



OLE! 2017

Year 8 Outdoor Experience

Information Package

The vision:

During Term 4, Week 1 all students in Years 3 - 11 will be involved in **OLE! 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 8 OLE! Experience during Term 4, Week 1 (Monday October 9 to Friday October 13).

Programme Summary:

Discovering Murramarang is a five day programme designed to be an enjoyable but challenging Outdoor Education experience where students will utilise teamwork, determination and resilience to complete a series of hikes and camps while developing a deeper understanding of Murramarang's individual characteristics and its importance to our own local surrounds and society as a whole. On their adventure, students will also participate in surfing and mountain biking experiences as well as an interactive Aboriginal cultural session with Boolarng Nangamai where students will have a chance to see and participate in traditional indigenous dance and hear the important roles that nature, earth, respect and language play in Aboriginal culture. The activities, locations and accommodation options are all chosen with a view to extend students' Outdoor Education knowledge and experiences.

The bus will depart Oxley College on Monday at 9.00am and return on Friday at approx. 4.00pm.
Students will need to bring their lunch for the first day.

Included in this package:

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

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 Year 8 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 child/children.

[Click here to access the Year 8 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 College Year 8 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 Required) 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 though still important.

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- Bulky cotton or synthetic bags are not suitable
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 Thermal Tops	Must be poly-propylene or fine weave wool. Not cotton
Sun hat	A broad brimmed hat is preferred. Caps are acceptable
Sleeping mat	Body length self-inflating or closed cell foam pad



Required List

1 pair of hiking shoes	These must be comfortable and provide good support. Hiking shoes or boots must be well broken in! Good tread for grip in slippery areas and high enough to provide good ankle support.
Camp/water shoes	Another pair is recommended around campsites or short distances to water activities to give feet a break from hiking shoes, they must completely cover your foot (<i>no sandals, thongs or crocs</i>) an old pair of runners is perfect. -
3 pairs of socks	Comfortable and warm for walking in. The thick types are best, (Holeproof Explorer Original) however you may wish a thin pair
2 pairs of long pants	1 pair of synthetic material or quick dry pants for daytime and 1 pair of warm fleece material for cold evenings. NO DENIM.
1 t-shirt	An old one - <i>no tank tops, singlets or thin straps</i>
1 pair of shorts	Good for walking in – <i>needs to be a reasonable length, no short shorts please.</i>
2 jumpers	Wool or polar fleece – NOT COTTON
1 long sleeve shirt	Excellent for keeping the sun off and staying cool
Underwear	As many as you see fit
Swimmers	One piece or speedos are best under wetsuits
Beanie	Keeping warm on cool nights
Insect Repellent	Roll-on or Lotion. No aerosols
Thermal pants & top	Not cotton, must be poly-propylene or fine weave wool
Duffle bag or backpack <i>Please clearly label bag with your name</i>	To bring all clothing and gear to program and store extra items you do not need on expedition, at base. Land's Edge will provide a 65 litre hiking pack. If you have a suitable hiking pack, you are welcome to bring it along.
Inner sheet	A silk or fleece liner for inside your bag adds warmth and comfort. It also protects bag from getting dirty.
Toiletries	Just the basics, toothbrush and paste etc. <i>No aerosols</i>
Towel	Small beach or travel towel - <i>remember you need to carry it</i>
Zip-loc bags	5 large
Personal medication	Any personal medication you are currently taking
Whistle	
Camera	Optional, in a Ziploc bag to protect from the elements