

GEM GIRLS WELFARE PROGRAM NATIONAL PARK HIKE

15th May, 2019

Dear Parents,

The **GEM Girls** program includes a unit where students will be challenged in an outdoor recreational environment. An important aspect of this course is practical experience in pursuits that will provide opportunities for your child to develop life skills such as teamwork and problem solving.

An overnight excursion has been organised to 'The Royal National Park', where students will follow the coastal walk from Bundeena in the north to Otford in the south (see attached map) this is a 27 km medium level difficulty walk.

Students will need to provide all of their basic needs for the trip and will be taught about expedition preparation and packing in class.

They will need to provide:

- Tent
- Sleeping bag
- Inflatable Mattress
- Backpack
- Food
- Water
- Cooking Utensils
- Sunscreen
- Comfortable walking shoes
- Warm clothing to sleep in

As this is an outdoor recreation experience, I would like the students to be as self-sufficient as possible, being responsible for organising their own equipment. Students unable to provide their own equipment can ask Mrs. Ryan or Ms O'Donnell for help in obtaining certain equipment.

The details for the two days are listed below:

Date: Thursday 6th & Friday 7th June 2019.
Departure Time: 7.15am – Ferry from Cronulla
Return Time: 3:45pm at Sutherland Station
Transport: Ferry/Train
Cost: \$30 per student for camping and park fees (non-refundable)
Additional Cost: + \$6.30 for Ferry (TO PAY CASH ON THE DAY)
+ Funds available on Opal Card for Train (PAY ON THE DAY)

****Please pay at the front office by FRIDAY 31st May 2019**

Menai High School



Students must bring:

- A large backpack
- Good walking shoes
- Lunch x 2, dinner, snacks, water + water bottle
- Cooking utensils and mess kit
- Sunscreen
- Sun hat
- Towel
- Long sleeve shirt and pants/shorts for protection from elements
- Warm jacket/trackpants (thermals)
- Camera (optional)
- Plastic bag for rubbish



Photograph: Garie Beach

Safety Considerations:

- This excursion will be postponed or cancelled if wet weather has resulted in the track not being in a condition to be walked. Camp booking fees will not be refunded as National Parks do not refund any campsite booking fees
- There are two supervising staff attending
- Our contact numbers are 95437000, and on the day is 0421229136
(Note: Phone reception is limited in the National Park)

Mrs. N. Ryan
Year 9 Adviser

Ms. C. O'Donnell
Year 10 Adviser

Mrs. B Stone
Head Teacher Welfare

Mr B. Ellevsen
Principal

Mr. L. Meagher
Deputy Principal

-----Please tear off and return to school-----

GEM GIRLS WELFARE PROGRAM - NATIONAL PARK EXCURSION

I give permission for to attend the outdoor recreation excursion on Thursday 6th and Friday 7th June, 2019 to The Royal National Park Coastal Track. In the event of an accident, I give permission for the school to take appropriate action.

Is there any medical information that staff should know about? Y / N

Please specify:

Signed: (Parent's/Caregiver)

Date:.....

Menai High School



Medical Information

(Confidential – Available only to the Teacher-in-Charge)

Student's Name:

Organising Teacher:

Excursion: Date:

Home Address:

Date of Birth: Telephone:

Emergency Contact Numbers

Father's Business No: Mother's Business No:

Other contacts: Name: Phone:

Name: Phone:

Name of Student's Doctor: Doctor's Phone No

Medical Condition (including anaphylaxis and allergies):

Physical disabilities:

Special foods:

Medication being taken:

Special treatment needed in an emergency:

Emergency medication NOT to be given: (e.g. Penicillin)

Activities to be avoided by this student:

Any other relevant information:

Water or Swimming Activities (Please tick)

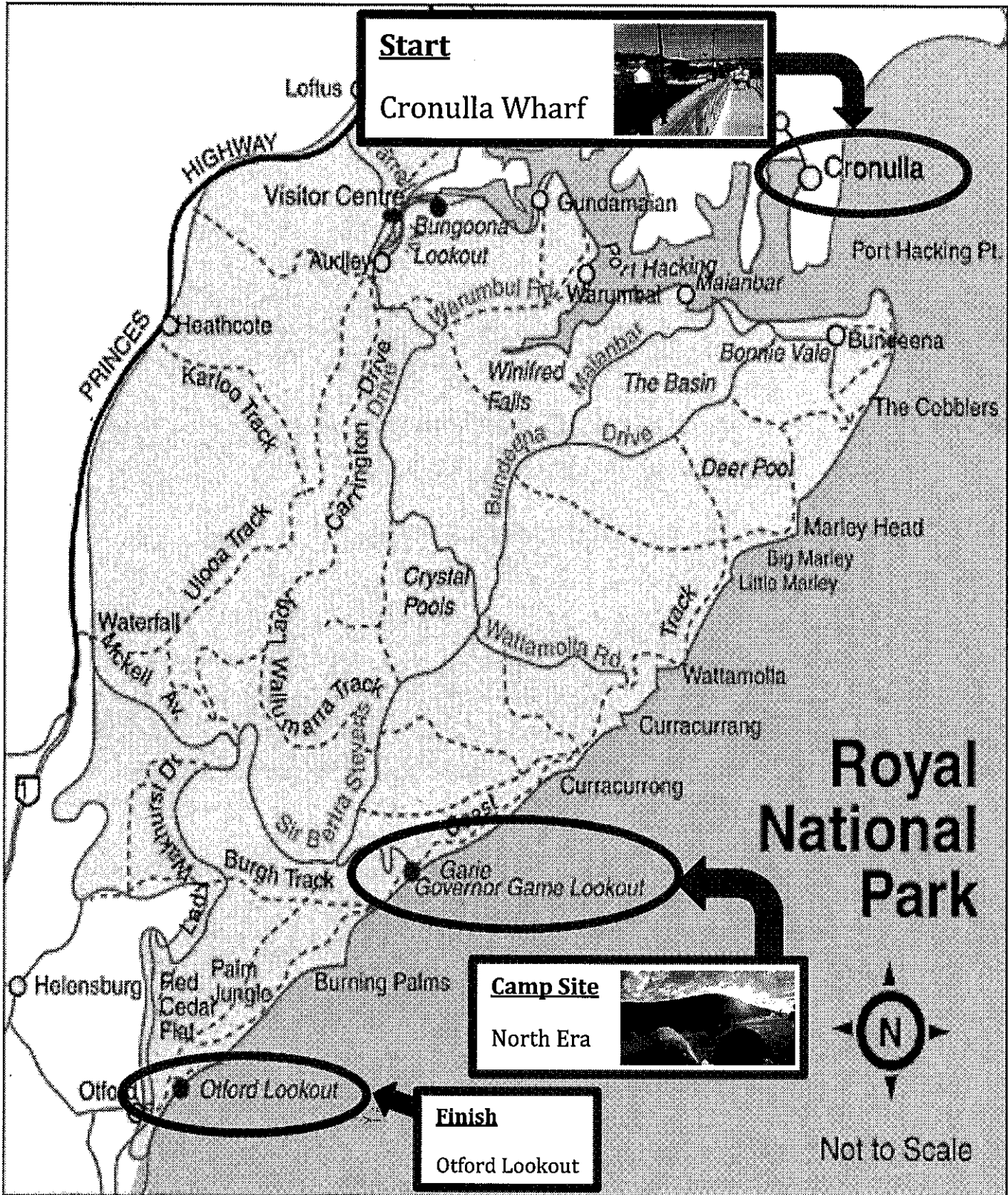
In relation to the proposed water or swimming activities: I give permission/I do not give permission for my child to participate in water/swimming activities. I advise that my child is a:

- Strong Swimmer
- Average swimmer
- Poor swimmer
- Non-swimmer

Menai High School

GEM GIRLS WELFARE PROGRAM

COASTAL WALK MAP



CHECKLIST FOR HIKE

Individual:

- A large backpack
- Sleeping bag
- Inflatable Mattress (optional)
- Food - Lunch x 2 (dinner and breakfast provided)
- High energy snacks for the walk
- Water + water bottle (bottled water will be supplied on day 2)
- Plastic mess kit (plate, bowl, cup, spoon, fork, knife)
- Sunscreen
- Comfortable walking shoes
- Sun hat
- Small towel
- Long sleeve shirt and pants/shorts for protection from elements
- Thermals
- Wet weather jacket
- Chap stick
- Camera (optional)
- Plastic bag for rubbish
- Torch
- Toothbrush/toothpaste

Your Group must have:

- Tent
- Stove to cook on
- Toilet paper/ tissues
- Cooking Utensils