



CARMEL

ADVENTIST COLLEGE

YEAR 9 ASPIRE PROGRAM – Dwellingup Overnight Hike Camp

Dates: Thursday 27th – Friday 28th March

Dear Year 9 Parents and Carers,

This letter brings you the information needed for the upcoming overnight hike camp. Students are to arrive at school as per usual on Thursday 27th March and meet in the gym for homeroom with their hiking packs ready to go. Students are required to wear their Aspire shirts on Thursday and pack their PE shirt for Friday.

The hiking packs, tents, Trangias (cooker) and sleeping mats will be issued on Friday 21st March during Integrated Studies class. This will give students a week to ensure their hiking packs are fully packed and ready to go on Thursday morning. If students have their own equipment at home and would prefer to use these, they are very welcome to do so. However, only 2 person tents will be allowed.

We will be driving to Dwellingup and will hike along the Bibbulmun track to our campsite before hiking back on Munda Biddi to our buses on Friday for our drive back to Carmel. We plan on getting back to school before the end of the day, which will allow students who catch buses to still do so. Students may take their hiking packs home over the weekend to unpack and clean before returning them to school on Monday 31st March.

Aims of trip:

Academic - To develop skills and strategies for effective leadership, including teamwork.

Spiritual - Opportunity to worship together / reflect alone, appreciate nature and God's creation, focus on school values of integrity, teamwork, responsibility, compassion/kindness, humility

Social/Emotional - Opportunity to build positive memories and stronger relationships with each other, and to continue to develop resilience and confidence in the students.

Physical - Opportunity to enjoy exercising together and get used to camping in preparation for the Cape to Cape.

Staff members attending:

Adam Di Rosso, Luke Duncan, Vanessa Fernandez, Hilary Banda, Shannon Smoker

Venue:

Baden Powell, Lane Poole Reserve, Dwellingup, 6213

Costs:

Students need to supply their own food for camp. All other costs are covered by the Year 9 Programme budget.

- Lunch on Thursday (no Trangia available)
- Dinner on Thursday (Trangia available)
- Breakfast on Friday (no Trangia available)
- Lunch on Friday (no Trangia available)

Please pack light food and remove any excess packaging.

Additional Activities:

Students may go swimming in the lake near our campsite and will need to bring suitable attire and towel.

Item Checklist:

A list of items for the students to bring is listed below. The school will provide a hiking pack, tent, Trangia (cooker), and foam sleeping mats are available upon request. Students may bring their own small cooker if they have one.

Important Information:

Please note that NO electronic devices or phones are permitted on the camp. Please ensure your child leaves these items with you or in the school safe. Should you need to get in contact with your child, please contact reception who will be able to reach the staff on the camp. Please note that reception is sporadic.

Please read through the additional information below and return; the signed **Consent Form**, the **Updated Medical and Dietary Form** to homeroom by Friday 21st of March.

If you have any comments, questions, or suggestions, please contact adam.diroso@cac.wa.edu.au

Kind regards,

Adam Di Rosso, Amitha Narlapati, Luke Duncan, Vanessa Fernandez
Year 9 Aspire Team

Checklist of what to bring:

SUPPLIED BY SCHOOL

- ☐ School hiking pack
- ☐ Tent
- ☐ Trangia (cooker)
- ☐ Foam sleeping mat (if requested)

SUPPLIED BY STUDENT

Bedding

- ☐ Small pillow (optional)
- ☐ Sleeping bag
- ☐ Small self-inflating mattress (optional).

Clothing

- ☐ Clothes – pjs
- ☐ Aspire shirt (wear on Thursday)
- ☐ PE shirt (wear on Friday)
- ☐ Spare shorts/pants
- ☐ Spare underwear & socks
- ☐ Warm clothes for night
- ☐ Poncho or raincoat (in case of rain)
- ☐ Sneakers/hiking boots
- ☐ Slip on shoes for at campsite (optional)

Utensils

- ☐ Plastic bowl, cup, spoon, fork, knife (as required)
- ☐ Old t-towel

Hygiene

- ☐ Deodorant
- ☐ Toothbrush & toothpaste
- ☐ Sanitary items
- ☐ Baby wipes
- ☐ Plastic bag for dirty clothes

Medication / First Aid

- ☐ Personal medications (puffer, spacer, Epi-pen etc.) **Please let staff know where it is kept.**
- ☐ Basic first aid kit

Protection

- ☐ Hat
- ☐ Sunscreen
- ☐ Insect repellent

Swimming

- ☐ Bathers (required if swimming)
- ☐ Small light-weight towel (required if swimming)

Extras

- ☐ Torch (**MUST HAVE**)

Food & Water

- ☐ Complete food planner above
- ☐ Minimum 3-4L of water (water can be refilled at the campsite for Friday)

	Thursday 27 th March	Friday 28 th March
Breakfast No Cookers available		
Snacks No Cookers available		
Lunch No cookers available		
Dinner Cookers available		

Year 9 Consent Form – Dwellingup Overnight Hike

By attending the Year 9 Camp (27-28 March), you are agreeing to follow the set of rights and responsibilities below.

Rights

- It's your right to be in a safe, welcoming, fun environment, where you make memories with your classmates and teachers that you'll remember for a long time.
- It's your right to enjoy the camp activities designed to support your growth academically, spiritual, socially, emotionally and physically.

Responsibilities

For this to happen, it is your responsibility to

- **Follow leaders' instructions**, which includes:
 - Staff & Volunteers
 - Accommodation caretaker
 - Take responsibility for my things and the equipment I use
- **Rest well:**
 - Observe lights out at designated time. This is to ensure that you are well rested for the day's activities and your teachers can also rest to fulfil their duty of care responsibilities each day.
- **Respect others comfort, safety, and privacy:**
 - Staying out of other people's tents, especially those of another gender.
 - Changing clothes in areas where you are not visible to others. The toilet cubicles are the safest place for this to take place.
- **Be ready on time:**
 - Make sure you're aware of the times you are required to be places and keep to them – including meal times, bus leaving times, group meeting times etc.
 - Ensure you manage personal hygiene (e.g. use of deodorant, swim in lake, use baby wipes, brushing teeth).
- **Act 'Above the line' (Ownership, Acceptance, Responsibility)**
- **DO NOT BRING ANY ELECTRONIC DEVICES**

If you are unable to keep to these responsibilities, you may be required to leave camp and go home at your expense.

Parents/Carers

I give my son/daughter, _____ permission to attend the Year 9 Overnight Hike Camp.

I _____ can be contacted on **04** _____ should I need to be phoned throughout the camp. If I cannot be reached, please phone _____ on **04** _____.

Please tick which box applies to your son/daughter:

- ☐ Does not own a mobile phone
- ☐ Will leave mobile phone at home
- ☐ Will need mobile phone for transport reasons. Please collect the phone before camp and return to my child at the end.

Parent Signature:

Date:

Student signature:

Date:



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Year 9 2025

Medical and Dietary Update

Student Name_____

Medical Update

Does your child have any pre-existing medical conditions/health concerns? Yes ☐ No ☐
If yes, please specify and give details below:

Does your child need medication for this condition? Yes ☐ No ☐

Do they self-medicate? Yes ☐ No ☐

Please specify type of medication and dosage instructions if staff assistance is required:

Emergency Contact Person _____ Contact Number_____

Dietary Update

Please note any dietary needs required by your child (e.g., vegan, vegetarian, lactose intolerant, other food allergies, etc.)

**Please Return the signed Consent Form AND Medical and Dietary Update to homeroom
by Friday 21st March**