor Education Award.
Presented to student(s) who embrace the OED philosophy:
 - Give all activities their best effort
 - Support and encourage their peers
 - Care for the environment



Any questions or queries please
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