



# Year 8 Killalea State Park Camp



Wednesday 25th to Friday 27th October 2023

Please find below information for the upcoming Year 8 camp to Killalea Regional Park, Shell Cove.

[Please Click Here to Complete Consent and Medical Form](#)

[Please Click Here to Complete Black Diamond Adventures Camp Indemnity Form](#)

If a student is unwell or displaying any signs and symptoms of COVID-19 he is asked not to attend the camp. If a student presents at school or the venue with signs and symptoms, he will not be permitted to attend, and parents will be contacted to collect him.

## Travel details

Depart: Wednesday 25 October - Roll call from 5.30-5.45am, depart 6am, by Coach from Russel Drysdale Street.

**Breakfast should be eaten prior to departure and morning tea and lunch will need to be pre-packed to be eaten on arrival.**

Return: Friday 27 October, estimated 2.30pm, by Coach to Russel Drysdale Street. Any changes to the arrival time will be updated via our College App and Facebook page.

## Accommodation

Students will be staying in tents that are provided by Black Diamond Adventures.

## Camp Activities

Students are divided into groups and rotate through set activities. Activities may include: bush walking and navigating, kayaking, canoeing and rafting, abseiling and rock climbing, flying fox and high ropes, commando course, laser tag, caving, coasteering, surfing, night activities, whip cracking, camp oven cooking, Aboriginal traditions.

This experience is designed to challenge the students at various times during the week and the learning of how to cope and react to the challenges can establish lifelong lessons. Please visit [School Camps NSW Trusted Provider | Black Diamond Adventures](#) for more details on the Camp

## Medication

Medication must be handed in to me on arrival at the College in a clearly labelled ziploc bag (details of dosage and frequency must be included). If your son can self-administer his medication without supervision, permission needs to be provided in the consent form. *No student is to have any medication without notification.*



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## Packing List

### Sleeping Gear

- Sleeping Bag (-5 Degree Rating) (inner sheet liner recommended)
- Sleeping Mat
- Pillow

### Food

- Morning tea and lunch for day 1
- Water (Refillable Water Bottle)

### Clothing

- Hat
- 3 shirts (no singlets)
- 2-3 pair of shorts or long pants
- daily change of underwear
- daily change of socks
- Rain jacket
- 2 x Warm Jumper
- Track pants
- Warm sleeping clothes
- Appropriate swimmers
- Wetsuit (optional)
- Fully enclosed shoes only (strictly no thongs, slides or crocs)**

### Other Equipment

- Bowl, plate, cup, cutlery, tea towel**
- Toiletry items
- Towel
- Beach Towel
- Bag for rubbish
- Head Torch
- Hand Sanitizer
- Suncream
- Insect Repellent

It would be appreciated if you could complete the Consent and Medical Form by Monday 9 October 2023. Please do not hesitate to contact me for any further clarification or questions.

Regards,

Robert Speziale  
**Year 8 Pastoral Leader**