



OLE! Week 2017

Year 9 and 10 | Wisemans to Windsor

Information Package

The vision:

During Term 4, Week 1 all students in Years 3 - 10 will be involved in **OLE! Week 2017**.

OLE! Week is a compulsory and unique multi-day/overnight College event and **OLE!** stands for **Other Learning Experiences**. OLE! Week is a wonderful opportunity for Oxley students to explore new experiences with their peers in a supervised and supportive environment, and immerse themselves in activities we hope will extend and enrich their lives beyond the classroom, particularly with an outdoor, service or cultural focus.

Oxley College has contracted an outside provider, Land's Edge to conduct the Year 9 & 10 OLE! Wisemans to Windsor paddle during Term 4, Week 1 (Monday October 9 to Friday October 13).

Programme Summary:

Wisemans to Windsor is a paddling expedition across a 75km stretch of the Upper Hawkesbury River traversing the lovely eucalyptus lined sandstone cliffs of Wisemans Ferry upstream to historical Windsor. Students will spend the week paddling with the tide (where possible) and camp in a range of quiet riverside campgrounds. The physicality of some long days paddling will be balanced with some light bushwalking as well as rest breaks to nap in the sun or splash around in the river, as well as a few evening campfires recalling the sights and sounds of the day.

The bus will depart Oxley College on Monday at 8.15am and return on Friday at approx. 3.30pm.

Students will need to bring their morning tea and lunch for the first day.

Included in this package:

- Equipment/packing list
- Details about completion of medical information online

All medical information is to be submitted no later than Friday 25 August 2017.

If you have any concerns or queries regarding this OLE! activity or require hard copy medical forms, please do not hesitate to contact our Co-Curricular Administrator, Miss Natalie Lane, on natalie.lane@oxley.nsw.edu.au.



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Medical Information – a brief summary

Land's Edge, the external contractor conducting the Wisemans to Windsor OLE! Week activity, has developed an online health and safety system to facilitate the collection of medical information for our students.

Please click on the link provided below and proceed with completing the medical details for your son/daughter.

[Click here to access the Wisemans to Windsor medical form](#)

If you do not wish to participate in submitting your medical details via this online method, please contact our Co-Curricular Administrator (natalie.lane@oxley.nsw.edu.au) and you will be provided with a paper copy of a medical form to complete and return to the College.

Please submit your medical detail information, either online or in paper form, by no later than **Friday 25 August 2017**.

Finally, while in past years a permission form would accompany this information pack, the completion and submission of online, or a paper copy of, medical information implies your consent for your son/daughter to attend this activity.



Oxley OLE Hawkesbury Paddle Clothing & Equipment List

Along with your school, Land's Edge considers carefully the clothing and equipment required to keep your child comfortable and as safe as possible during the Outdoor Education Program. As such we provide you with a 2-part (Essential and Recommended) Clothing and Equipment list.

The first part stipulates clothing and equipment that is deemed as **essential** for participation in an Outdoor Education Program of the nature in which your child is about to undertake. The list has been developed to ensure that your child has not only the appropriate clothing and equipment to participate, but also to be as safe as possible given that South Coast weather is varied and changeable. Items not brought on program will be supplied on a cost recovery basis.

The second (**Required**) part of the Clothing and Equipment list is broader in nature and contains 'everyday' items that are more in line with personal comfort and preference.

If you have any questions concerning clothing and equipment, please contact your School Coordinator.

Equipping your child need not be an expensive exercise! Please ask friends or neighbours who have been on Outdoor Education Programs before and have some of this equipment. We recommend borrowing, where possible, prior to purchasing equipment.

Essential Items

ITEM	Description
Knee Length Waterproof Jacket or Waterproof Jacket & Pants	A thigh length waterproof jacket or shorter jacket with waterproof pants is required Both must be 100% waterproof and tear resistant. Jacket requires a hood and double fastening system. <i>Ponchos, ski or padded jackets are unsuitable</i>
Sleeping bag	Temperature rating of 0°C or below. Synthetic or Down Bags that compress into a small stuff sack approx. 10 litre- <i>Bulky cotton or synthetic bags are not suitable</i>
Water bottle	Must be able to carry a minimum of 2 litres - recycled plastic bottles are suitable
Torch	A head torch (recommended) or small hand held torch. New batteries plus 1 set spare batteries
Sunscreen	30+ water resistant
Utensils	Cup, plate, bowl, knife, fork, spoon and tea towel
Garbage bags	6 heavy duty bags or 2 lightweight Dry Bags to waterproof clothing and equipment.
Whistle on Lanyard	Low Technology Safety Device
1 Jumpers or Jacket	Wool, polar fleece, or down (Cotton or Cotton blend products due to their poor insulation are unsuitable)
1 Thermal Tops	Must be poly-propylene or fine weave wool. Not cotton
Insulation Mat	Body length self-inflating or closed cell foam pad
Sun hat	A broad brimmed hat is preferred. Caps are acceptable



Required Items

1 pair of water shoes	For canoeing that will get wet and muddy. They need to completely cover the foot with a sturdy sole and be secured to the foot (no <i>sandals or crocs</i>) an old pair of runners is perfect.
1 pair of camp	Walking shoes for around camp and a short day hike. Joggers or light hiking shoes are suitable – must be close-toed and secure to feet
2 pairs of socks	Comfortable and warm with shoes around camp.
Long pants	1 pair of synthetic material or quick dry pants for daytime and 1 pair of warm fleece material for cold evenings. <i>Definitely NO DENIM.</i>
Swimmers & towel	Only a small towel or lightweight travel towel
Rash Top	For sun protection while Canoeing
2 Polo or Collared shirts	Old ones are ideal, <u>no singlets or thin straps, must cover shoulders</u>
1 pair shorts/boardies	Long enough to cover thighs for sun protection when seated, board shorts are great
Long sleeve shirts	Excellent for keeping the sun off and staying cool
Underwear	As many as you see fit
Beanie	For warmth on cool evenings
Sunglasses	
Thermal pants	Not cotton, must be poly-propylene or wool
Inner sheet	Silk or fleece sheet for inside you bag adds warmth and comfort. It also protects bag from dirt
Barrel dry bag/duffle (Water proof)	Needs to be a minimum of 65 litres and barrel shaped for ease of loading and stowing in canoe. - <i>No travel packs and MUST contain all of your clothing and equipment</i>
Toiletries	Just the basics, toothbrush and paste etc. <i>No aerosols</i>
Personal First Aid Kit	Strapping tape, bandaids, antiseptic cream and tweezers. Land's Edge staff carry necessary medication items if required. Pain relief or other medications should not be brought without prior teacher knowledge and permission.
Personal medication	Any personal medication you are currently taking in original packaging.
Hand Sanitiser	Small 50-70ml flip top bottle
Insect repellent	<i>No aerosols</i>
Camera	Optional, must be waterproof for protection