



Landcare Wild Adventure for Yr 8-9

Two nights, three days from 5pm Friday to 1pm Sunday

Bike, bush and canoe journey from Quaama to Bermagui with 1 night camping & 1 night in a train carriage bunkhouse plus landcare and sustainability tasks along the way

1. Keep this form

2. Mountain Bike:

We can supply a mountain bike and helmet for the additional hire fee to cover our maintenance. **Otherwise you will need to bring your own helmet and mountain bike** with tyres pumped up, plenty of tread on them, no grating noises in the wheel bearings when you spin them, thick brake pads, seat at the correct height and firmly fixed (seat height at one fist below the highest part of your hip bone), no movement in the handle bars when you put the front wheel between your legs and try to move it.

If your bike does not meet these requirements on arrival it will be rejected as unsafe and you may only continue in the program by paying the hire fee for a Crossing mountain bike.

3. Other gear: see attached 'Packing List'

4. Arrive before 5.00pm to Quaama hall, Quaama.

5. Pick-up from canoe finish at Bermagui Bridge Boat Ramp 1pm Sunday.

This project is assisted by The Far South Coast Landcare Association encouraging young people to make inspiring journeys that contribute to sustainability.

Subsidised costs include staff supervision, safety equipment, tool repair, transport support, insurance, food, bunkhouse/kitchen facilities and services. The Crossing staff team is led by an experienced outdoor teacher with a commitment to practical education about sustainability. Accommodation is in provided tents with a camping support trailer for night one and in a renovated train carriage bunkhouse at The Crossing on night two.

More About Crossing Projects:

The Crossing is a not-for-profit camp near Bermagui, NSW, Australia. The Crossing is a sustainable camp with a permaculture design.

Our staff and volunteers help young people develop leadership skills and put sustainability into action. We role-model sustainable design with renewable energy, water conservation, and second-use materials.

Our educational journeys at The Crossing include: hiking, canoeing and mountain biking. Educational activities include: Landcare, sustainable farming, organic gardening and conservation survey.

Biamanga National Park adjoins the camp and The Crossing has the support of aboriginal owners for camping and research.

You can find us at <http://thecrossingland.org.au> email stay@thecrossingland.org.au or phone 64933400.

We are also on Facebook, Twitter and Instagram as thecrossingland

Packing List for 3 day 2 night Landcare Wild Adventure @ The Crossing:

Bush bites, stings, plant cuts and sunburn can be easily avoided with the following essential gear:

For the start of the journey be wearing:

- light –weight, long-sleeved & light coloured shirt with a collar** (bush protection from scratches & bites, ticks are more attracted to dark colours)
- light-weight long pants that cover all of the legs** (bush protection from scratches & bites - preferably something that dries fast like nylon - if you have gaiters that reach your knee then they could be used with long shorts as an alternative to light-weight long pants)
- sturdy walking boots or runners**
- sunscreen and broad brimmed hat** (sunglasses optional)
- bike helmet if you are bringing your own bike**

In a daypack that you can comfortably carry over both shoulders pack:

- rain jacket** for protection against cold winds and rain, also can protect legs from sun in the canoe on the last day where sunscreen can struggle to do the job against reflection from the water (long shorts are advised)
- minimum of 1lt of water** in two small water bottles (allows for breakage without total loss)
- a small **torch**
- personal medication** eg: **asthma puffer, epipen, antihistamine** if needed & **personal first aid** eg: bandaids

In a separate overnight bag that will be taken by vehicle to camp pack:

- 1 x long pants, 1 x long legged shorts (to protect from reflected light when canoeing), 1 x shirt with covered shoulders and collar to protect neck (no singlets)**
- 1 x warm jumper** (fleece is best or wool)
- warm **sleeping bag, (and thermal mat if you have one)**
- beanie** for cold nights & **a set of thermals or at least a thermal top in cooler months**
- pajamas, toothbrush, other toiletries and a towel**
- underwear and spare socks** (socks longer than ankle socks are better in the bush for tick prevention to tuck pants into)
- a spare plastic bag** big enough to put your daypack inside to keep it dry when canoeing
- old runners, crocs or booties that can get wet and protect the bottom and top of feet in the tidal river for swimming/canoeing** (protection from tidal river oyster shells/spines)

Not permitted for safety reasons

Mobile phones or e-devices: E-devices used by untrained first aid responders pose an interference risk for staff emergency response. E-devices can interfere with friends sleep at night especially if inappropriate music or videos are playing. Being alert and having full hearing is also important on journeys in the bush and when doing tasks with others.

No thongs/flip-flops, knives, matches, or lighters & spray deodorant: so everyone can feel safe.

Valuable items: jewellery, watches, credit cards are easily lost; so please leave them at home. Also, we run an off-the-grid solar electricity system at The Crossing so hairdryers are not safe.

Sugary lollies or softdrinks: Food in student bags can bring bush rats into sleeping areas causing damage to bags and clothing. Late night sugar highs result in poor decision making, unsafe behavior and sleep issues.

The Crossing is a place where young people take responsibility for each other and for community projects. We know adventures need fuel and we provide plenty of healthy, great tasting snacks. We use all sorts of hand tools under supervision and our staff carry emergency communication devices – you do not need your own. **Please respect these important safety precautions or you will be asked to leave and your parents will be phoned to come and pick you up. We are serious about safety.**