

# PDHPE CAMPS

## Years 7-12

Choose your experience, create your own adventure.



### Just a few of our exceptional experiences...

Paddling through pristine habitats on white water rivers or flat water coastal lakes.  
Hiking marked trails or unmarked bush in scenic locations from the mountains to the sea.  
Biking down high mountain trails or along flowing single track networks near the coast.



# PDHPE Camps for Years 7-12



## OUTCOMES

- Planning and preparation (including food and water requirements, weather patterns and appropriate permissions)
- Navigation and route planning (including emergency planning)
- Camp craft (including shelter, fires, cooking, trangia stoves and hygiene)
- Care of the environment (including minimal impact practices, sanitation, care of waterways and rubbish disposal)
- First aid and safety (including risk assessments, emergency equipment, emergency evacuation procedures, emergency contacts and reporting)
- Equipment use (including issue, fit, check and correct use of personal equipment and clothing, group equipment and activity specific equipment)
- Group skills (including group management, leadership and teamwork)
- Skills specific to mode of activity (ie. canoeing skills, hiking skills, mountain biking skills etc.)

**Our camps are fully customisable to suit your Year Level needs.**



## SAMPLE ITINERARY

One of our popular programs for Year 11:  
Three days / two nights

Day one	am	Arrival from school Camp briefing
	pm	Lunch - fully catered Activity - Fully packed hiking to campground Set up camp Dinner - fully catered After dinner games and briefing Overnight camping
Day two	am	Breakfast - fully catered Activity - Hiking to The Steps
	pm	Lunch - fully catered Set up camp Swimming, games or another activity Dinner - fully catered After dinner campfire games and briefing Overnight camping at The Steps
Day three	am	Breakfast - fully catered Activity - kayaking on the Barrington River
	pm	Lunch - fully catered Return to school

**Large groups can be split into separate streams by preferred activity or by level of challenge.**



## Barrington Outdoor Education

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Accreditation



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