



2023 PROGRAM MATRIX

2023		Group 1	Group 2	Group 3	Group 4	
Day 1		6.30am – Meet at School 7.00 am – Depart school Jindabyne BAC				
N. A. a. a. al. a. a.		Lunch on the way (Bring own packed Lunch)				
Monday		2.00pm – Arrive at Bungarra Welcome brief : break into teams for Initiative Activities & Goal Setting for the week				
23 rd	evening	2- Camping out	2- Camping out	1-Staying in lodge	1-Staying in lodge	
Day 2 Tuesday 24 th	AM	Mt Kosciuszko summit walk	Mt Kosciuszko summit walk	МТВ	Canoe	
	PM			Canoe	МТВ	
	evening	1-Staying in lodge	1-Staying in lodge	2- Camping out	2- Camping out	
Day 3 Wednesday 25 th	AM	МТВ	Canoe	Mt Kosciuszko summit walk	Mt Kosciuszko summit walk	
	PM	Canoe	МТВ			
	evening	1-Staying in lodge	1-Staying in lodge	1-Staying in lodge	1-Staying in lodge	
Day 4		8.30am Turramurra Challenge				
Thursday 26 th		11.00am Hamburger brunch and debrief 11.45am Depart Bungarra (own dinner on way home) 6.45pm – Arrive at school				

ACTIVITIES:

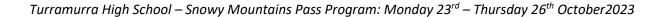
Hike - Full day in the Kosciuszko National Park

Mountain Bike session – ½ day session onsite at Bungarra Mt bike park

Canoeing – ½ day session on Lake Jindabyne.

OVERNIGHT:

- 1. Bungarra Alpine Centre, Jindabyne: Staying in lodge overnight.
- 2. Camp out Overnight camp out in the Kosciuszko national park by the beautiful Thredbo River







STUDENT GEAR & EQUIPMENT LIST:

Essential (each student MUST have the following):

☐ Packed lunch, snacks & water for Monday

The following list is the equipment and clothing students must bring on the camp. Space is limited on vehicles and it is required that students bring all this equipment and clothing in a suitable bag or pack that they can carry:

_	racked failers, strater or morady				
	2 litre water bottle (suggestion; recycle plastic bottle from home)				
	Towel				
	Pillowslip (pillows provided by ALI)				
	Sleeping bag				
	Personal toiletries gear				
	Sun hat AND beanie				
	Sunscreen & lip balm				
	Swimmers, board shorts & rashie				
	3 pairs of shoes: 1 – For hiking (ie comfortable/adequate foot Support				
	2 – For bike riding and general camp wear				
	3 - Old pair of running shoes/river booties for				
	water based activities (they will get wet)				
	Torch with spare set of batteries				
	Rain jacket with hood that is windproof and waterproof.				
	Mess Kit - comprising of plate, bowl, mug, knife, fork, spoon, and tea				
	towel (this kit is best in a cloth bag with a drawstring).				
	Clothing: Enough warm clothing suitable for spending 5 days on				
	program (for example: track pants / shorts / t-shirts / warm tops / socks				
	/ underwear / pyjamas) – must have long pants for hike - not jeans.				
	NOTE: Fleece or wool tops are best, no cotton jumpers if possible.				
	2 large plastic garbage bags				
	Day pack – medium to large size with 2 shoulder straps for hike				
	Gloves				
	Sunglasses				
	Set of thermals top & bottom– polypropylene or wool are best				
	Personal medication				
Optional:					
	Camera				

STUDENT NOTES:

There will be 4 teams on this program. Each team will be on a separate rotation of activities for the 3 days. This program has been designed to cater for all students and requires a reasonable level of fitness

- Accommodation 2 nights' accommodation in lodge at BAC
- Camping out 1 night camping in in the Kosciuszko national park by the beautiful Thredbo River
- Catering All meals from dinner on Monday dinner through to lunch on Friday.
- Mountain Biking Helmets, gloves, elbow & knee pads are supplied along with an
 appropriately sized bike. Enclosed shoes are required. This is a Full day activity on
 Bungarra's MTB Park and Trails
- The hike is a full day hike in the Kosciuszko National Park from Charlotte's Pass to Thredbo (weather permitting) and includes the use of the chairlift at Thredbo. Students are supplied with over pants.
- Canoeing ½ day session on Lake Jindabyne. Students will be guided around the waterways
 of Lake Jindabyne, learning paddling techniques and safe practices in water and will be
 wearing a PFD at all times whilst in the water.
- **Mobile phones** brought on camp will be collected by school staff and stored for the duration of the program then returned to students when they leave Bungarra
- Students will be required to use/carry a daypack with rain jacket, water bottles, hat & lunch on all activities
- All clothing and equipment to be labelled with the students' name
- Any special meal/ dietary requirements are to be provided to the school and are required at least 2 weeks before camp
- Personal extra food supplies are not required
- The weather in the Snowy Mountains can change very rapidly, it may be very cold, and it may even snow at times or it may be very warm
- It is required that students bring suitable clothing for the alpine environment and the activities outlined and wear footwear at all times.

ALI SUPPLIED ITEMS:

- Qualified specialist staff who will instruct students as necessary
- Specialist equipment for all activities
- Hike pack if required, 3-person tent, sleeping mat, cooking stoves & fuel
- Over pants for hike