

**MACKILLOP COLLEGE**  
**YEAR 8 MOGGS CREEK/LORNE**  
**OUTDOOR EDUCATION**  
**EXPERIENCE 2017**



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# Introduction

The Year 8 Outdoor Education Experience will be held at Moggs Creek/Lorne over three days. This is more than just a camp; it will be an opportunity to explore the unique coastal environment, further develop the outdoor skills and knowledge obtained in Year 7 and challenge students physically, mentally and spiritually.

The Year 8 Outdoor Education Experience forms an integral part of the MacKillop College curriculum. It offers students many unique and engaging learning experiences which can inform and enrich each student's school experience.

The dates for each class are as follows:

Group	Camp Date
Aqua	31 May – 2 June
Brown & Silver	7 – 9 June
Blue & Red	14 – 16 June
Teal & Maroon	21 – 23 June
White & Green	27 – 29 June
Purple & Orange	19 – 21 July
Ivory & Gold	24 – 26 July

It is an expectation of the College that all students participate in the Outdoor Education Experience and conduct themselves appropriately while off-campus.

For non-attendance, a student is required to have a signed medical certificate for the duration of the experience. This is to be handed in within three days after the Experience has returned. Failure to attend the Experience or not produce a medical certificate will result in an N form.

## Forms

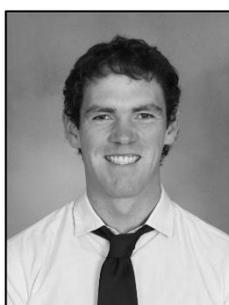
**All forms to be completed and returned to the student's homeroom teacher**

- 2017 Outdoor Education Expectation Years 7 – 12
- Year 8 Moggs Creek/Lorne Outdoor Education Experience 2017 Consent Form
- Arrangements for Year 8 Students Travelling Home
- Year 8 Outdoor Education Experience 2017 - Thermal Clothing
- Asthma/Anaphylaxis Camp Management Plan (all students with Asthma must complete).

## Outdoor Education Staff



Rachel Walsh



Shane Webb



Sean Murdoch

# Education Rationale

Aims for the Year 8 students to achieve include:

**A) *To develop***

- Demonstrate group living skills
- Cooperation
- Responsibility for one's actions
- Self-esteem and confidence
- Respect for self, others and the environment
- Navigational skills, using basic techniques to navigate in the bush
- Community based thinking
- Knowledge and practice of minimal impact camping
- An adventurous spirit
- Stimulated interest in what is being learnt in class by exposure to the wonders of nature

**B) *To Encourage***

- Leadership
- Enjoyment and adventure
- Minimal impact on the environment
- Decision making
- Positive communication
- Environmental awareness
- Group awareness
- Personal reflection



*Learning to Navigate*

**C) *To Provide***

- Challenging activities in a safe environment
- Guidance and encouragement
- Education and reflection
- A fun experience

The Year 8 Moggs Creek/Lorne Outdoor Education Experience encourages students to further develop respect for themselves, others and the world around them.

The activities offer new experiences and try to encourage students to be more engaged in, and responsible for, their own learning. These activities are carefully planned to minimise the level of risk to which the student may be exposed.

Staff are there to support and guide the students as they are encouraged to make their own decisions and manage themselves in new and exciting situations. Staff supervise students throughout the three day experience and provide backup assistance, including vehicle and communication support.

# Lorne: History

Gadubanud or King Parrot people of Cape Otway coast were the original inhabitants of the land around Lorne before Europeans. The indigenous people traded spear wood, burnt patches of forest for hunting animals and exploited a wide range of animals (native rats, snakes, lizards, birds and their eggs). They occupied the rainforest plateau and rugged coastline but interaction with the group has not been documented since 1846. They were able to successfully avoid any interaction with the European settlers in the 1830s.

Lorne was originally called Louttit, in honour of a sea captain who transported wood from the area. However, the town was renamed Lorne after the Marquis of Lorne who married the daughter of Queen Victoria, Princess Louise. Louttit Bay was used to transport wool from Portland to Melbourne and became a port for timber trade.

The first European settler was William Lindsay who was a timber cutter. He had two young sons who were both killed when a sand tunnel collapsed near the Erskine River. The graves can be seen near the suspension bridge. Post-European contact with Aboriginal groups is marked by violence, disease and displacement (movement from hunting grounds by Europeans). Evidence of Indigenous people in the Cape Otway area can be found in fragments of shell middens containing remnants of shells, abalone, periwinkle and mussels.



## Plants, Birds and Wildlife

The Otway Ranges are a paradise of flora and fauna and provide visitors with lots of opportunities to see animals. Koalas, especially, are easily seen on the Otway Coast with many areas around the villages providing easy viewing of koalas feeding and sleeping in trees. Other animals that live in the area are Swamp Wallabies, Ringtail Possums, Echidna and Grey Kangaroos which are all quite common. Tiger Quoll and Yellow-bellied Gliders are also residents of the Otway Coast area but are rarely seen. The Spot-tailed Quoll, or Tiger Quoll, is the largest surviving marsupial carnivore on the mainland of Australia. The Quoll is a very good climber but it spends most of its time on the forest floor looking for the small animals it feeds on.

The most abundant and tallest tree found on the coast is the mountain ash which has been known to grow more than 100 metres. No trees of this size remain as the mountain ash has since been logged and re-seeded for more than 150 years. It takes about 300 years for these trees to reach maturity and they will live far beyond that. The mountain ash is an important tree for birds. They take nectar from the blossom, insects from foliage and bark and use hollows in the trees as nesting places.

# Year 8 Outdoor Experience Itinerary

Day	Activities
<b>Day 1</b>	<p>8:30am Welcome students Introductions, brief outline of camp Organise OED gear Waterproofing</p> <p>10:30am Travel to Aireys's Inlet</p> <p>12:00 noon Lunch (bring own) Walk to Lighthouse/Beach</p> <p>1:00pm Depart Aireys's Inlet for Moggs Creek</p> <p>1:10pm Arrive at Moggs Creek – Tallawalla Campground Introduction to the area Welcome to Country Camp orientation and tent set up</p> <p>3:00pm Activities Group 1 – Moggs Creek walk Group 2 – Beach/Camp Initiatives</p> <p>5:30pm Prepare Dinner Group 1 – Trangia Cooking (Pasta) Group 2 – Baked Potatoes</p> <p>6:00pm Dinner</p> <p>7:00pm Dinner Clean Up</p> <p>7:30pm Night Activities Group 1 – Boomerang/Indigenous Art Group 2 – Night walk, Stargaze and Initiatives (weather dependent)</p> <p>9:00pm Night Time Brief (5 Ts)</p> <p>9:30pm Bed Time</p>
<b>Day 2</b>	<p>7:00am Wake-up and Breakfast Pack packs for day and prepare lunch</p> <p>9:30am Drive to Allenvale Campground/St George River</p> <p>10:00am Bushwalking/Navigation/Leadership Brief and Start Hiking</p> <p>1:00pm Lunch</p> <p>4:00pm Return to Allenvale Campground and drive to Lorne foreshore</p> <p>4:15pm Games &amp; Activities at Lorne foreshore</p> <p>5:30pm Arrive back at Tallawalla Campground</p> <p>6:00pm Dinner Group 1 – Baked Potatoes Group 2 – Trangia Cooking (Pasta)</p> <p>7:00pm Dinner Clean-up</p> <p>7:30pm Night Activities Group 1 – Night walk, Stargaze and Initiatives (weather dependent) Group 2 – Boomerang / Indigenous Art</p> <p>9:00pm Night Time Brief (5 Ts)</p> <p>9:30pm Bed Time</p>

<b>Day 3</b>	7:00am	Wake-up, Breakfast and Pack-up Pack up bags and tents Load bags and group equipment onto trailers Clean up camp ground
	9:30am	Activities (weather dependent) Group 1 – Beach/Camp Initiatives Group 2 – Moggs Creek Walk
	11:30am	Lunch at Tallawalla Campground
	1:30pm	Depart for Mackillop College
	3:00pm	Arrive at Mackillop College Pack-up gear in Outdoor Education Sheds
	4:00pm	Dismiss students at Tenison Woods Centre

**Please Note:**

The arrival time at the College is an estimation only and every endeavour will be made to dismiss students at this time. Students are to be picked up from the south-east side of the Tenison Woods Centre at 4:00pm.



*Signage on the second day walk.*

# Personal Equipment Checklist

*The appropriate clothing and equipment will ensure safe and enjoyable participation in this experience. It will keep you warm, dry and hydrated.*

**Please bring lunch for the first day of the program in a daypack**

## **Clothing:**

- 1 – 2 Thermal underwear (long-sleeve thermal top compulsory - no cotton)
- Bushwalking boots/shoes - need to have laces, low/stable heel (high cushion runners can render ankles vulnerable, encouraging them to roll), good traction and waterproofing. If you do not have boots, bring a spare pair of shoes which you can walk in or wear at night, in case your other shoes get wet.
- 1 beanie
- 1 pair of warm gloves
- 1 sunhat/cap
- 2 pairs of long pants (cotton blends and jeans are not acceptable as they are extremely cold when wet. Nylon or fleece tracksuit pants are best.)
- 2 warm t-shirts - polypropylene or wool are warmer fibres than cotton (need to cover the lower back)
- 3 pairs of underwear
- 3 pairs of long wool/nylon blend socks
- 2 jumpers (woollen or polar fleece/ fibre pile. No cotton eg cotton hoodies as it is very cold when wet)
- 1 long-sleeve shirt/skivvy
- 1 pair of shorts (no jeans or denim. Nylon shorts are best.)

## **Equipment:**

- Sleeping bag (suitable for winter camping) (no pillow) labelled and waterproofed
- 1 day pack
- 3 strong/durable large garbage bags to waterproof sleeping bag, clothes and to line pack
- 10 **black** garbage bags
- Small torch (head torch ideal), spare batteries
- Toiletries (no aerosol cans), roll on deodorant, baby wipes, toothbrush/toothpaste, sunscreen, etc
- 2 tea-towels and scourers in cloth bag, with plate, bowl, mug, (no disposable plastic, glass or porcelain) butter knife, fork and spoon (metal utensils please)
- Reusable lunch box for packed lunches
- 2 recycled and/or non-disposable 1L water bottles (filled & named)
- Medication, which is to be given to staff prior to departure
- Personal first aid kit: Band-aids or Elastoplast strip; sports tape or braces for pre-existing injuries (please inform OED staff) and blister kits
- Optional - camera (Outdoor Education staff will have a camera)

### **Equipment Provided by MacKillop:**

- Tent and stove (per group of three)
- Backpack
- Rain jacket and rain-proof over pants
- Blue compressed foam sleeping mat
- Map, compass and whistle
- Camping and cooking equipment

*All gear should be packed into large garbage bags inside a soft duffle or sports bag. Students will also need to bring a day bag/backpack for the walk on the second day.*

**Prohibited items:** Thongs, crocs, ugg boots, tank tops/singlets, leggings, denim jeans, make-up, extra food (including lollies), soft drink, jewellery (earring studs acceptable), aerosol cans, pocket knives, magazines or laser lights.

**No mobile phones, iPods, MP3 Players, Gameboys or iPads**

**No lollies and NO NUTS or nut based products.**

If students are found with these items, disciplinary action will occur and the items will be confiscated.

We ask students not to bring expensive items in case of damage, loss or theft.



*Initiatives at the Beach*

# Menu

	Day 1	Day 2	Day 3
<b>BREAKFAST</b>	N/A	Cereal, muesli, fresh fruit and hot chocolate	Cereal, muesli, fresh fruit and hot chocolate
<b>SNACKS</b>	N/A	Hikers mix, fresh fruit and muesli bars	BBQ Shapes, fresh fruit and muesli bars
<b>LUNCH</b>	<b>Students to bring their own recess, lunch and 2 recycled and/or non-disposable 1L water bottles filled.</b>	Wraps with luncheon meat- chicken, ham or Strasburg and salads- lettuce, tomato, red onion, cucumber, capsicum, avocado, cheese, mayonnaise. Fresh fruit.	Chicken burgers with lettuce, mayonnaise, tomato and other salads. <b>Note</b> - vegetarians will be catered for.
<b>SNACKS</b>	Fresh fruit	BBQ shapes, fresh fruit and muesli bars	BBQ shapes, fresh fruit and muesli bars
<b>DINNER</b>	Cup of soup- creamy chicken or vegetable flavour Baked potatoes with bacon, cheese, baked beans, sour cream and coleslaw	Cup of soup- creamy chicken or vegetable flavour Pasta with tomato and herb sauce, carrot, capsicum, zucchini, onion and parmesan cheese (optional tuna)	N/A
<b>DESSERT</b>	Biscuits and hot chocolate <b>or</b> Damper with butter and jam	Marshmallows	N/A

**\*Menu subject to change to cater for food allergies and anaphylactic students.**

# Minimal Impact Bushwalking/Camping

## **Access:**

- Use gates, not fences, and leave gates as you find them.
- Only drive vehicles on designated roads.
- Use current paths and do not damage or remove flora.

## **Rubbish:**

- If you carry it in, carry it out. Carry bags for storing rubbish.
- Take foods which have minimal packaging. Fresh food does not require cans or jars.
- Don't be too proud to clean up someone else's rubbish. Try to see this as a positive act. Encourage others to clean up and make them feel positive about their contribution.
- Conserve water sources by not polluting them with soap, detergents or food scraps.



## **Fires:**

The Australian camping authority recommends the use of fuel stoves for cooking as they are environmentally friendly. If you do require an open fire:

- Collect wood that is dead and lying on the ground for fires.
- Use fireplaces or old fire scars if available - do not create new areas.
- Carefully select a site away from bushes, trees and rocks which could be damaged.
- Do not surround the fire with stones (leave the stones where they are).
- Stop the fire long before you intend to leave. Putting out fires should not be a last minute practice.

## **Toilets:**

If you are building a bush toilet:

- Select toilet sites 100 metres or more from water courses.
- Dig a hole 15–20 centimetres deep.
- Bury all waste and toilet paper completely.
- Cover with soil and leaf litter.

## **Flora and fauna protection and appreciation:**

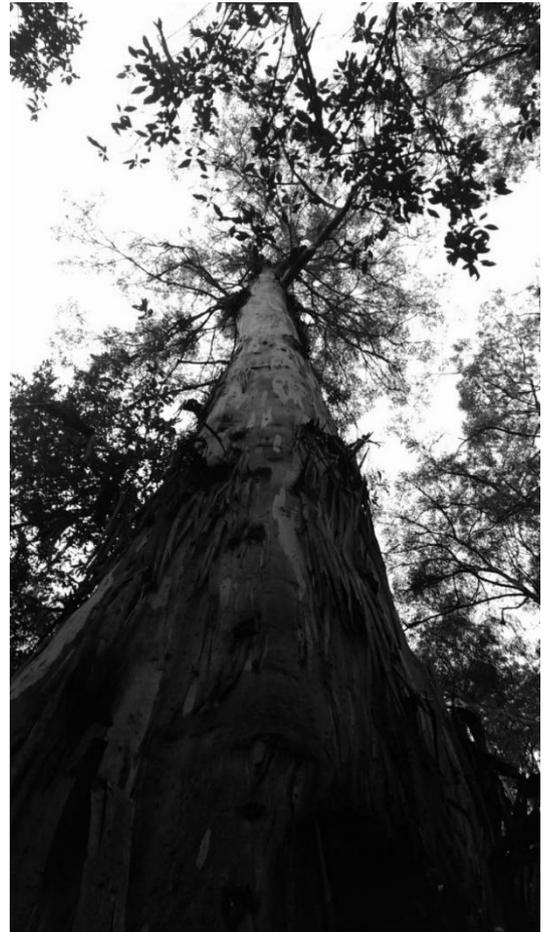
- Use tracks where possible to minimize damage to flora.
- Animals and plants are not to be disturbed.
- Do not feed animals under any circumstances.

## **Campsites:**

- Campsites should be at least 20 metres from creeks, rivers or the sea shore; some National Parks have a minimum requirement of 200m.
- Do not take radios or play loud music in campsites. Respect the rights of others and minimise your impact on the local fauna.
- Leave timber where it is, do not create campsite furniture.
- Do not clear campsite areas and if staying for more than one night, move your tent to minimise damage.

## **Bushwalking:**

- Use formed tracks where possible.
- In untracked areas, do not cut or trample vegetation. With larger groups use multiple routes so as not to create a badly worn area.
- When planning your trip (including emergency access) plan to use formed tracks.
- Leave no trace.



# Handy Hints

The skills and knowledge gained during Outdoor Education meetings and Year 7 Camp can assist you with your experience down at Lorne. The Outdoor Education department is offering a few handy hints to make your experience a positive one.

The Year 8 Moggs Creek/Lorne Experience is conducted in winter and we need to emphasise that the cold will be one of the greatest challenges we face. To overcome this we recommend:

## **Sleeping:**

1. Purchase or borrow a warmer sleeping bag that it is graded for colder conditions.
2. Purchase or make a polar fleece inner sheet or bring a polar fleece blanket

## **General Warmth:**

Polypropylene thermal underwear is a compulsory item that you need to have. These items will ensure you stay warm in cold and wet weather. It doesn't matter if you get wet in polypropylene because it dries very quickly. It uses the body's heat to dry the garment keeping you warm in the process, unlike a cotton material which draws the heat from your body leaving you cold.

**The school uniform shop sells thermal underwear at a reasonable price.**

For a warm experience, one of the best outer garments you can wear is made of polar fleece. Polar fleece works like thermal underwear; should it get wet, it dries quickly, keeping you warm at the same time. If you are finding it hard to source polar fleece outer garments, please make sure your son/daughter has some thermal underwear.

*Keeping warm is important. The equipment listed here will be a must if your son/daughter wishes to continue in Outdoor Education at MacKillop.*

***Hopefully this booklet has answered any questions that you may have had regarding the Year 8 Outdoor Education Experience. If you have any further concerns don't hesitate to call Mr Murdoch, Miss Walsh or Mr Webb at the College.***



*Wildflowers found  
on the Waterfalls  
walk.*

