



# Three-Day Landcare Adventure Program Packing list

## A note on mountain bikes

The Crossing can supply a mountain bike and helmet for an additional hire fee to cover our ongoing maintenance costs. **Otherwise, you will need to bring your own helmet and mountain bike** with tyres pumped up, plenty of tread, no grating noises in the wheel bearings, thick brake pads, seat at the correct height and firmly fixed, and no movement in the handlebars 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.**

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. e role-model sustainable design with renewable energy, water conservation, and second-hand materials.

Our educational journeys at The Crossing include hiking, canoeing, and mountain biking. Educational activities include Landcare, organic gardening, and conservation koala habitat surveys.

Biamanga National Park adjoins the property, and The Crossing has the support of the Parks' Aboriginal owners for camping and research purposes.

You can find us at <http://thecrossingland.org.au> email [stay@thecrossingland.org.au](mailto:stay@thecrossingland.org.au) or phone 6493 3400.

**We are also on Facebook, Twitter, and Instagram as @thecrossingland**

## Young People on Journeys to Sustainability

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Students arrive at the Crossing via bushwalk after an overnight campout and leave via a canoe journey (approx. 2-4hrs). Sunburn, oyster cuts, bites, stings, and plant cuts can be easily avoided with the following essential gear:

### For the arrival journey wear:

- Lightweight, long-sleeved, light coloured shirt with a collar** (protects against scratches & bites)
- Lightweight long pants** for protection from scratches & bites. Preferably something that dries fast like nylon. If you have gaiters that reach your knee, then they can be used with long shorts as an alternative to light-weight long pants)
- Sturdy walking boots or runners**
- Sunscreen and broad brimmed hat** (polarized sunglasses optional but recommended)
- Bike helmet if you are bringing your own bike**

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

- Light-weight rain jacket** for protection against cold winds or rain
- A snack for morning tea** (no nuts please), and **lunch for day one**
- Minimum 1.5lt of water** in two or three water bottles (separating water bottles provides insurance breakages without significant loss and is best practice in the outdoors)
- Personal medication** e.g.: asthma puffer, EpiPen, antihistamines, if needed & personal first aid e.g.: band aids, Stingoes, bugspray
- A plastic bag** big enough to put your daypack inside to keep it dry when canoeing or crossing the river
- A jumper** to keep you warm

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

- One pair of long pants** (for wearing at camp, such as trackies), **one pair of long-legged shorts** for canoeing, **one tee shirt** (no singlets)
- A warm jumper** (fleece or wool are best as these retain their warmth when wet)
- Warm sleeping bag & beanie** for cold nights & **a set of thermals**
- beanie** for cold nights & **a set of thermals or at least a thermal top in cooler months**
- pajamas, toothbrush, other toiletries, and a towel**
- Spare underwear and spare socks** (socks longer than ankle socks are better in the bush for tick prevention as you can tuck pants into them)
- 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 oyster shells/spines)

## Please do not pack the following items:

The following list of prohibited items has been provided to ensure that all participants remain safe and comfortable for the duration of the program. If you have any questions or concerns, please contact the organiser of the program.

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**Mobile phones or other devices:** E-devices used by untrained first aid responders pose an interference risk for staff in the unlikely event an emergency response situation occurs. E-devices can also interfere with sleep at night, especially if used to play inappropriate music or videos. Staying alert and having full hearing is important on journeys in the bush and when doing tasks with others. Kindles for reading are acceptable, however these are brought at the risk of the participants as the Crossing takes no responsibility for damage caused to devices during programs.

**Thongs/flip-flops** as these do not fully cover and protect feet from injury. Crocs are okay.

**Knives, matches, lighters, & spray deodorant** so everyone around you can feel safe. Spray deodorant may trigger asthma attacks and smoke alarms.

**Valuable items** such as jewelry, watches, and credit cards are easily lost. Please leave these at home.

**High voltage electrical items** such as hair dryers will cause our off-grid solar system to malfunction.

**Sugary lollies or soft drinks.** Food in bags can encourage bush rats into sleeping areas causing damage to bags and clothing, as well as distress to participants. Late night sugar highs result in poor decision making, unsafe behavior, and sleep problems.

The Crossing is a place where young people are encouraged to take responsibility for each other and for community projects. We know adventures need fuel and we provide plenty of healthy, great tasting snacks throughout the program. We use all sorts of hand tools under supervision and have our own emergency communication devices for safety – 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.

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