

WILD UNLIMITED

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



Mountain Biking! Kuitpo Forest

LEAVING FROM:

216 Wright St, Adelaide,
Thurs 3rd June, 9:30 am

RETURNING TO:

216 Wright St, Adelaide,
Thurs 3rd June, 4:00 pm

Itinerary for the day:

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

We'll travel to Kuitpo Forest and hit the forest trails, including a few challenging climbs, some swift downhill and plenty of flat in between. Novice or expert - there's something for everyone!

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

Mobile: 0434 603 818

Post: Wingrove Road

Web: www.baptistcaresa.org.au/adventurecamping

Fax: (08) 8388 5796

E-mail: rjordan@baptistcaresa.org.au

PO Box 185 MYLOR SA 5153

A program
delivered by:



Baptist Care (SA) Inc

Your checklist of what to pack:

- **OLD clothes for mountain biking:** Layers of shirts and jumpers, and long pants - don't bring new stuff, cos we WILL get wet and dirty!
- **OLD shoes:** They need to cover your feet for protection, so no thongs or sandals. Don't bring good sneakers as they WILL GET WET AND DIRTY - talk to us before the trip if this is a hassle – we have some spare shoes you may be able to borrow
- **A change of clothes:** Something to change into for the trip home if we've been out in the rain!
- **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 - not that it rains much in the caves!
- **Adventure gear:** Mountain bike, helmet and day pack
- **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 - they're available to download from our website

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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