



Baptist Care (SA) Inc
Adventure Camping



WILD UNLIMITED

25th Feb, 2010



LEAVING FROM:

Westcare, 216 Wright St,
Adelaide, 9:30 am

RETURNING TO:

Westcare, 216 Wright St,
Adelaide, 4:00 pm

**Adventurous Day
Activities
for eligible
Young People
aged 13-24**

KAYAKING Port River, South Australia

Itinerary for the day:

Meet at Westcare at 9:30 am - we can pick you up from the Adelaide Railway Station if required - ring us before the day to make arrangements.

We'll travel to Port River, paddle through mangrove-lined waterways, explore the shipwreck graveyard and hopefully see the local dolphins!

Lunch and snacks will be provided so come along, get into some active fun and challenge yourself! Drop off at Westcare at 4:00 pm or Adelaide Railway Station at 4:30 pm.

CONTACT US:

Phone: (08) 8388 5234

Fax: (08) 8388 5796

Mobile: 0434 603 818

E-mail: rjordan@baptistcaresa.org.au

Post: Wingrove Road PO Box 185 MYLOR SA 5153

Web: <http://www.baptistcaresa.org.au/adventurecamping/adventure>



Baptist Care (SA) Inc Adventure Camping

FIRST-TIMERS:

Remember to fill out an INDUCTION FORM and ACTIVITY CONSENT FORM and get them back to us as soon as you can

OLD-TIMERS:

Remember to fill out an ACTIVITY CONSENT FORM and get them back to us as soon as you can

Your checklist of what to pack:

- **Comfortable clothes for paddling:** not new stuff, we'll get wet and dirty!
- **A warm jumper or top:** to put on when we stop
- **A change of clothes and towel:** to dry and change at the end of the day
- **Old closed shoes for paddling:** they need to cover your feet for protection but they will get wet and dirty, thongs and other open ended footwear can get caught in the kayak foot pedals.
- **Sunglasses**
- **Camera:** if you like - we have a camera as well
- **Music CDs:** if you like - for tunes in the vehicle on the way there and back home

Your checklist of what to leave at home:

- **Drugs and alcohol:** All our programs are drug and alcohol free, however smoking tobacco is permitted. Personal medication prescribed by a qualified medical practitioner is held by staff.
- **MP3 players:** We can listen to CD's and/or the radio in the vehicle while we're traveling.

Adventure For Life!

We'll supply you with the following:

- **Transport:** in our 4WD 10 seater Toyota Troop Carrier
- **Lunch and snacks:** please let us know before the day if you have special dietary needs
- **Rain jacket:** yep, we paddle in the rain!
- **Adventure gear:** Kayaks, paddles, PFD's
- **Sunscreen, insect repellent:** and a hat if you haven't got one!
- **GOOD COMPANY AND A GREAT TIME!**

Our values:

- **We're here because we want to be here**
- **We respect - Ourselves, Each Other, The Environment and Our Equipment!**