

TEEN CANOE EXPEDITION - 2009

May 2009
Bulletin 2

Eurimbula – Hummock Hill Island



Contents

Introduction	1
Counsellor Contact	1
Clean Clothing	1
Shoes	2
Personal 1st Aid Kits	2
Sleeping Arrangements	2
Canoe Hire	2
Safety	2
Mud Map	2
Arrival Time	3
Being Responsible	3
Paddling Arrangements	3
Return Information	3
And Finally	3

Upcoming Events

- ◆ Expedition Begins June 27th/28th
- ◆ Expedition Concludes July 5th

Dear Fellow Paddling Pals,

Well, the big day is approaching fast. It's not long now until we will be heading off into the sunrise.

A couple of Sundays ago most of the canoeing staff and some of your parents got together for our Canoe Information Sessions. Generated from that meeting are a number of items I need to share with you, this information is very important please read it carefully.

Counsellor Contact

We have been working over the last few days assigning each of you to a unit. Your unit will comprise of about 6-7 other teens and 1-2 counsellors. You can expect to be contacted in the near future from one of you unit counsellors. They will probably want to introduce themselves to you and chat about your preparations thus far for the trip.

Clean Clothing

You need to travel as lightly as possible. Over the years many, many teens have taken far too many sets of clothes - you don't need to take your

whole wardrobe. Here's a suggestion of what to bring;

1. A set of clean clothes that you can change into at the conclusion of the trip. This set of clothes should be packed into a clearly marked bag and left in one of the vehicles that travels up to Turkey Beach while you are on your paddle. In doing this it means that you don't have to drag this set of clothes along with you for the whole trip in the canoes.
2. A set of canoeing clothes - these clothes should be comfortable and if possible made from quick dry material; these are the clothes you'll paddle in everyday.
3. A set of clothes to sleep in. These should be kept especially for this purpose; you may like to include a pair of tracksuit type pants and a light jumper too just in case it gets cold at night.
4. A spare set of clothes packed in a place where you do not have to unpack them in order to get at your everyday gear. Pack these clothes in a spot that is out of the way but assessable in case of emergency.

5. A set of light clothes, shorts and T-shirt, that you can feel special in on Sabbath if you feel you can fit them in.



Dry Shoes

Be sure to pack a pair of old sneakers/shoes that can be used for hiking and bushwalking. This footwear needs to remain dry throughout the trip and therefore should not be worn whilst paddling - it's nice to climb into a sleeping bag with warm dry feet.

Personal 1st Aid Kits

We have a doctor accompanying us on the trip and we usually take along about 3-4 good sized 1st aid kits. However, if you have specific medical needs be sure to bring along your own small 1st aid kit that has any special medications that you may have to take. All medication needs to be clearly marked with your name and dosage amount in permanent marker. It's always a good idea to take along some basic medical supplies, like a small tube of antiseptic cream, some Band-aids, a tube of sunscreen, a stick of lipbalm, a couple of safety pins,

etc... These items may best be housed in a small 'bum bag' that may be carried with you at all times.

Unit Sleeping Arrangements

Just reminding you that it would be a good idea if you could arrange to share tent space with someone else in your unit. In doing this it will effectively eliminate the need for each individual to bring their own tent, thus saving valuable space.

Canoe Hire

You need to guarantee that your canoe hire is completed and confirmed. We suggest that you re-contact the people you have hired your canoe from to confirm with them that your booking is secure. One phone call could save you a very lengthy swim! Also remember to check that you are able to get your canoe to and from the expedition. Incidentally, probably a better way of looking at the whole canoe hire issue is by looking at it in terms of a SEAT booked rather than a canoe (for those who are planning on doing the trip using a 2-man Canadian canoe). The reason I put it this way is that we don't want you turning up at Eurimbula National Park with your 2-man canoe Sabbath night or early Sunday morning with no-one

ready to sit in the other end of it to help you paddle!

Safety

It is very important that you have adequate sun protection on the expedition. A quality sunscreen is essential, as is a large brimmed hat. Dehydration can be a real danger too, plan to carry with you at all times around 4 litres of water in order to reduce/eliminate this hazard. It might be a good idea to include a good quality lip balm/sunscreen and sunglasses in your gear as well. You will find that you'll get a lot of UV radiation bouncing off the surface of the water - these two items will help combat sunburn.

Mud Map

Please find attached to this letter a 'mud map' on how to get to the drop-off point at Eurimbula National Park on the way and near 1770 Township. Also find attached to this letter a second map, it outlines the expedition destination location at Turkey Beach.

Arrival Time At Eurimbula National Park – 27th June

We need to have people arriving at Eurimbula National Park turnoff (see mud map) between 8.00pm and 11.00pm on Sabbath night. Once we have everyone there the Canoe Expedition Support 4WD's can then begin the long and arduous task of ferrying canoes and gear to the mouth of Middle Creek. Something to consider, in past years many of the staff and teens have landed at the turnoff late on the Sabbath night. What we usually do is camp in the bush on the Sabbath night and then get up early on the Sunday morning and begin the ferrying of gear.

The Responsible Teen

Your unit counsellor has a very important job to perform; they need to ensure that all under their care have the opportunity to remain healthy and safe throughout the trip. You can be of great assistance to your counsellor(s) by adhering to the following rules;

1. be sure to ALWAYS conduct yourself in a manner that is consistent with that of a Christian. Your language and behaviour should be such that it is in harmony with our church standards.

2. You need to listen very carefully to all instructions given to you by your unit counsellor(s). Please be sure to obey all rules they set down for your unit. If you work cooperatively with your other unit members and your unit counsellor(s) the trip should be enjoyable and fun.

3. On our expedition, TIMING IS OF THE ESSENCE!!! We are really dictated by the rise and the fall of the tides and therefore need to ensure that we are faithful in performing tasks well and in accordance to the timeframes set out.

4. **You will need to read over again the first Information Bulletin that was sent out to you around mid March. It will refresh your memory on some important points about the trip.**

Travelling and Canoeing Partner Arrangements

Once you have confirmed your travel arrangements to and from the expedition could you please notify Anna here at the office to confirm paddling partners and arrival times.

Phone: 3218 7777

Email: adowning@adventist.org.au

Please furnish us with this information as soon as possible. It would be much appreciated.

Return Information

Plan for a departure time of around 2pm from Turkey Beach to home on Sunday 5th July.

And Finally

We hope that this information proves helpful, if you have any further questions please feel free to contact us here at the office on (07) 3218 7777.