Year 9 DofE & Senior School Camp 2016

The Arndell College, Senior School Camp program for 2016 continues to maintain the organisation and ethos of the Arndell College Outdoor Education program.

Year 9 will be attending camp provided by Somerset Outdoor Learning Centre located in the Colo Valley. Travel to and from the venue will be by seat belted coach which will depart from the College at 9:00 am on Tuesday 20th September 2016 and return to the College by 3:00 pm on Friday 23rd September 2016. It is important that students arrive at the College no later than 8:30 am so that bags can be organised, stored on coaches and students can be marked and boarded onto the appropriate coach. Please note that Year 9 Camp departs prior to the Senior School Camp as it runs over four days.

Year 9 Students will require full College PE uniform and may change on arrival if required. Students will be provided lunch for the first day of camp. If packing morning tea, junk food, soft drinks and foods containing nuts are not permitted. Students are responsible for packing all recommended items on the attached list of “what to bring”. The items on this list have been chosen to ensure that students are able to fully participate in all activities safely. We also ask that you not allow students to bring any valuables to camp as we cannot ensure such items will not be broken, lost or stolen during the cause of the four days.

All Year 9 students will be participating in the Duke of Edinburgh Award expedition over the duration of this camp. This will involve an initial Bronze Level practice hike followed by an afternoon and evening rest break and then concluded by a Bronze level test Hike on the Thursday and Friday.

It is essential that you understand that for the duration of Senior School Camp, Wednesday 21st September until Friday 23rd September the Arndell College campus for the Senior School will be closed. The integration of Year 11 as student leaders at each camp, aims to encourage senior students to mentor and develop lasting relationships with younger students. Year 11 students will be integrated into the Senior School Camp program through the existing House structure at Arndell College. Each camp will be coordinated as follows.

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Year 11 Senior Mentors</th>
<th>Camp Coordinator</th>
<th>Venue</th>
<th>Gospel Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Tebbutt</td>
<td>Lauren Kenny</td>
<td>Deer Park (Youthworks Port Hacking)</td>
<td>What is God’s plan for his Creation?</td>
</tr>
<tr>
<td>8</td>
<td>Johnson</td>
<td>Leighton Corr</td>
<td>Rathane (Youthworks Port Hacking)</td>
<td>Is Jesus out of date in today’s world?</td>
</tr>
<tr>
<td>9</td>
<td>Greenway</td>
<td>Craig Robinson</td>
<td>Somerset (Colo Valley)</td>
<td>What are the characteristics of a Christian?</td>
</tr>
<tr>
<td>10</td>
<td>Macquarie</td>
<td>Michael Refalo</td>
<td>Urban Challenge (Inner City)</td>
<td>Christians in a fallen World</td>
</tr>
<tr>
<td>12</td>
<td>Na</td>
<td>Year 12 Study Camp Coordinator</td>
<td>Telford-Skinners (Youthworks Port Hacking)</td>
<td>Can the Bible be used to make life choices in our modern world?</td>
</tr>
</tbody>
</table>

Arndell Outdoor Education Program has the following objectives:
- Provide staff with an opportunity to demonstrate by example a love of God and of His Word.
- Develop appropriate and lasting relationships for students and staff.
- Develop and foster leadership skills in all students.
- Foster and develop personal resilience within our students by building great memories and provide appropriate feedback and encouragement.

Coordinator of Camps

Michael Refalo.

Learning through Christ

Head of Senior School

James Webb

a member of the Sydney Anglican Schools Corporation
Please complete Somerset medical form, optional special diet requirements, print and return signed consent form to Mr Robinson (Head of Greenway House) by Monday 8th August 2016.
Contact can be made with Somerset reception on 4575 5319. After hours for emergency only 0427 891 487. Location: 441 Upper Colo Road Colo NSW 2756 (4.2Km from the Colo River Bridge - Reception opposite Gate 6)

Parent or Guardian Consent-
My returned signature indicates my understanding that:

- Year 9 DofE & Senior School Camp program is an important and compulsory component of the Arndell Anglican College curriculum.
- I expect my son/daughter to comply with all reasonable requests made by Arndell College Staff, Somerset Staff and to cooperate fully with Year 11 students participating in the mentoring program.
- I will support the College by not permitting my child to pack Prohibited items such as pocket knives, junk foods, iPods and inappropriate clothing.
- It is a clear expectation that students are not permitted to enter any tent to which they have not been assigned. Students are to be within inbounded areas to allow staff to easily locate all students at any time.
- All students are expected to stay in their set tent after “lights out” and sleep as directed.
- It is the student’s responsibility to pack all the items listed on the “what to being list” as attached.
- In the event of illness, dangerous or inconsiderate behaviour or being found in a tent to which they are not assigned students will be withdrawn from camp activities, social events or free time. I may be required to provide return transport as deemed necessary by the Headmaster, Head of Middle School or Head of House & follow up action may be taken.
- I permit my son/daughter to be transported to and from the above venue by coach/bus provided by Arndell Anglican College and acknowledge my responsibility to ensure timely arrival and pick-up of my child.

Online Camp Information and Medical Form

Dear Arndell Yr 9/11 Parents and Carers

How to access the Arndell Yr 9/11 Camp Information, and how to complete the personal and medical details

1. Go to www.campsomerset.com.au
2. Select School Camps on the menu
3. Click the box Online Medical Forms and Camp Information
4. Enter the Login details:
   - Username – arndellyr9
   - Password - arndell2016
5. Information about the Arndell Yr 9 Camp and Camp Somerset will appear here.
6. Please then complete the necessary personal and medical fields
7. You will also have options to hire or purchase equipment you may need
8. Remember to Next Step and then Next Step to complete.
9. Once the Online Camp Form has been completed you will receive a summary of these details onscreen and emailed along with a link to an Equipment List and a Somerset Consent – please save this for your own records
10. A Somerset Consent must also be signed and returned. Please print and sign the Consent Form that is attached to your confirmation email and return to Mr Robinson by final date given above. (it is also displayed as a link with your onscreen confirmation)

Please navigate our website for information about Somerset and our programmes, useful tips on gear selection, etc.
We are looking forward to seeing the students at camp.
Dear Arndell Yr 9 Parents and Carers 😊

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Please navigate our website for information about Somerset and our programmes, useful tips on gear selection, etc.
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Dear Arndell Year 9 Parents;

Somerset has been offering outdoor experiences to school students and Duke of Edinburgh Award Scheme participants since 1979. As an industry leader with over 34 years of experience, Somerset offers a unique blend of learning experiences and outdoor facilities delivered in a professionally managed outdoor education programme.

Somerset is located in the sensational Colo River Valley, around an hour North West of Sydney CBD.

What Happens at Camp

At camp students are organised in smaller groups, each with a Somerset Group Leader and a teacher from your school.

Students sleep in two person dome tents and engage in a variety of camping and cooking styles throughout the programme. A camp programme is drawn up in line with the Schools planned outcomes, and will involve a collection of activities. Activities included, may be, but not limited to; obstacle course, canoeing, bushwalking, night activities, donutting (floating on inner tubes on the river), raft building, archery, orienteering, low ropes or high ropes course, rock climbing or abseiling, milk crate stack, learning to navigate, taking part in team exercises and initiatives.

Tents, rucksacks, specialised equipment, cooking and eating utensils are all provided by Somerset. Please read the Equipment List for items to be bought to camp. Please also note the section on the Medical and Consent Form for the purchase of equipment you may not have. It is reasonable to expect harsh wear on clothing.

*Please note Somerset cannot be responsible for the loss or damage of un-named equipment or valuables, items listed not to be brought to camp or lost property. Any lost property found will be returned to the school.

Somerset's outdoor learning programmes are based on guided discovery learning in an experiential learning environment. Many activities are 'challenge by choice’ so students have the opportunity to extend their personal abilities through their own choosing. Teachers, Leaders and group members provide the supportive environment where students feel encouraged to try activities and explore new ways of relating to others.

The Year 9 Programme

Students complete activities en-route in a ‘journey’ style of programme. This allows them to develop a sense of self-sufficiency; and encourages students to take responsibility for learning and camp outcomes. All students complete each activity; with each night at a different campsite. A great 3 days to enjoy the delights of the outdoors and spend time with friends. Some students will opt to complete their Bronze Duke of Edinburgh expedition whilst at camp.

Safety at Somerset

As a leading professional outdoor organisation, safety is foremost throughout every programme run at Somerset. We are staffed by a team of qualified, professional Outdoor Leaders, trained in all aspects of programmes, certified in appropriate levels of First Aid, verified according to the NSW Working with Children Check requirements and briefed to the requirements under the Working with Children policies and familiar with the local area and environment.

We are also an organisation Accredited by the Outdoor Recreation Industry Council, a process of external expert audit, to ensure our programmes are run at an Industry Best Practice level.

All our programmes are supported by immense infrastructure and over 30 years of camping and programming experience.

Communications

Somerset maintains its own licensed UHF Radio repeater system across the programme area to ensure regular communications for all groups, and emergency contact if required. This radio network is supplemented with the use of landline, mobile and satellite phones as appropriate. Base Camp communications are monitored 24 hours, with designated co-ordinators each night. We have also introduced the use of GPS Locator ‘Spots’ which every Group Leader carries on expeditions, canoeing expeditions and bushwalks and at other times as appropriate. The ‘spots’ allow Base Camp to track the progress of groups on expedition and for our Group Leaders to utilise a secondary form of emergency communication if required.

Collection of Information

In order to run a safe and efficient camp for your child, Somerset requires the collection of certain information. We want to ensure your information is handled correctly, so we have developed a detailed privacy policy. A copy is available on request. Please take the time to complete the forms accurately. Attached is a page to assist you with completing these forms as well as some additional information. Please also ensure the Medical and Consent Form is accurately completed and signed, as we cannot accept any participants at Camp Somerset who have failed to have this signed.

For more information please visit our website www.campsomerset.com.au

We look forward to seeing your child at camp soon!

Regards The Camp Somerset Team
The Medical Form is used to collect information on each participant to assist Somerset staff in the safe delivery of the camp programme. It is important that the Medical Form is fully completed, for example, a missing or incorrect Medicare Number can cause delays in seeking treatment. Please advise of any change in the participant’s information in the period after completion of the form up until Camp. Please ensure writing is clear, neat and not too small as we photocopy and shrink these forms as a copy for our Group Leaders to use as reference in the field.

Please see below further information to assist in the completion of the medical form;

Tetanus - We strongly recommend all participants’ Tetanus Immunisation is current. We reserve the right to recover costs associated (transport & time) with precautionary Tetanus treatment. Non emergency hospital delays result in a process of up to 6 hours.

Prescription Medications - Please ensure medications are brought in sufficient quantity, with instructions, (including any spares) to cover the camp. In general; behaviour medications should not be suspended. The supervision of prescription medication is the teacher’s responsibility. Please note these on the medical form and ensure the participant hands all medications to their teacher for dispensing. If required, with prior notice, we can organise medications to be refrigerated and transported with ice packs.

Non Prescription Medications – Group Leaders carry and administer non prescription medications as deemed appropriate. Typically these include Paracetamol; Antihistamine; Bite Creams; Antiseptics; Gastrolyte. Group Leaders prefer to administer any pain relief medication required. eg Paracetamol, so please do not bring. Please indicate any restrictions or concerns with the use of non-prescription medication on the Medical Form.

If a participant is bringing non-prescription medications to camp, such as ibuprofen or a preferred antihistamine, please note these on the medical form, and ensure the participant hands these to their group teacher as per prescription medications above. This is to keep a record in case of other medical incident.

Medical Assistance - In the event of a participant requiring further medical assistance, Somerset will access care through Hawkesbury District Hospital, local private medical practices, a private hospital or ambulance care if appropriate.
Somerset will make any payments required during treatment, and recover appropriate costs from parents after camp. Somerset Base Camp is located 30km from Hawkesbury Hospital and the typical response time to/from Base is 30 mins. However, as many of our activities and expeditions are conducted away from Base there may be significant delays until additional medical assistance is provided.

Asthma - The camp environment can exacerbate asthma; please consider the participant’s asthma condition in context with the general camp and programmed activities. Use of a nebuliser is more difficult at camp as most campsites and programme areas are away from mains power. Often a spacer is used to stabilise students while being transported / access is gained. If the participant requires constant access to a nebuliser, please ensure that they bring a self powered / battery operated unit. You may attach participant’s asthma plan to medical form.
Please use the following information to assist in describing the participant’s asthma:

Mild - almost no symptoms well controlled, need reliever less than 3 times per week for relief of wheeze or cough
Moderate - cough or wheeze on waking; requires reliever more than 3 times per week, (not including before exercise)
Severe - participant requires extra doses reliever (up to every 3 hours) for shortness of breath, tightness in chest etc, frequent escalation of symptoms, complicated management, multiple triggers, symptoms displayed during normal activities.

Allergies - The camp environment can also aggravate certain allergic conditions, and it is not possible to limit exposure to some allergens (dust, grass, insects, sunlight etc). Please note also that Somerset Group Leaders do not carry Adrenaline Injections as part of the First Aid Kits, if adrenaline is part of the participant’s allergy management plan, then please ensure that they bring along their own treatments (epi-pen only, each participant must bring 2) and instructions. Also any preferred antihistamine or oral prednisone.
Please use the following information to assist in describing the participant’s allergy:

Mild A reaction that is present at the site of contact only; rash, itchiness, swelling, redness etc
Systemic A reaction with symptoms away from the contact site; rash, itchiness, swelling, general body illness etc
Anaphylactic (Diagnosed) Severe breathing problems etc, swelling of the body, Emergency. Requires epipen (each participant must bring 2).

Other - For participants with any other conditions, please provide details in or attached to the medical form (in consultation with the school and your doctor as appropriate) and Somerset will make contact prior to camp to discuss. Please note all conditions that may affect camp activities.

Dietary - Somerset provides standard vegetarian and lactose free alternatives for all meals, as outlined below. Please advise of any other dietary requirements, and Somerset will provide further information on menu etc. We are a NUT AWARE camp, all nuts and nuts products have been removed from our menu. However, some of our foods may contain traces of nuts.
Vegetarian - Most Somerset breakfasts are meat free, and there is always cereals and toast. Lunches are often breads served with salads, cheese and cold meats. We ask vegetarians to avoid the meat and provide no alternative. For cooked lunches in the dining room, a vegetarian alternative will be provided. For main meals, Somerset provides an alternative for vegetarians in the group (for example, vegetable patties for BBQs, beans for nachos or stirs).
*For those who cannot eat pig products, beef or eat Halal or Kosher meat, we offer the vegetarian menu as an alternative or Halal or Kosher meat may be brought from home.

Dairy Free - For those students unable to eat dairy we only provide soy milk as a substitute with breakfast. Other dairy products, such as cheese and custard, are often only a small part of the meal and can usually be avoided. Please advise us if the participant cannot have dairy as an ingredient in foodstuffs; for example, cakes, biscuits, cream dressings etc and we will provide further information on menu etc.

Other – The nature of our expedition style programmes and with varied menus and meal types across groups we ask that participants provide alternatives where required. Please advise us of any dietary requirements and we will provide you with further information on menu etc.
# Equipment List

The following is a recommended equipment list.

The Essential Items are for the participant’s wellbeing and must be brought to camp.

Students will be completing expeditions to overnight campsites and will be required to carry their gear. Somerset will provide all students with a suitable rucksack on arrival. If you have your own suitable rucksack (65L with an internal frame) you are welcome to bring this along. Please bring all clothing and equipment in a soft sports bag or similar. Gear will be repacked on arrival into the rucksack and the bags and extra gear stored until completion of camp. Any items purchased or sleep gear hired from Somerset will be issued on arrival. (the underlined items below can be ordered for purchase in a section on the medical and consent form)

## Essential Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping bag &amp; Inner Sheet</td>
<td>Ensure bag is warm enough – Pack in waterproof cover. Use Richmond on the weather as a guide. Somerset is usually 1-3°C warmer in summer/cooler in winter. See our website for current weather conditions.</td>
</tr>
<tr>
<td>Sleeping Mat</td>
<td>A foam mat is best; lightweight, compact &amp; must fit inside your rucksack. No stretchers, swags or pillows.</td>
</tr>
<tr>
<td>Rainjacket</td>
<td>Must be waterproof, tough and cover at least to the thighs. This is necessary no matter what the forecast is. Spray jackets, parkas, plastic raincoats and ponchos are not suitable.</td>
</tr>
<tr>
<td>Footwear</td>
<td>You require two pairs of closed toe shoes. One must be sturdy, comfortable and have lots of grip for bushwalking The other should be an old pair of sneakers or an ‘aqua shoe’ that can get wet and dirty for water activities. Volleys, rabens, skate shoes and other canvas or flat soled shoes are not suitable and you may increase your chance of injury.</td>
</tr>
<tr>
<td>Sun Hat</td>
<td>Is compulsory. We recommend a soft hat with wide brim or peak and cape.</td>
</tr>
<tr>
<td>Water Bottles</td>
<td>You will be required to carry 2 Litres of water in bottles with screw lid, leak proof and unbreakable.</td>
</tr>
</tbody>
</table>

## Clothing List

At camp clothes undergo harsh wear and can come home very dirty. Please ensure old clothes are packed. Please also pack quantities relevant to the length of camp.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long sleeved shirt</td>
<td>1 for ‘dirty’ activities and 1 for sun protection</td>
</tr>
<tr>
<td>Long pair of pants</td>
<td>For sun protection and evening wear (no Jeans)</td>
</tr>
<tr>
<td>Polo or T-Shirt</td>
<td>Ones with collars are best. No singlet or muscle tops</td>
</tr>
<tr>
<td>Shorts</td>
<td>Longer length to the knee. No brief or ‘short shorts’</td>
</tr>
<tr>
<td>Jumper</td>
<td>1 wool / fleece and others – wool or fleece will stay warm when wet</td>
</tr>
<tr>
<td>Socks &amp; underwear</td>
<td>Include 1 spare set. Thick wool or cotton socks are recommended</td>
</tr>
<tr>
<td>Beanie</td>
<td>You may also wish to bring a scarf and/or gloves</td>
</tr>
<tr>
<td>Tracksuit or Pyjamas</td>
<td>To sleep in</td>
</tr>
<tr>
<td>Thermal underwear</td>
<td>Or similar recommended; for extra warmth during activities and at night. (If possible please refrain from using cotton)</td>
</tr>
<tr>
<td>Small towel and swimming costume</td>
<td>A small bath towel or ‘tech/travel towel’ is best.</td>
</tr>
<tr>
<td>Torch</td>
<td>Students must wear shorts and shirt in river eg. rash vest and board shorts.</td>
</tr>
<tr>
<td>Toiletries</td>
<td>A small compact torch with spare batteries</td>
</tr>
<tr>
<td>Sunscreen</td>
<td>Insect Repellent is also recommended. Sun glasses if desired</td>
</tr>
<tr>
<td>3 large heavy duty garbage bags</td>
<td>For wet gear (any colour but black please – we use black for rubbish)</td>
</tr>
<tr>
<td>Camera – optional</td>
<td>Disposable ones are great for camp.</td>
</tr>
</tbody>
</table>

## Other Information

All medications (prescription and non-prescription) should be listed on the medical form. Please attach instructions to medications, name and give to your accompanying teacher at the start of camp. Consider a bumbag if medication, snacks or other equipment needs to be readily accessible.

**Medication**

- Do not bring aerosols, gumboots, pocket knives, pillows or stretchers
- Do not bring nuts or nut products – we are a ‘nut aware’ camp
- Do not bring any lollies/junk food to camp (unless dietary supplement is req’d & Somerset knows)
- Do not bring electronic games, mobile phones, iPods, jewellery or valuable watches to camp – they are easily damaged or lost and we will not be responsible for any damage or loss whilst on camp.

**Please**

For more information on equipment, please visit our online gear shop at [www.campsomerset.com.au](http://www.campsomerset.com.au)
The Following Items are Not to be brought to camp

- No singlet tops
- No ‘short’ shorts
  - for sun protection and activity safety requirements
- No Mobile Phones
- No Aerosols
- No electronics or valuables
- No Thongs or flat-soled Shoes
  - Shoes must have lots of grip and an enclosed-toe, and be sturdy and comfortable.
- No Junk Food or Energy Drinks
- No Nuts or Peanuts
- No Knives

Any of the following items that are brought will be stored at Base until the conclusion of camp.
Equipment Request

Somerset is able to supply a range of suitable Outdoor Equipment for use on Camp. Purchased Equipment is labelled with the student’s name, and distributed to them at the commencement of camp. If Absent from Camp and debited, equipment will be posted to the nominated home address.

- **HIRE** Sleeping Gear  Sleeping Bag and Foam Mat  $30

- **BUY** Sleeping Bag  Synthetic Fill Sleeping Bag, compression stuff sack, all seasons rating  $99.00

- **BUY** Sleeping Mat  10mm Thick Deluxe Foam Mat with Elastic Straps  $15.00

- **BUY** Sleeping Bag Liner  Cotton, 85 x 190 cm with Mesh Carry Bag  $22.00

- **BUY** Head Torch  Princeton Tec ‘Byte’, AAA Batteries included – LED 35 lumens  $34.95

- **BUY** Rain Jacket  ¾ Length Nylon w. Hood  □ Child 76cm □ S 90cm □ M 95cm □ L 100cm □ XL 105cm  $59.00

- **BUY** Water Bottle  CamelBak – spillproof, with cap, carry loop, asstd colours, 750ml  $23.50

- **BUY** Hydration Pack  2 Litre Bladder with bite valve- separate zippered gear compartment  $44.90

- **BUY** Travel Towel  Microfibre Towel 50 x 100 cm with Mesh Carry Bag  $19.00

- **BUY** Thermal Underwear  Polypro Top  Chest size □ Small 90cm □ Medium 95cm □ Large 100cm – Black  $24.95

- **BUY** Thermal Underwear  Polypro Pants  Chest size □ Small 90cm □ Medium 95cm □ Large 100cm – Black  $24.95

- **BUY** Sunscreen and Insect Repellent  Cancer Council SPF 30+ 110ml and Bushman Plus 75gm  $29.90

For more details on the above, and for additional items – please visit - www.campsomerset.com.au

Please debit my  □ Visa Card  □ MasterCard

Expire ___ / ___ Name on Card ___________________________

Cardholder Signature__________________________ Child’s Name _______________________________ Date ___ / ___ / ___

☐ Please find attached a cheque or Money Order. Cheques made payable to Somerset Outdoor Learning. We do not accept cash

TOTAL $
Year 9 Somerset Camp Re: Pack

Date: Monday 19th September 2016

Venue: Arndell College Gym

All Year 9 and Greenway Year 11 students attending the Somerset Camp on the 20th to 23rd September 2016 are required to bring packed bags containing all the items specified on the ‘what to bring’ note to the College.

Students will bring their packed bag and school bag on Monday 19th September. Their camp bags will be stored during the first four lessons of the day while they attend regular classes. During lessons five and six the students will re-pack their bags for camp commencing the following day, under the direction of Somerset staff.

Somerset staff will bring an approved back pack for each student and assist the students in what and how to pack. Any items that are prohibited or found to be excessive will stay in the student’s bag which will then be transported back to Camp Somerset and returned to the students at the end of camp, for the return trip back to the College. This may be used as an opportunity to store a clean dry set of clothes for the bus trip back if desired.

Students will be able to use their own back packs if they are deemed suitable by Somerset staff, however they will still be required to un-pack and re-pack under supervision. All bags will be weighed to ensure they are of a suitable weight for each student to lift and transport.

The packed back packs will be stored at the College overnight ready for collection on the following morning. Students will then collect them and load them into the coaches provided.

The “re-pack” aims to help ensure that all necessary items are packed and that excess weight is avoided to ensure the safety and comfort of the students during their time at camp. Any items purchased or hired from Somerset will also be provided and packed. (See Somerset Web Site for equipment hire/purchase details.)

Thank you for your assistance in this matter. The re-pack and camp briefing on the Monday afternoon combined with short travel time to Colo Valley will allow the students an opportunity to be engaged in the camp program by 10:30am the following day.

Please ensure that all Year 9 Students are dressed in full PE uniform and arrive at the College 30 minutes prior to the 9:00am departure time.

Regards

Mr. Michael Refalo
Camp Coordinator