



Travel Itinerary

Assemble:	5.30am Croswell Hall, Cairns High – Wednesday 17th September
Arrive camp:	Barrabadeen Campgrounds, Tinaroo (Approx. 8:30am)
Depart camp:	12:00pm Barrabadeen Campgrounds, Tinaroo, and Friday 19th September
Return:	Croswell Hall, Cairns High – Friday (Approx. 2:00pm)

Things to do:

- ☐ Choose camp group (up to 8)
- ☐ Meet with camp group to organise equipment, food & camp supplies
- ☐ Get butane canister and cooker
- ☐ Ensure that you have essential equipment
- ☐ Organise your outfit for the Thrift Shop Ball
- ☐ Bring musical equipment, Props etc. for “Camp Idol” and ‘Op Shop Ball’
- ☐ Expect rain and cold temperatures and be prepared for it!
- ☐ LABEL ALL YOUR BOXES, Tubs, Container, Sleeping Gear, Gas Cookers Etc. with Masking Tape and Marker
- ☐ DO NOT BRING WOOLWORTHS/COLES CARRY BAGS WITH ALL OF YOUR EQUIPMENT. MUST BE CONTAINERS WITH LIDS/BAGS THAT CAN ZIP UP

STUDENT CAMP CHECKLIST:

My other camp group members are: _____

Tent will be supplied by: _____

My bedding will consist of: _____

Our cooking method will be: Butane- Inspect cans and make sure they are not rusted/damaged and have their cap on etc

Esky/s will be supplied by: _____

Our group's food budget is: \$ _____ each and our shopping will be done by: _____

Our meal plan for the 3-day camp is-			
	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>AT HOME</i>		<i>BREAKFAST PROVIDED</i>
LUNCH			
DINNER			<i>AT HOME</i>
SNACKS			
DRINKS			

CLOTHING (enough for 3 days)

Things to consider:

- ☐ Warm Clothes for 'cool' tableland nights
- ☐ Wet weather protection (raincoat)
- ☐ Sun protection (hat, sun cream, rash vest)
- ☐ 2 pairs of old joggers or 'reef' shoes (three activities involve your feet & shoes getting wet!!)
- ☐ Tracksuit or long-sleeved shirt and jeans (it can get cold)
- ☐ Old clothes (it's not a fashion parade, some activities are very messy!)
- ☐ One good pair of joggers or shoes with good grip
- ☐ One set of swimming goggles



FOOD (Budget to buy as a group for large meals and even snacks).

Things to consider:

- ☐ evening meals
- ☐ lunch meals
- ☐ breakfasts
- ☐ 3 snack times



Meat:

Can be frozen for meals but make sure it is well sealed and cannot leak juices into your esky. Use block ice or frozen water bottles (party ice melts fast). Deli meats are good for lunches (sandwiches)

Fruit & Vegie's:

Buy fresh and plenty of it. Minimise canned and dehydrated vegetables. Fresh and dried fruit, nuts and fruit juice are ideal snack foods.

Canned Foods:

Tuna is good for breakfast on toast or great in salads, pasta, stews, jaffles etc. Soups are also good, as are baked beans and spaghetti. Fruit is a good dessert. Never put a sealed can in/near or on a fire/BBQ/cooker, puncture can first or empty contents.

Cereal:

Ideal for breakfast (light, healthy and fibrous)

Water:

There is town water at the campgrounds, so bring water bottles etc. to fill and use

Other:

Milk (fresh, powdered, UHT), butter, oil, salt, pepper, herbs and spices, peanut paste, vegemite, bread, crispbread, crackers, rice, pita bread, tea and coffee. Think about pre-cooking meals and freezing, it will save you lots of time on Camp e.g. a batch of Spaghetti Bolognese frozen can simply be thawed and reheated.

Avoid:

Coke and other bottled or canned drinks, and too many fried up and fatty meals.

COOKING

- Frying pan, saucepan, billy, bowls, cups/cutlery, can opener, butane canisters, matches, small BBQ plate/grill, water container
- Have your fire site/gas cooking equipment approved by a staff member before cooking.
- Washing up equipment soap, tea towel, bucket, scourer etc

YEAR 11 CAMP PREPARATION CONTINUED:

EQUIPMENT

- ☐ Esky (medium and/or small eskies per group, this is important!)
- ☐ Ice (use block ice) Fill 2L bottles with water for esky ice
- ☐ Tent – set it up in your backyard for practice and make sure all the pieces are there!
- ☐ Tarp / ground sheet
- ☐ Sleeping bag
- ☐ Blanket
- ☐ Pillow
- ☐ Ground sheet or sleeping mat
- ☐ Camping chair 9 (lightweight)
- ☐ NOTHING ELSE! WE HAVE TO CARRY ALL THIS FOR EACH GROUP AND WE DO NOT HAVE THE ROOM FOR EXTRA BAGGAGE!

EXTRAS

- ☐ Torch / Head torch
- ☐ Rope
- ☐ Folder
- ☐ Pen
- ☐ Hat
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Towels (two, one for showering, one for wet activities)
- ☐ Soap
- ☐ Toothbrush and toothpaste
- ☐ Matches if required
- ☐ Water containers (empty-there is town water)
- ☐ Washing up liquid and equipment
- ☐ Garbage bags (for rubbish)
- ☐ Panadol and other medications (we are not allowed to provide you with this, bring your own)
- ☐ Band aids (First Aid station will be provided)
- ☐ Any medication that you require (asthma puffers, EpiPen etc)



ESSENTIAL EQUIPMENT:

The following is a list of equipment required by all students and staff to participate in each camp activity.

ACTIVITY	REQUIRED EQUIPMENT
Canoeing	Sunscreen, hat, bathers, sleeved shirt, shorts, old closed in shoes, water bottle
Adventure Walk	Sunscreen, hat, sleeved shirt, shorts, closed in shoes, water bottle
Laser Tag	Sunscreen, hat, sleeved shirt, long pants, closed in shoes, water bottle
Festival of Fire	Old T shirt, drink bottle, shoes,
Mountain Bike Mayhem	Sunscreen, hat, sleeved shirt, shorts, closed in shoes, water bottle
Arrow Tag	Sunscreen, hat, sleeved shirt, long pants, closed in shoes, water bottle
Team Building Games / letter	Casual wear, hat, drink bottle, shoes
Rafting	Sunscreen, hat, bathers, sleeved shirt, shorts, old closed in shoes, water bottle
Fire and Damper	Sunscreen, hat, sleeved shirt, shorts, closed in shoes, water bottle
Camp site (at all times)	Footwear, appropriate clothing
Showers/toilets	Thongs, toiletries
Night Activities	Camp Idol props (Wednesday Night) Op shop Outfit (Thursday Night)

Please note: The above-mentioned Essential Equipment is non – negotiable. Students will be sent back to their tents to get any missing items or to change into appropriate clothing. They will be moved to strike 1 for being late and unprepared.



PROHIBITED ITEMS

As there are approximately 240 students there is no room for big bulky equipment. Below are some items that are prohibited. Big heavy items also come with a safety issue as they are big and bulky for us to physically lift up and put in trucks.

ITEM	PROHIBITED	ALTERNATIVE
DOUBLE SWAGS	 Bulky, heavy and expensive	 Small tent and mat
QUICK SHADE / LARGE GAZEBO	 Very bulky and very heavy – not needed for camp as there is plenty of shady trees in the campground. If you bring a gazebo, it will not be loaded on the truck and be left at school.	 Tarp and ropes
HUGE ESKYS SHARED BY BIG GROUPS	 Big eskies are too heavy for us to lift and load.	 Split your food/drinks into a couple of smaller Esky's which are easier to move around
MASSIVE CAMP CHAIRS	 Very bulky – 200+ massive camp chairs take up a large amount of space in the truck.	 Smaller camp chair - \$6.00 Kmart

ITEM	PROHIBITED	ALTERNATIVE
GIGANTIC "QUICK POP UP" TENTS	 Very bulky, very heavy and very expensive.	 Small dome style tent
WEBER BBQ'S	 Very bulky – do not bring a weber style / size grill to camp it will be left at school.	 Butane "lunch box" cooker
9KG GAS BOTTLES	Do not bring LPG gas bottles to camp. They will be left at school as we cannot safely transport LPG gas bottles on the truck or school bus. 	 Butane canisters
BIG GAS COOKING STOVES	 Do not bring LPG gas cookers to camp. They will be left at school as we cannot safely transport LPG gas bottles on the truck or school bus.	 Butane "lunch box" cooker
BIG BLUETOOTH BOOM BOXES	 Bulky, heavy, expensive and obnoxious. Big boom boxes are simply not appropriate for school camp.	 Small blue tooth speaker

CAMP ACTIVITY SUMMARY:

	● Mountain Biking – This activity is a great opportunity to venture outdoors via 2 wheels. Dived into 2 groups – depending on skill ability, this activity explores the basics of MTB riding across a range of cross-country terrain – up, down and along!
	● Laser Tag – This simulated war-game activity provides the closest experience to combat without being shot. There is a range of games played in 2 groups and that the weapons not only measure bullets fired or targets hit but also how many times you are hit – thank goodness these guns fire lasers.
	● Adventure Walk – This activity is a cross-country adventure walk that covers approx. 2-3 km of bushland. Whilst under trail, a series of clues have to be solved and challenges overcome in order to complete this 'time traileed' activity. A significant advantage is given to the tribe that completes the Adventure Walk within the fastest time.
	● Canoeing - This activity enables you learn some of the basics of canoeing in a safe and controlled environment on the glorious Lake Tinaroo. A range of various games and activities are conducted in an endeavour to explore and develop canoeing skills.
	● Team Building Games and letter to Year 12 self – During this activity the group will participate in team building games. Then they will write a letter to themselves in Year 12.
	● Festival of Fire - This creative activity will draw upon a range of skills where students will paint, construct, assemble and design a 'dream-cube' for our bonfire event. Its symbolic representation brings the tribe together and that the screen-printed shirt created is unique to each individual tribe.
	● Arrow Tag – This activity allows you play a number of games using bows and arrows. The twist is sometimes you are the person firing and sometimes you are the target. Good news all arrows are safe and no lasting injuries will be sustained.
	● Fire and Damper – This activity will test your basic survival skills. First, you will need to prepare and light your fire then you will cook some damper.
	● Rafting – This activity will test your ability to work as a team as well as your ingenuity. Firstly, you will build a raft using supplied resources and then test how well it floats. Other challenges will also happen during the activity.

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WHEN NIGHT FALLS...

This gives you a summary of what events will happen each night at camp in the assembly arena.

Wednesday Night: 7.30pm Camp Idol

This performance event at camp is as old as the dam itself. It encourages all budding musicians, dancers, performers, jugglers, rhymers, singers, fire twirlers... In fact, any talent! Get a group together and do a comedy routine or skit. It is a showcase of the exceptional skills and abilities that exist within our cohort so start practising; get a lip sync group together or work on that latest breakbeat hip-hop dance you've always wanted to do. You can perform anything – in any genre solo or in a group - (providing that you keep your clothes on and the language is suitable for your grandma!)

2025 Op Shop Ball Thursday Night: 7.30pm OP Shop Ball Dance/Disco –

The 'Op Shop' Ball, held on the last night of camp (Thursday), is a great opportunity to bring everyone together for a themed 'dress-up' night. Being an 'Op Shop Ball', you are encouraged to purchase all your clothes and accessories from charitable stores and thrift shops. The objective is for you to support your local community stores by not only buying your clothes 'second-hand' but also then donating the clothes back. A collection bin for your clothes to **'donate back'** will be provided at camp. This act of global citizenship and environmentalism is a great community endeavour and has been a valued tradition at camp for many years.

This means you are encouraged to create a theme for the 'Op Shop' ball individually or in camp groups. This is a time to be crazy, have fun and get creative!

On the night you will be able to parade your outfit, either individually or in groups, with the best 'op shop' costumes winning a great prize!

Outfits must be tasteful and suit a school event; no revealing outfits are permitted. Remember that this is a fun night to 'dress-up' and that your teachers will outdo you!

