

PDHPE CAMPS

Years 7-10

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.

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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 needs.



SAMPLE ITINERARY

One of our popular programs for Year 9:
Four days / three nights

Day one	am pm	Arrival from school Camp briefing Lunch - fully catered Activity - Survival skills Free time or another activity Dinner - fully catered After dinner games and briefing Overnight at Barrington River Lodge
Day two	am pm	Breakfast - fully catered Activity - Abseiling Activity - Bush walk Lunch - fully catered Activity - Canoeing on Barrington River Free time or another activity Dinner - fully catered After dinner campfire games and briefing Overnight camping at The Steps
Day three	am pm	Breakfast - fully catered Activity - High ropes Lunch - fully catered Activity - Mountain biking Free time or another activity Dinner - fully catered After dinner games and equipment cleaning Overnight camping at The Steps
Day four	am pm	Breakfast - fully catered Activity - Lilo floating down Barrington River Lunch - fully catered Return to school

Large groups are split into separate streams by preferred activity or by level of challenge.

Barrington Outdoor Education

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Accreditation



Associated

