## MITCHELL RIVER EQUIPMENT LIST

### To paddle in
- Bathers / board shorts
- 2 sets of thermals (top & pants)
- Wetsuit (provided by Adventure Plus)
- Woollen or fleece jumper
- Wet shoes (cheap wetsuit booties are fine) or woollen socks with old runners. No thongs.

#### Safety and wet weather clothing
- Waterproof jacket (provided by Adventure Plus)
- Woollen gloves (optional)

#### General
- Duffle bag (this will not be taken in the Raft)
- Sleeping bag (must be lined with a heavy duty garbage bag)
- Sleeping bag inner-sheet (for additional warmth & hygiene)
- Sleeping mat (provided by Adventure Plus)
- Camp shoes (runners / crocs)
- Socks / underwear
- Spare fleece/wool jumper
- Woollen/fleece beanie (important!)
- Change of clothing (Tracksuit pants, shorts, 2 x t-shirts)
- Towel (small)
- Minimal toiletries (tooth brush, soap, etc.)
- Personal Medication - Asthma puffer etc
- Sun screen – 15+

### Other
- Sun hat
- Sun glasses (with safety cord)
- Water bottles with a total capacity of 3 litres (fill at home)
- Insect repellent
- Waterproof camera, book/pack of cards (optional)
- Torch & spare batteries (a head torch is best)
- Toilet paper & hand sanitizer in snap-lock bag
- Matches (stored in waterproof container)
- 4 heavy duty garbage bags (to waterproof gear and rubbish bags)

#### Food & Cooking gear
- Food – 3 dinners, 3 breakfasts and 4 lunches (see attached list)
- Snacks (see attached list)
- Eating utensils (cup, bowl, knife, fork & spoon)
- Scourer and detergent (in small plastic bottle)

#### Group Items
- Sleeping tarps (provided by Adventure Plus)
- Cooking stove & fuel (provided by Adventure Plus)

The following equipment will be supplied by Adventure Plus:
- White Water Rafts and all related safety equipment (PFD’s, helmets, wetsuits, first aid kit, etc)
- Sleeping tarps
- Sleeping mats
- Trangia cooking stoves

**Please note:**
- DO NOT bring MP3 players, mobile phones or aerosol cans on this trip
- The Mitchell River can be cold and wet at any time of the year
- Woollen or polar fleece jumpers must be included; cotton or synthetic jumpers (eg.'Hoodies’) are dangerous in cold and wet conditions.
**SUGGESTED FOOD LIST**

- Minimise packaging; take off as much of the plastic etc. before packing as all rubbish will have to be taken out.
- Keep the weight down - lots of tinned food is heavy to carry in the kayaks.
- Some perishable foods such as fresh meats are unsuitable, as they require refrigeration.
- Fatty foods such as sausages and bacon are also unsuitable to cook on the Trangia stoves (cleaning the stoves is a long and difficult task).
- Do not bring glass jars or glass containers - transfer or buy items in plastic containers.
- Arrange to buy and cook with a partner or small group.
- Cans of drink are heavy and best avoided.
- Measure ingredients into a bowl for each meal to estimate the quantity.
- All cooking will be done on the Trangia stoves as no fires are allowed in the National Park.

<table>
<thead>
<tr>
<th>Breakfasts (three breakfasts required)</th>
<th>Lunch (four lunches required)</th>
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<tbody>
<tr>
<td>- Porridge (add sultanas other dried fruit, honey, banana to flavour)</td>
<td>- For the first day bring sandwiches or a salad roll</td>
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<tr>
<td>- Cereals (add same as porridge to flavour)</td>
<td>- Dried biscuits, cheese, salami, spreads, capsicum, tuna sachets, etc.</td>
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<tr>
<td>- Small tin of baked beans or spaghetti</td>
<td>- Bread to make sandwiches, ingredients same as with the biscuits (‘mountain bread’ keeps longer)</td>
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<td>- Pita or pocket bread with a variety of ingredients</td>
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<td>- Piece of fresh fruit each day</td>
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<td><strong>Snacks and extras</strong></td>
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<td></td>
<td>- Scroggin - small bag per day (mixture of sultanas, dried fruit, chocolate, jelly beans etc.)</td>
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<td></td>
<td>- Muesli bars / Small blocks of chocolate</td>
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<td>- Tea / Coffee / Milo</td>
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<td>- Powdered milk (for breakfast and drinks)</td>
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</table>

REMEMBER – NO NUTS ON CAMP

**GET CREATIVE!**

**ENJOY YOUR FOOD 😊**
Name of Excursion: Year 10 Outdoor Education Camp (Mitchell River)

Date of Departure from School: 21 March, 2016  Time: 6.30am (from Ansett Hall)
Date of Arrival Back At School: 24 March, 2016  Time: 4.30pm (at Ansett Hall)

Locations Visited: Mitchell River National Park

Aim of The Excursion: To facilitate personal growth through the practical implementation of Positive Psychology principles

Transport: Ventura Bus Services coach

Planned Routes: Princes Freeway
                Fernbank-Glenaladale Road

Necessary Clothing: Refer to information sheet

Type of Accommodation: Camping tarps (3 nights)

Availability of Medical Treatment: Outdoor Education staff (First aid trained)
                                Bairnsdale Regional Health service: 51 503 333
                                Bairnsdale doctor surgery: 51 524 123

Other Information: (including any specific risks associated with the excursion)

Please contact Mr Dan Davies on 0428 544 471 for additional Risk Assessment information.

In the event of an emergency:
In the first instance please contact:
Mr Keith Thompson (Operations Manager)
M: 0407 500 156 or 9788 7754