

## Coles Bay Camp

*The following are suggestions for students*

### **Clothing:**

Two full changes of clothing  
Underwear for three days  
Waterproof coat  
Pyjamas  
Hat (Compulsory)  
Suitable walking shoes/sandshoes  
Thongs or sandals for the beach.  
Towel  
Toiletries (Soap and sunscreen are essential)

### **Food:**

*Students are to provide the following meals:*  
Packed lunch on the Tuesday and Wednesday day.  
Evening meal on first and second day day.  
Breakfasts and lunch each day.  
Snacks, fruit and drinks.

Students will be working in their tent groups to organise menus and cooking equipment for their meals.

### **Cooking Utensils:**

Knife, fork, spoon  
Garbage bags for rubbish and wet clothing  
Dishwashing liquid

Plate, bowl and mug  
Dish cloth/steel wool  
Tea towel

### **Other items:**

#### **Tent (1 per tent group)**

Sleeping Bag  
Pillow  
equipment  
Torch  
Day Pack and drink bottle for bush walks.

#### **What not to bring:**

Spray deodorant  
iPod, phone, electronic  
Gas lights



## **Itinerary**

### **Day 1**

8:50 Leave St Aloysius

11:30 Arrive Coles Bay - Camp set up and lunch (Bring a packed lunch on first day)

1.00 Begin first rotation

Group 1 Surfing

Group 2 Kayaking

Group 3 Mountain biking

### **Day 2**

8 - 12.30

Group 1 Kayaking

Group 2 Mountain Biking

Group 3 Surfing

12:30 – 1.00 (Lunch)

1.00 – 5.30pm

Group 1 Mountain Biking

Group 2 Surfing

Group 3 Kayaking

6:30 Dinner (Provided)

### **Day 3**

Clean up, walk and swim

12:00 Leave Coles Bay

Other Activities

- Fishing, Swimming, Beach sports

Students need to bring their own swimming, fishing gear, wetsuits (optional).