CAMP DATES:

Mon 29th Feb to Wed 2nd March 7G, H, I, J, K, L
Wed 2nd March to Fri 4th March 7A, B, C, D, E, F

MONEY
There is no shop at Golden Valleys Lodge so there is no need for students to bring money on camp.

VALUABLES
Valuables, including PSP/Nintendo DS, MP3s/ipods and laptops, should not be brought to camp. Mobile phones may be brought but must be given to Ms Ritchie at the start of the Camp 1 and Mr Barker at the start of Camp 2, and they will be stored safely. Students will be able to use them only to call home after dinner each night or during emergencies. Any mobile phone not handed in will be confiscated and returned at the conclusion of the camp.

STAFF
Group A
Ms Ritchie
Mr Clark
Ms Iacoban
Ms Wood
Mr Martin
Mr Vulic
Ms Mason

Group B
Mr Balog
Ms O'Donnell
Ms Cooper
Mr Barker
Ms Salehi
Ms Ivory

FOOD
Students must bring their own lunch on day one. Group A must bring their lunch on Monday and group B must bring their lunch on Wednesday.
Students have been given a medical and dietary requirement form to complete. Golden Valleys Lodge will be able to cater food for all students but must be notified by the school. If there are any concerns please call Mr Martin or Ms Ivory on 9708 1319. We strongly advise against bringing a lot of junk food.

MEDICATION
If your child needs to take medication to camp could you please ensure that the medication is clearly labelled with your child's name and their home group. You should have filled out the yellow medication form stating the name of the medication, the dosage, the frequency and any other information required by the medical officer to safely dispense the medication.
Any unused medication will be returned to the parent/guardian at the conclusion of the camp.
Group A - Monday morning of the camp you will need to give any medication to Mr. Martin
Group B - Wednesday morning of the camp you will need to give any medication to Ms Ivory

EMERGENCY NUMBERS
Please use only in a case of emergency.

Golden Valleys Lodge Tel: 03 5989 6213
Address: 23A Baldry's Road, Flinders, 3929
Gleneagles: 9708 1319
ITINERARY

GROUP A - Monday 29th February-Wednesday 2nd March

GROUP B - Wednesday 2nd March- Friday 4th March

DAY ONE
Students must assemble at school at 8:20am and prepare for a 9:20am departure. Buses will travel to Balnarring Beach where games will be played on the beach and students will eat lunch. We will arrive at Golden Valleys Lodge around 11:00am. When we arrive we will meet our hosts and have a tour of the Golden Valleys Lodge. We will organise our cabins and put our things away. We will then start our activities. We will be working in groups and over three days we will complete several different activities. These include archery, a ropes course, mountain biking, orienteering, trampolining, kite making, table tennis, flying fox and giant swing.
In the evening we will investigate the surrounding bush with a walk after dinner. We will have some free time, then off to bed.

DAY TWO
After breakfast we will be continuing the above list of activities. There will be opportunities during the day to have free time and catch up with your friends. After dinner we will have evening activities.

DAY THREE
After breakfast we make sure we have packed everything and have left our cabins as we found them. Then we finish off all the camp activities. We have lunch at the lodge then pack the bus and make our way back to Melbourne, arriving at school at approximately 3pm.
YEAR 7 CAMP
GOLDEN VALLEYS LODGE

WHAT TO BRING

CLOTHING

Long pants/jeans (must have this for the night bush walk)
Shirts
Shorts

T-shirts & singlet tops
Jumpers

Underwear
Socks
Night wear/pyjamas
Spare shoes (runners, boots, sandals)
Thongs for the shower
Bathers
Raincoat
Towels - bath towel and swimming towel

PERSONAL ITEMS

Torch with spare batteries
Toiletries - toothbrush, toothpaste, soap, shampoo/conditioner, brush/comb
Insect repellent
Sunscreen
Drink/water bottle
Tissues

OPTIONAL

Digital Camera
Books/magazine to read
Games (no electronic games)

EQUIPMENT

Sleeping bag or sheet & doona tied up in a bag (equivalent 3 blankets)
Fitted sheet
Pillow and pillow case
NB: No blankets, doonas or pillows are supplied by Golden Valley Ranch

SUN SMART

Hat (wide brim)
Sunglasses
Sunscreen lotion
A shirt with sleeves for activities and swimming.