

ADVENTURE BREAK FOR YOUNG MEN 25th - 27th May, 2012



**FLINDERS RANGES,
SOUTH AUSTRALIA**

Caving and Mountain Biking

LEAVING FROM:

Westcare, 216 Wright St,
Adelaide, Fri 25th, 10:00
am

RETURNING TO:

Westcare, 216 Wright St,
Adelaide, Sun 27th, 4 pm

Day 1: We'll head north via Clare with lunch on the road, then on through Orroroo to make camp at Willcowie Ruins.

Day 2: After brekky, jump on the bikes and ride to Clara St Dora Cave where we will experience awesome decorations and formations. Later on, abseil into Mares Cave for the ultimate group caving experience - work as a team to navigate your way to the hidden treasure!

Day 3: Up early to watch the landscape come alive as the sun rises, then pack up and head for home with lunch on the way.

CONTACT US:

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MYLOR SA 5153

A program
delivered by:



Baptist Care (SA) Inc

Your checklist of what to pack:

- **OLD clothes for caving and mountain biking:** T-shirts and shorts (to go under Overalls that we'll supply for caving) - don't bring new stuff, cos we WILL get wet and dirty!
- **OLD shoes for caving and mountain biking:** they need to cover your feet for protection, so no thongs or sandals. Don't bring good sneakers as they WILL GET 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:** including warm jumper, long pants and socks to put on at the end of the day to keep you toasty warm - the Flinders Ranges can get really cold at night!
- **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 - not that it rains much in the caves!
- **Adventure gear:** Caving gear (overall, helmet & headlight), sleeping bag, sleeping mat and 2-person (share) tent
- **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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