

# WILD UNLIMITED

## 22nd July, 2010

Ring to book  
your spot!  
**ITS FREE!**



## High Ropes

# Mylor South Australia

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

**LEAVING FROM:**

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

**RETURNING TO:**

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

***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.  
Come and join us at our Head Quarters at Mylor in the beautiful Adelaide Hills for a High Ropes day.  
Lunch and snacks will be provided so come along and defeat your fears by testing your abilities against our course!

**CONTACT US:**

**Phone:** (08) 8388 5234

**Fax:** (08) 8388 5796

**E-mail:** [rjordan@baptistcaresa.org.au](mailto: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**

**A program delivered by  
Baptist Care (SA) Inc.**

## **Your checklist of what to pack:**

- **Comfortable clothes:** not new stuff!
- **A warm jumper or top:**
- **Old shoes:** they need to cover your feet for protection so they must be fully enclosed, no thongs or sandals.
- **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.
- **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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