

THE DUKE OF EDINBURGH'S AWARD

Adventurous Journey - Hiking Expedition: Friday 7th October – Monday 10th October

Hume and Hovell Track

Dear Parent/Guardian,

As part of the Duke of Edinburgh Award at St Edmund's College, we have arranged a four day/three night hiking expedition for Friday 7th October to Monday 10th October 2022. The walk is in on a section of the Hume and Hovell Track, starting and finishing at Wee Jasper.

The Hume and Hovell Track follows the route of an expedition led by Hamilton Hume and William Hovell in 1824 to find new grazing land for the colony. The trail is in south-east NSW and stretches a total 426km passing through the towns of Yass, Wee Jasper and Albury. We will be commencing the hike from Wee Jasper, approximately a 1.5 hour drive from Canberra. We will be camping at Log Bridge Campsite, Micalong Creek Campsite and Micalong Creek Reserve, before returning to Wee Jasper.

We have placed a limit of 12 students for the group size, so places will be allotted on a first come basis. All students are invited to participate in this expedition to diversify their skills and stimulate a spirit of adventure and self-discovery whilst undertaking the journey. As with all activities the candidates will be accompanied by Staff members who will assist them in acquiring suitable skills. At a minimum, students will need the correct backpack, hiking boots, a fuel stove and a suitable tent (please see equipment list below for details). Students also have the option to bring a small fold-up fishing rod, but are required to carry this themselves.

In regards to the current COVID-19 situation, **students are required to bring their own hand sanitizer, RAT test and mask. They must also RAT test on the morning of the 7th October. RAT test will be provided by the school.** If a student tests positive, shows COVID 19 symptoms or are close contacts (within 3 days) they will not be permitted to attend the hike.

Please also be aware that the hike may be cancelled at any point in time, due to the current relief teacher situation, COVID-19 or severe weather warnings. You will be notified immediately if this occurs.

Departure: School carpark near gym – 7am Friday 7th October

Return: School carpark near gym – 5pm Monday 10th October (approx.)

Transport: School mini-bus

Cost: \$50 – please pay via school website – 'Online Payments'

<https://www.bpoint.com.au/pay/CHRISTIANBROTHERSCOLLEGESTEDMUNDS> under **BILLER CODE: 1718915** – Excursions with **Event Name: Duke of Edinburgh Hike 2022**

Please also bring a small amount of cash/card in case of emergency or to spend at the Wee Jasper General Store (optional)

Staff: Tanisha Elliott, Nathan Metcalfe, Marinda Venter and ex-student Nicholas Odgers

A permission slip needs to be filled in on the Parent Portal and payment made to secure a place on the expedition.

Tanisha Elliott (Duke of Edinburgh Coordinator)

Itinerary:

Friday 7th October:

- 7:00am: Depart St Edmund's College
- 8:30am: Arrive at Wee Jasper and check in at office.
- 9:30am: Begin walking – Day 1: Wee Jasper to Log Bridge Campsite (≈ 11km)
- Explore The Wild Caves at Fitzpatrick Trackhead
 - Summit Mount Wee Jasper (700m climb over 6km)
- 4:00pm: Arrive at Log Bridge Campsite, set up tents, cook dinner etc.

Saturday 8th October:

- 7:30am: Wake-up, eat breakfast, pack-up camp etc.
- 9:30am: Begin walking – Day 2: Log Bridge Campsite to Micalong Creek Campsite (≈13km)
- Continue along the Hume and Hovell Track and pass Millers Creek and Pompey Pillar.
- 4:00pm Arrive at Micalong Creek Campsite, set up tents, cook dinner etc.

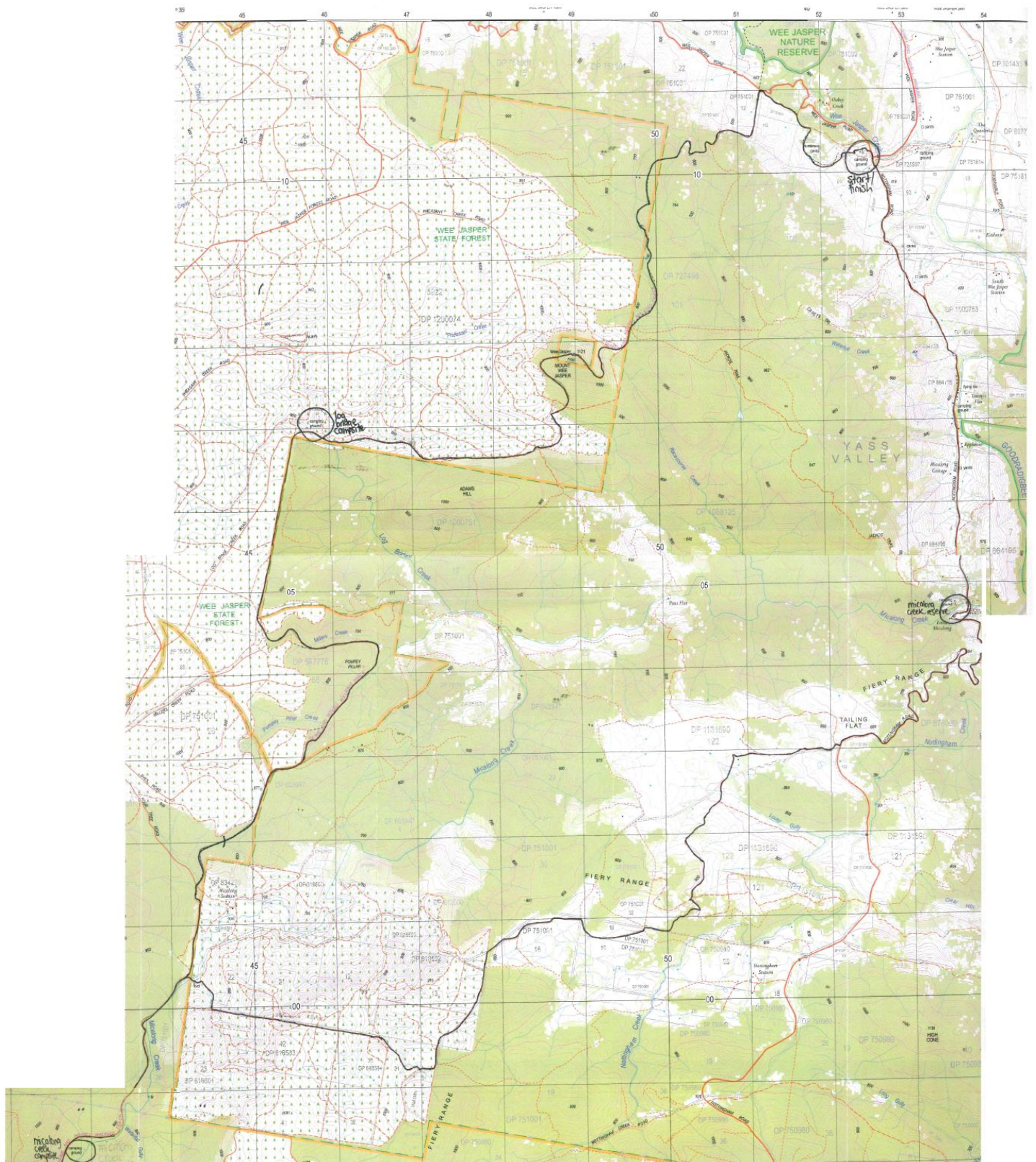
Sunday 9th October:

- 7:30am: Wake-up, eat breakfast, pack-up camp etc.
- 9:30am: Begin walking – Day 3: Micalong Creek Campsite to Micalong Creek Reserve (≈15km)
- Head back up the Hume and Hovell Track for around 3km
 - Turn right and cross state forest, across Fiery Range and to Tailing Flat where the track meets Nottingham Road
 - Follow Nottingham Road for around 3km to Micalong Creek Reserve
- 4:00pm Arrive at Micalong Creek Reserve, set up tents, cook dinner etc.

Monday 10th October:

- 7:30am: Wake-up, eat breakfast, pack-up camp etc.
- 9:30am: Begin walking – Day 4: Micalong Creek Reserve to Wee Jasper (≈7km)
- Continue walking up Nottingham Road for approximately 7km to Wee Jasper
 - Options to fish, swim or explore the Goodradigbee River along the way
- 3:30pm Arrive Wee Jasper and depart.
- 6:30pm Arrive at St Edmund's College

Map Overview:



Equipment List:

All students must come properly equipped. In particular, students must be adequately prepared for cold and wet weather. The following list includes essential items:

Backpack: Weight limit = 15kg

Tent (shared)

Small, lightweight two-person tent – share with someone else and split the tent parts to carry. Fly with inner shell and waterproof base floor.

Sleeping Bag

Sleeping bag minimum temperature rating -5 degrees. Carry sleeping bag inside a waterproof garbage bag to keep dry. Optional: Silk sleeping bag liner – helps keep your sleeping bag clean, adds 0.5 to 1 degree to warmth.

Sleeping Mat

Close cell foam matt or lightweight blow-up mat. Optional: Ground Sheet - Lightweight and waterproof - can be used as moisture barrier underneath tent or for emergency protection.

Cooking Stove and Fuel (shared)

Trangia or Burner Stove

Matches (x2 packets)

Cooking Utensils

Fork, spoon, knife

Small cooking pot + scourer (for cleaning) – these can be shared

Optional: Plates, Bowls, Cup

Clothing:

- Shorts
- T-shirt
- Long-sleeve shirt
- Long pants/tracksuit pants
- Warm jumper – Polar fleece or woolen
- **Waterproof Jacket**
- Beanie
- Thermals – top and pants
- **Hat**
- Hiking Boots
- Two changes of socks and underwear
- Clothes to sleep in
- Swimmers (we are hiking near a river)

Choose clothes that are light to carry, can get dirty and will still stay warm even when wet.

Torch:

A hand held or head torch. Spare batteries (if needed).

Small Towel

Microfiber half size hand towel

Toiletries:

Hairbrush

Sunscreen

Medications (supervisors must be informed)

Toilet Paper (carry in a bag to keep dry)

Trowel/Plastic Spade

Toothbrush/Toothpaste

Deodorant

Water

All students must carry 3L of water. Several small plastic bottles are better than one large bottle.

Aquatabs

Water purification tablets.

Spare Plastic Bags/Garbage Bags x5

Personal First Aid Kit

- 1 x Space blanket
- 1 x Triangular bandage + safety pin
- 2 x Snake Bite Compressions Bandages
- Band aids x 12
- 1 x lip balm SPF15+ stick
- Sealed non stick dressings
 - 2 x Melolin or Cutilin 7.5 x7.5 cm
 - 4 x Melolin or Cutilin 5.0 x 5.0 cm
- 1 x Betadine 15ml liquid or 25gram ointment
- 3M Steri-strip 6mm x 75mm packet of 3
- 1 x roll 3M micropore tape 2.6cm wide
- Adhesive Strapping Tape 5.0cm wide – white with an orange line in the middle
- Scholl Sore Spot Moleskin 1 sheet say 7cm x 11cm
- Small Scissors

Covid-19 Safe Practices - Equipment:

- Hand Sanitizer
- RAT Test
- Mask

Food:

4x lunch, 3x dinner, 3x breakfast, snacks, 1x emergency meal

Breakfast Ideas:

- Oats
- Small packet smoothies (Can buy these at camping stores)
- Diced Fruit Cups
- Muesli Bars
- Fruit – Apple, Mandarin or Banana etc.

Lunch Ideas:

- Pre-made sandwiches
- Tuna

- Fruit – Apple, Mandarin or Banana etc.

Dinner Ideas:

- Packet Dinners e.g. Back Country Freeze Dried Food or Continental Pasta/Rice
- Two-minute noodles

Snack Ideas:

- Muesli Bars
- Fruit – Apple, Mandarin or Banana etc.
- Mixed Nuts (inform staff if you bring nuts)
- Chocolate/Lollies

Note: All rubbish must be carried.