

3 March 2025

**Re: Stage 1 Outdoor Education Canoe Trip – Monday 24 March – Wednesday 26 March**

Dear Families

The Stage 1 Outdoor Education Canoe Trip will take place from Monday 24 March to Wednesday 26 March. It is essential that students participate in the Stage One Outdoor Education Canoe Trip to ensure they complete all requirements of Stage One Outdoor Education and to provide them with an opportunity to develop practical skills such as watercraft control, camping, cooking and interpersonal skills such as leadership, group dynamics, resilience and perseverance.

**WHERE:** Godfrey's Landing (Hindmarsh Island - Coorong)

**ITINERARY:**

Monday – After loading all the equipment into the canoe, partaking in a safety briefing and completing a skills session, we will set off on our first paddle through to the Godfrey's Landing camp site. Students will set up camp for the night, before cooking their tea and engaging in a range of group enrichment activities.

Tuesday – After breakfast we will prepare our kayak for the day and clean up the camp area in preparation for the days travel. We will complete a day paddle through the waters that connect the Coorong Challen to Lake Alexandrina. This paddle will see the students exposed to a number of locations that have cultural significance to the Ngarrindjeri People. They will also see a wide variety of wildlife and some of the filming locations that were utilised in the film 'Storm Boy'. Students will then return to camp and prepare to cook their evening meals before settling in for their last night.

Wednesday – Today we will partake in a sunrise paddle. Students will have their campsite fully packed up and, on the water, just as the sun starts to rise. This scenic paddle will provide a picturesque conclusion to our three days on the water. Once on the water we will paddle back to our starting location. Students will then wash out and load the kayaks onto the trailer before heading to the Port Elliot Bakery for a celebratory lunch. We will then travel back to Port Augusta.

**ARRIVAL/DEPARTURE TIMES:**

Students are expected to arrive on Monday at Caritas College (Woodforde St) at **6:30am** to pack the bus and prepare for departure at 6:45am. On Wednesday, students will depart from Hindmarsh Island at approximately 11:30am and are expected to arrive back at school at approximately **4:45pm**. Once students have cleaned up, they can be dismissed. Please indicate who will be collecting your young person on the Consent Form.

Students are reminded that they are required to provide their own breakfast, lunch, tea & snacks along with other essentials such as sleeping bag and warm clothes. They must refer to their Canoe Trip Booklets for information regarding what to pack, how to pack as well as the 'do's and don'ts' of the trip to ensure they are thoroughly prepared for the experience. A full equipment list has been attached for your convenience. Students have also been provided with a copy of this and it is expected that they use it as a checklist as part of their practical assessment. **Absolutely no nuts, including peanut butter is to be brought on this trip.**

If you require further information or have any queries, please contact Mr Josh Lambert on 8648 9700.

Please complete the attached Consent Form and return by **Tuesday 11 March**.

Yours sincerely



Josh Lambert  
Outdoor Education Teacher



Damian Smith  
Principal

## ITEMS TO PACK

### ❖ General Clothing

<input type="checkbox"/>	1	Water shoes/ booties or an old pair of sneakers that you don't mind getting wet
<input type="checkbox"/>	1	Raincoat
<input type="checkbox"/>	1	Jumper (wool or polar fleece NOT COTTON)
<input type="checkbox"/>	1-2	Long Pants (comfortable, quick dry material)
<input type="checkbox"/>	2	T-Shirt (collared, lightweight, quick dry material)
<input type="checkbox"/>	3	Socks (wool/nylon NOT cotton)
<input type="checkbox"/>	3	Underwear
<input type="checkbox"/>	1	Beanie
<input type="checkbox"/>	1	Hat (wide brimmed)
<input type="checkbox"/>	1	Thongs

### ❖ Toiletries

<input type="checkbox"/>	1	Deodorant (roll on NOT aerosol)
<input type="checkbox"/>	1	Sunscreen (SPF 30+, roll on, screw on lid)
<input type="checkbox"/>	1	Lip balm (sunscreen based i.e. chapstick)
<input type="checkbox"/>	1	Insect repellent (screw on lid NOT aerosol)
<input type="checkbox"/>	1	Toothbrush & Toothpaste
<input type="checkbox"/>	1	Sanitary items
<input type="checkbox"/>	1	Hand sanitiser
<input type="checkbox"/>	1	Wet wipes (small packet)
<input type="checkbox"/>	1 roll	Toilet Paper
<input type="checkbox"/>	1	Tissues (small packet)

### ❖ Personal Medication

<input type="checkbox"/>	As required (i.e. asthma, hay fever etc.)
<input type="checkbox"/>	Band-Aids
<input type="checkbox"/>	Panadol

### ❖ Food (as per your planned menu plan)

<input type="checkbox"/>	Breakfast meals/ ingredients for 2 mornings
<input type="checkbox"/>	Lunch ingredients for 2 days
<input type="checkbox"/>	Tea ingredients for 2 nights (you may wish to pack a little extra as day 2 is a long paddle).
<input type="checkbox"/>	Recess meals/ snack for 3 days
<input type="checkbox"/>	Snacks for the evening after tea
<input type="checkbox"/>	Water bottle *Extra water will be provided by the school*

### ❖ Equipment

<input type="checkbox"/>	1	Whistle (for lost protocol)
<input type="checkbox"/>	1	Rucksack - provided by the school
<input type="checkbox"/>	1	Tent (shared with buddy) - provided by the school
<input type="checkbox"/>	1	Sleeping Bag (Small, lightweight, 0° warmth rating)
<input type="checkbox"/>	1	Roll mat – provided by the school
<input type="checkbox"/>	1	Inflatable pillow (can use a jumper, but not as comfortable)
<input type="checkbox"/>	1	Watch if you have one
<input type="checkbox"/>	1	Torch (head torch recommended)
<input type="checkbox"/>	1	Batteries (spare set for torch)
<input type="checkbox"/>	1	Bowl, Plate, Mug, Cutlery, tea towel, small amount of dish liquid
<input type="checkbox"/>	7	Garbage Bags to bag your clothes and sleeping equipment <b>if you are not choosing to purchase dry bags</b>
<input type="checkbox"/>	1	Stationary (small notebook & pen/pencil)

## OPTIONAL

<input type="checkbox"/>	1	Thermals (top & pants)
<input type="checkbox"/>	1	Sunglasses (carry at own risk)
<input type="checkbox"/>	1 roll	Electrical tape

As per the College's updated mobile device policy, all mobile phone devices must be turned off and kept in bags for the duration of the excursion, smart watches must be switched to flight mode. Students will not be permitted to use these at any point during the excursion unless the teacher advises students that a device may be used for a specific purpose. If you need to make contact with anyone, do so by contacting the front office and they will communicate with staff.