

WILD UNLIMITED

6th May, 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**

Kuitpo Navigation Challenge, 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.

Head out to Kuitpo Forest and under the guidance of your magnificent and wise instructors become champion Navigators.

Find your way through the dark rows of the forest to overcome all the challenges we place in your way!

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

E-mail: rjordan@baptistcaresa.org.au

Post: Wingrove Road PO Box 185 MYLOR SA 5153

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



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Your checklist of what to pack:

- **OLD clothes:** Don't bring new stuff, cos we might get wet or dirty!
- **OLD shoes :** they need to cover your feet for protection, so no thongs or sandals. Don't bring good sneakers as they wil get wet or dirty
- **Sunglasses and hat:** for when we're outside
- **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.
- **Mobile phones:** Please don't bring them - we have a satellite phone for use in emergencies.

Adventure For Life!

We'll supply you with the following:

- **Transport:** in our 4WD 10 seater Toyota Troop Carrier
- **All meals and snacks:** please let us know before the day if you have special dietary needs
- **Rain jacket:** yep, we operate in the rain
- **Adventure gear**
- **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 - Challenge By Choice**
- **We agree to respect - Ourselves, Each Other, The Environment and Our Equipment!**

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



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