

## Tonight

Program overview

Short Film

Aims and objectives

What happens?

Food

Clothing and equipment

Student responsibilities

Medical

Questions?



What does a day-by-day outline look like on Endeavour? Expectations.

Short Film by Nic Covelli – viewable on website. Really great insight into the program, with students perspectives.

Aims and objectives – what is the purpose of Endeavour?

What food will we have – this is obviously very important and can be a highlight for many.

Most importantly – our comprehensive equipment list.



- The first of the longer expeditions. Nerves, excitement.
- Year 7 and 8 have been extended since 2015 for progression and lead up to Year 9. Making the jump to 9 days a little easier.
- Challenging but achievable for all involved – it is supposed to stretch an individual and break them out of their comfort zones as this is when the real learning and growth occurs.
- More responsibility handed over to the students – carrying all the necessary gear for the journey. Working as a little community to get through the activities and focus of each day. Broken into CHEF (cooks, hygiene, environment, fire) groups at each camp site to undertake a set list of jobs to get the evening underway. Everything interacts with everything else, if the cooks delay food prep, everyone is going to eat late. If the fire crew hasn't got enough wood for the evening, that is going to slow down cooking and warmth for the group.
- Inclusion of Round Square Discovery Framework with focus on adventure, leadership and environmentalism.
- Outdoor Education programs are valued and important in curriculum - building resilience, strengthening relationship, enhancing positive emotions. Program is reported on through Schoolbox through the areas of Effort and Behaviour, and Respect for Self, Others, and the Environment. These are continually reflected on and built upon through all of our programs



## Endeavour short Film



Filmed by Nic Covelli – who has led a number of our programs over the years. Focusing more so now on filming outdoor education programs and trips

<https://youtu.be/EtuMQDW85kU>

## Year 9 Endeavour Course

### THE ADVENTURE BEGINS

Students on camp for 9 days

Groups approx. 16-18 students - girls and boys.

Groups are independent - they do not split or spend time with other groups

Varying activities and expedition style program



Image taken on top of Razorback Ridge. A challenging day, generally starting early in the morning, in the dark for lead groups, with breakfast up on the ridge. Breathtaking views.

Looking back towards the valley at Hugh Gorge Gates. In Year 11 students will keep walking north past the turn off of Razorback Ridge to head west into Hugh Gorge.

Nine days, opportunity to take up a shorter five day program instead. If this is opted for through Operoo, students will come out on Day 5 or they will be given the choice to continue for the 9 days. Many students take up the option to stay on as they end up settling in and realise they can do it. Obviously the five day option is sometimes all that a student can do for various reasons or other commitments. However, it is achievable and accessible for all.

Groups are based on buddy selections, gender ratios, number balancing, dietary and medical information, friendship groups and dynamics, as well as lots of consultation with Heads of Houses. Shifting between groups before the departure day can sometimes be challenging.

Practical skills are important, but come second to 'soft skills' – during this time, we refer a lot to community, so being able to interact effectively with

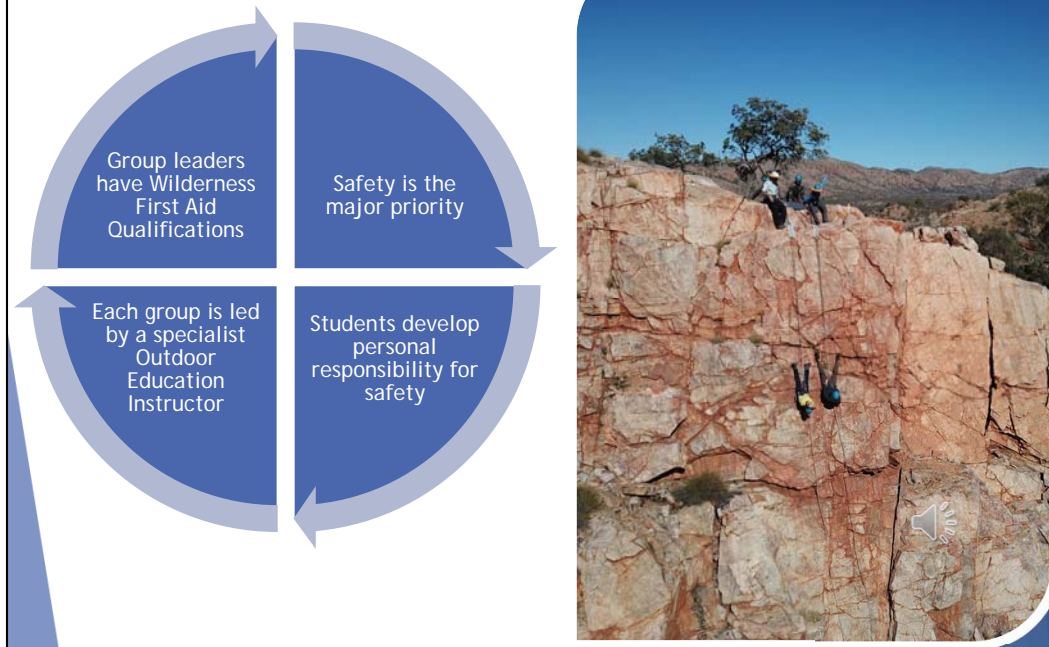
others is important and development of these skills is an aim of this program.

Unique experience – in the West Macs travelling off-track and sometimes going only where St Philip's has gone, or unless you are a really keen bushwalker.

Group work – leadership, listening skills, dealing with difficult people, long period of time with group, working with new people or people you may previously not got along with.

Groups are independent, once separated on the morning at the shed – that is it. You will rarely see the other group/s and if they are spotted, a wave is encouraged but we typically discourage meeting up and chatting. All groups are on their own journey so we need to respect that.

# Staffing & Logistics



Staffing generally made up of 2-3 staff members

- 1 Wilderness First Aid Trained Outdoor Education Staff member (freelancer brought in for the season)
- 1-2 staff members (generally a teacher and maybe a gappy)

Group leaders are experienced and qualified in working with young people in a remote setting

Backup staff are located on site for duration of program. Supporting logistics and running of particular activities (low ropes and abseiling)



### Raft building initiative in Fringe Lilly Gorge

- team work, responsibility, leadership

Students on the shorter version program will come out this day. They may or may not be involved in the raft building, depending on timings.

Groups are given materials to build a raft to transport packs across gorge safely aiming to not get wet.

Night and morning before includes a water proofing briefing and demonstration. Orange multix garden bags are very important for this day. 1 is used primarily for waterproofing your sleeping bag. Others are used for waterproofing all other personal and group gear items.

Great packing skills are necessary for this day, making sure there are no gaps in your packing as much as possible so everything fits inside. Staff and peers will support you.

It is cold. We have lifejackets and helmets on for this activity. It is expected you have good thermals and beanie for this day (wool or polypropylene) to assist with warmth. It is important you are not wearing any cotton for this

activity as this is a hazard and will make you cold! Don't be a hero, swim your one lap to the other side then get out and assist with pack passing and getting dry.

## Staffing & Logistics cont'd.

Group leader assisted by a St Philip's staff member

Always a female adult with each group

Head Outdoor Ed coordinates program and remains close to groups

Sophisticated communications system



Generally 2-3 staff per group

Emma Shearer and another staff member on backup and amongst it all for duration of program.

-managing food and water for groups

-activities

-assist staff and students wherever needed

-communicate back to the College or to Parents if necessary

## Food

All meals provided  
(except lunch Day 1)

Important teaching tool

Different meal each night

Standard breakfast and lunches

Special dietary requirements -  
ensure information is in the  
Operoo System



Spaghetti Bolognese, Stir Fry, Spinifex Pesto,

Dehydrated meals from Year 9 Cooking – Mexican Chilli Rice and Tomato Pasta (for nights through the gorge and around the back to Birthday Waterhole).

Some of the more hands on cooking activities include – Pizza, Cultural Cooking (roast vegies, dough making, steamed apples, and kangaroo tails), and delicious Roast Chicken Night

All cooking down on fires in the riverbeds by students with close and strong supervision and assistance from staff.

## Equipment

Equipment list is comprehensive

Woollen jumpers or quality outdoor fleece jumpers essential. They insulate when they are wet

Thermal underwear is a must. Essential for Mittagundi and Year 11 Aspire. Polypropylene or woollen.

Fashion is not important. Instead, try to look dorky!



Please engage with the information letter and equipment list early and make sure you have everything.

Ensure you still have your College issued sleeping bag or purchase a new one through accounts.

As per point before, absolutely no cotton for water activities. Make sure you have some good wool, polypropylene gear or fleece jumpers.

This stuff will be handy for Year 10 and 11 so consider it an investment in buying new, unless your child is expected to grow!

Go raid Op Shops – fashion is not important!



As you can see, everything done in riverbeds. Just like anywhere along the way of the journey, when groups pack up and head off they follow the leave no trace principal and it would be like no one was here.

Everything around the fire – cooking, briefing, debriefing – warmth and catalyst for connection.

## Clothing & Equipment cont'd

Sturdy footwear important

Typically, a pair of strong & worn in runners are fine.

If boots - wear them in

Slip on shoes or Blundstones are unsuitable and dangerous

2<sup>nd</sup> pair of runners required for water activities

Minimal toiletries

Long pants always. Cargo pants; *Hard Yakka*; army pants; NOT jeans or leggings

Other items are all covered in detail on list



Hot spots / Blisters – uncomfortable! Listen to staff briefings on the first day and make sure to communicate early if you are feeling any rubbing on your feet. They may be able to prevent it turning into a blister.

Make sure you have appropriate footwear. A good pair of runners is great for this trip. Lone Dingo have some one planet hiking boots too or other boots – just make sure you wear them in well before the trip. Do not buy them and then the first day of wearing them is camp – this will hurt!

Toe-covered water shoes. An old pair of runners is great. You will be walking on sand, and slippery rocks so you want something with grip preferably.

Toiletries – you have to carry it! So please go minimalistic so you are not complaining of weight as much.

- toothbrush, tooth paste
- Toilet paper
- Sunscreen
- Sanitary items

^that is really all you need!

Absolutely no aerosols – these are dangerous and will be confiscated.

Clothing – at all times long sleeve shirts and pants. Absolutely no shorts (unless on the swimming day). No jeans or leggings – these will not be allowed.

## Obtaining equipment

Not necessary to make any large purchases

Borrow from others - over 3000 people have been on Endeavour

Op-shops can be a good source for woollen jumpers

Rain Jackets are provided.

### LONE DINGO STUDENT PRICELIST

St. Philips Outdoor Program  
2025



#### THERMALS

Sherpa Polypropylene \$25/  
Wool \$93



#### FLEECE JACKET \$68

Sherpa Premium Fleece Top



#### MERINO LITE HIKER SOCKS \$21

Sherpa



#### BEANIES \$12

Sherpa Tenzig or Chokpa



#### GLOVES \$21

Sherpa Fleece Glove



#### WALKING BOOTS \$179

One Planet Cobbler, OR 15 % off any other style



#### PASSAGE DINNERWARE SET \$33

Sea to Summit



#### HEAD TORCH \$42

Black Diamond Astro



#### WATER BOTTLE \$25

Nalgene Sustain 1000ml



#### SAFETY WHISTLE \$10

Coghlan's



Any technical equipment will be provided by the College.

Lone Dingo will be able to help for most things, if you need something.



## Students are NOT to bring

- ▶ Additional food, **except for first day lunch**
- ▶ Medications **without** advising staff (e.g. Panadol)
- ▶ Knives (pocket, Leatherman, locking blade, butterfly, machete etc.)
- ▶ Phones, watches, iAnything, smart anythings!
- ▶ Aerosols

Most likely going to get broken, taken by backup, or lost.

Any food you are still carrying after lunch is not allowed. Again, this will get taken or shared between the group until it is gone.

All medications (including OTC items) must be reported and handed in to staff at the shed. Parents are required to include this information in Operoo. They can also chat to staff on the morning or day before departure.

Anything not required or allowed will be taken and given to backup with no certainty of returning – may as well leave in the safety of home or think again and leave in your bag at the shed.

Aerosols – don't need to use deodorant really, so embrace it for a 9-day period and you may save some money when you realise it's a useless purchase most of the time.

Absolutely no sprays.

## Student responsibilities

Enthusiasm - if you say it "sucks" then it will!

Willingness to learn and to contribute to the success of their group and their own learning

Respect for SELF, OTHERS and the ENVIRONMENT.

Responsible for their own safety

Following College rules - behaviour, language, prohibited substances

Have fun!



Think about the attitude you have prior and choose to bring on camp.

If you say this sucks, then it will! And you will impact negatively on everyone else trying to have a good time.

Go in with a growth mindset. It may be hard at times but keep persevering. Ask for help when you need it, have a crack at everything on offer.

You have responsibility for your own safety – listen to briefings, act safely and respectfully at all times, call out negative or inappropriate behaviours

Heads of House, Deputy Principals, parents will be contacted if there are any serious concerns and issues.

## Girls on camp

There is a female adult with each group

Encourage girls to talk to those that have attended

The 'Rocket'



Check out the Periods on Camp information on the website.  
Periods are not a barrier to participating.



## Medical Information

- ▶ Update on Operoo.
- ▶ **Please complete by 5 May 2025**
- ▶ Complete all medical information as accurately as possible.

Please ensure you have responded to the Year 9 Endeavour form on Operoo as soon as possible or by 5 May.

- Ensure medical information for your child's profile is all up to date and any asthma and anaphylaxis plans are included.

This should always be checked and updated whenever something changes for your child so staff and Med Centre are always provided with the most up to date information.

If you are receiving emails from Operoo, it is because something needs to be actioned. The best thing to do to stop receiving notifications is to complete the action!

## Departure Dates

- Groups 1 & 2 - Monday 22 July to Tuesday, 30 July
- Groups 3 & 4 - Tuesday 23 July to Wednesday 31 July
- Week 3 - Year 9s commence Term 3 classes.



No classes for Year 9s Weeks 1-2 of Term 3.



Questions?