



**Baptist Care (SA) Inc**  
Adventure Camping



## **ADVENTURE BREAK FOR YOUNG MEN 2nd - 4th March, 2012**

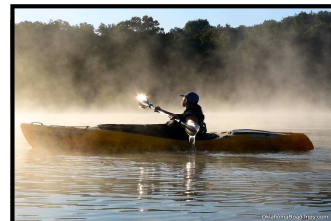


**LEAVING FROM:**

Westcare, 216 Wright St,  
Adelaide, Friday, 9:00 am

**RETURNING TO:**

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



## **KAYAKING, WARDANG ISLAND**

- Day 1:** Our first stop is Point Pearce where we will have lunch and prepare for our paddling expedition. We'll paddle across to Wardang Island and set up camp for the weekend.
- Day 2:** After brekky we'll jump back onto the water for a great day of paddling, snorkelling and fishing in some of the beautiful bays and coves around Wardang Island. Seals and dolphins are likely to be our regular companions. A piping hot meal when we return to camp will be a great reward.
- Day 3:** After sunrise and packing up we'll paddle back to Port Victoria, load the trailer and head for home. We'll stop for lunch on the way and reflect on a great weekend in one of SA's

**CONTACT US:**

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## 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.
- **Mobile Phones:** We have phones for emergency use - yours could get lost or broken.

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# Adventure For Life!

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### **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!**