



## 2023 PROGRAM MATRIX

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

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:

- Packed lunch, snacks & water for Monday**
- 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