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Tuesday, 13 August 2019

Duke of Edinburgh – Rescheduled Bronze Practice Journey

Dear Parent/Carer

As part of Year 9 at TCC your child has the opportunity to participate in the Duke of Edinburgh program. This program comes highly recommended by the College, it is being offered free of charge to all Year 9 students at TCC. **We expect students who are not completing their Duke of Edinburgh Bronze Award to still participate in the practice hike.** Please read carefully and return the completed consent form attached to the College Front Office.

Subject:	Extra-curricular
Year:	9
Where to:	Crowdy Bay National Park
Day Excursion:	Thursday 19 and Friday 20 September 2019
Depart College:	8.00am Thursday
Return to College:	3:00pm Friday (in time for afternoon buses)
Supervising Teachers:	Mrs Collier and other accompanying staff – contact numbers for the day are 0423918485, 0420921073
Travel By:	Mini Buses and staff private vehicles
Cost to Student:	Nil – The College covers the cost
Additional Information:	Students will need to pack:- <ul style="list-style-type: none"><input type="checkbox"/> Suitable clothes for 2 day hike and hiking shoes<input type="checkbox"/> Sleeping gear (Small mat and sleeping bag)<input type="checkbox"/> Food and water (at least 3L) suggested packing lists for equipment and food are attached. Students will be paired up to share equipment and resources, e.g. 2 or 3 to a tent. TCC will provide students with a hiking pack, tent, gas cooker and gas as well as pots to cook food in. Students will be required to carry <u>all</u> of their equipment for the hike and excess drinking water will be taken to the camping area.

Please complete and return the consent form attached by **Monday 2 September 2019** to the Front Office.

If you have any questions, please don't hesitate contacting Mrs Collier at the College on 6539 0100.

Mrs Sally Collier
Duke of Edinburgh Coordinator

Mr Wayne Green
Head of Secondary

“...empowering students to make a difference”

Taree Christian Community School Limited (trading as Taree Christian College) is an educational ministry of Taree Baptist Church.

www.tareeccs.nsw.edu.au

ABN 92 003 351 915

Equipment List for Bronze Duke of Edinburgh:

Item Needed	Have it	Packed it
CLOTHING		
1 pair of walking boots/shoes(joggers)		
2 pairs of socks		
2 t-shirts (preferably ones with collars)		
1 warm jacket (if wet weather is forecast 2 jackets)		
2 walking trousers/ shorts		
Underwear		
Pyjamas (unless you intend to wear the next day's clothes)		
Lightweight shoes for campsite (optional)		
Hat (preferably a wide brim hat)		
Sunscreen		
Wet weather gear		
PERSONAL		
Hike Pack (supplied by TCC)		
Large rubbish bag (pack liner)		
Sleeping bag (check the rating to make sure you will be warm)		
Sleeping mat – small, light and compact		
Torch or head torch		
Food (see separate list)		
Water bottle (3L)		
Knife, fork and spoon (you can't cook with a plastic one)		
Plate/ bowl		
Cup		
Toiletries		
Notebook and pen/pencil		
Watch		
Towel (optional)		
Sunglasses (optional)		
GROUP		
Tent (supplied by TCC)		
Gas stoves & gas (supplied by TCC)		
Pots (supplied by TCC)		
Scourers and detergent (supplied by TCC)		
Tea towel		
Plastic bag for rubbish		
Toilet paper		
Compass (supplied by TCC)		
Map (supplied by TCC)		
Camera (optional, not phone)		

Food suggestions for Bronze Duke of Edinburgh:

Quick rules to follow when deciding on food:

- ✓ Keep it simple
- ✓ Practice makes perfect
- ✓ Packing light
- ✓ Avoid easily squashed food
- ✓ Limit perishable food
- ✓ Eat what you enjoy
- ✓ Remove packaging
- ✓ Keep energy up
- ✓ Stay hydrated

Food Ideas:

Breakfast foods:

- Cereal with long life milk/ powder milk
- Porridge/ oats
- Muesli bars
- Baked beans/ spaghetti
- Breakfast bars/ biscuits

Lunch foods (no cooking):

- Sandwich/ wrap (prepared for day 1)
- Tinned meat – tuna/ chicken
- Bread rolls
- Cheese and crackers
- Crackers with vegemite

Dinner foods:

- Noodles
- Pre-packaged pasta/ rice (e.g. Continental range)
- Soup
- Freeze dried meals (camping shops)
- Pre-packaged meals (vacuum sealed)

Snack foods:

- Muesli Bars
- Chocolate (could melt)
- Fruit – fresh or dried
- Beef jerky
- Trail mix

Meal Planner for Bronze Duke of Edinburgh:

Day	Breakfast	Lunch	Dinner	Snacks
1				
2				

TAREE CHRISTIAN COLLEGE – EXCURSION CONSENT 2019
Duke of Edinburgh – BRONZE Practice Journey

I give permission for my child to take part in the Bronze Duke of Edinburgh hike. I understand that she/he will travel to and from the event on Thursday 19 and Friday 20 September 2019 by Mini Bus and staff private vehicles.

To the best of my knowledge my child has no medical condition, disability or injury which puts them at risk participating in this activity. In the event of illness or injury I authorise the seeking of such medical assistance, on my behalf, that my child may require.

Student Name		
Year	B/M	
Parent/Carer name		
Parent/Carer signature		
Date		
Preferred Emergency contact during the hike	Name	Mobile Number

Special medication instructions (please label all medication and provide clear instructions). This must be given to one of the teachers before departure Thursday morning:

Please list below any other medical, dietary or health related information concerning your child that we may need to know:
