



Baptist Care (SA) Inc
Adventure Camping

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

ADVENTURE BREAK FOR YOUNG MEN 27th - 29th April, 2012



LEAVING FROM:

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

RETURNING TO:

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



ROCKCLIMBING THE BLUFF

Day 1: Our first stop is where we will have lunch and prepare for our day of rock climbing in the Onkarparinga Gorge. After spending the afternoon scouring the cliffs we will head to the Newland head campsite to setup up camp and prepare our beautiful dinner around the camp fire.

Day 2: Make our way to Victor Harbor to spend our day climbing and abseiling the bluff. When we return the beach is there to explore.

Day 3: Up early, have a coffee and watch the sunrise. Head to Noarlunga for a paddle to the mouth of the Onkarparinga and head home after experiencing an adventure packed weekend.

CONTACT US:

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Web: <http://www.baptistcaresa.org.au/adventurecamping/>



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.

Adventure For Life!

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 climb in the rain!
- **Adventure gear:** Rock climbing equipment, 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!**