



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



## **WILD UNLIMITED**

### **Thurs 15th, Mar 2011**

**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**

# **Mountain Biking Kuitpo Forest, SA**

***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:**

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**Fax:** (08) 8388 5796

**Mobile:** 0427 536 758

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

- **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.

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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**
- **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**
- **We respect - Ourselves, Each Other, The Environment and Our Equipment!**