



HOWMANS GAP

Student and Parent Handbook

Dear Students,

Soon you will be visiting Howmans Gap Alpine Discovery Camp for a camping experience. The staff here are very excited to have you come and join us. We trust you will have a lot of fun while also learning about how to live and work with others.

We invite you to learn about and enjoy our unique Alpine environment. We are very proud of and value our environment. We have special environmental programs in place to help maintain and improve our local camp environment as well as the local bush surrounds. We ask that you take the time to learn about and engage with these programs.

Your days will be spent participating in a variety of activities which will challenge you physically and might ask you to try something new that you may not always feel comfortable with. We ask that you participate fully and cooperatively to ensure you make the most of your time here.



There are a few things that you can do to make sure you have the best time possible while staying at camp. Come **PREPARED** for possible wet and/or cold weather; we will be outside no matter what the weather. Bring your enthusiasm, be ready to try new things and get dirty!

We are excited and eager for your visit! See you soon...

The Team at Howmans Gap Alpine Discovery Camp.

PLEASE NOTE – Howmans Gap Alpine Discovery Camp is a NUT FREE site. Please do not bring any snacks/foods containing nuts

What to Bring (Howmans Gap Based)

Here is a list of what you need to bring to camp. Please put your name on **EVERYTHING** and **PLEASE MAKE SURE YOU HAVE ADEQUATE RAIN GEAR!** Camp activities go on, Rain or Shine!

Bedding:

- Sleeping Bag
- Pillow
- Fitted Single Bed Sheet (For hygiene reasons. There will be a fee if not brought)
- Towel

Toiletries:

- Toothbrush and toothpaste
- Soap, shampoo, brush, and comb
- Roll On Deodorant (no aerosols)
- Washcloth and towel
- Sunscreen
- Female Sanitary products

Clothing:

As detailed below and as suggested by the school. Additional items for winter/cold seasons are detailed separately.

- 1 Waterproof Raincoat (with hood or hat) is **REQUIRED!** (A puffer jacket is **NOT** a rain jacket)
- 2 pairs of long pants
- 2 pairs of shorts
- 2 long sleeve shirts
- 3 t-shirts
- 2 warm jackets or fleeces
- 1 set Pyjamas
- 1 change of socks and underwear per day
- 1 Wide brimmed/broad brimmed sun hat
- 2 pairs of tennis shoes/runners. One pair that can get wet
- 2 Water bottles (1 litre per bottle)
- 1 Beanie
- 1 Waterproof pants (in addition to the jacket)
- 2 Thin woollen or fleece jumpers
- 1 set of thermals (top and bottom)
- 1 pair of thin woollen socks per day
- 2 pairs water proof gloves
- 1 pair walking boots/shoes
- Sunglasses, or snow goggles if you can

Suggested to also bring:

- Head torch with extra batteries
- Lip balm
- Book or journal
- 1 separate bag for dirty clothes
- 1 Daypack to carry items to activities

If you don't have these items, ask family, friends, even your school staff about borrowing clothes or equipment. Blackwood SSOEC staff will also be bringing spare rain jackets, rain pants, backpacks. YMCA also have equipment we can hire as a last resort.

DO NOT BRING: Money, Valuables like phones, portable Speakers etc. Dangerous items like knives or matches. If you do bring these, speak with staff about finding a safe place to keep them.

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Clothing Choices for an Alpine Environment

The golden rule of any fabric is that it must be able to keep you warm even if it is wet. Only wool (also wool mix) and polar fleece will do this. Cotton will actually make you colder if it gets wet. If in doubt check the label. **AVOID BRINGING COTTON CLOTHING.**

It is ideal if you bring water/weather proof jacket and pants. The weather here can be unpredictable even in summer and effective clothing is essential. A wet pair of jeans will be a horrible experience! Good choices would include: nylon, quick dry, woollen or polyester pants.

Some **poor** choices of clothing include:

- Jeans or cotton pants (you'll be cold if they are wet!)
- Singlet tops (not sun smart)
- Tight fitting synthetic underwear (2XU compression clothing)
- Bulky clothing
- Wide leg loose fitting pants (hipster style)
- School sports jackets which generally are not waterproof
- Down Jackets are good for warmth but are **NOT** waterproof

Thermals:

These are an absolute must. The idea of thermals is to be a layer of clothing against your skin. They are made of special materials that wick moisture away from your skin, leaving you warm and dry, even in the wet. You can find these at any outdoor clothing retailer (e.g. Rays Outdoors, Kathmandu and Aussie Disposals, Aldi in the winter months).

Thin woollen jumpers or fleece:

A number of thin layers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear with how cold it is, and the air trapped between layers is most effective at keeping you warm, more so than one thick jumper.



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Your Responsibilities

While at our camp we ask that you help us look after and maintain our environment; you can do this by:

Saving Water:

Have short showers and check all of the water is turned off when you leave the bathroom. If you find any dripping taps or toilets tell the camp staff so we can fix them.

Saving Energy:

When the lights are on you can save energy by turning them off when you leave the room.

Being Waste Wise:

The Howmans Gap Alpine Discovery Camp is committed to being an environmentally responsible site. Along with this and our Land for Wildlife classification, we require a commitment from campers to assist us in fulfilling our goals in the following:

- Responsible disposal of rubbish, using recycling stations as per signage and instruction given by campsite staff.
- Respect and care of the environment - Stay on the tracks. We have given some areas back to nature, so please stay on the designated tracks.
- Educating other campers and leaders as required.

Duty Groups Roster:

While you are at camp we also ask that you contribute to various duties. Duty groups will be formed by your teachers and you will be told what that is when you arrive at camp.

After breakfast:

- Duty Groups are to wipe down tables after guests have finished breakfast & cleared away their own dishes.
- Vacuum & tidy dining area/serverly area.
- Tidy furniture and vacuum carpet in the Lounge/Recreation Rooms. Collect any dishes/cups and return to dishwashing area.
- Vacuum games and lounge rooms if required

Prior to dinner:

- Set table prior to meal if required with glasses and jugs of water or cordial.
- Wipe down tables after guests have finished dinner & cleared away their own dishes.
- Vacuum & tidy dining area/serverly area.
- Check with the kitchen staff as there may be an extra job.

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End of Camp Duties:

Please be responsible for your actions by helping us look after the camp and the surrounding natural environment. The following needs to be done before departure on your last day:

- ROOMS
 - Collect all rubbish and put into bin in hall way.
 - Stand mattresses up on side of bed.
 - Vacuum under all beds, checking for lost property and picking up all rubbish.
 - Vacuum floor of rooms & hallways.
- OUTSIDE
 - Collect all rubbish (including the tiniest pieces) and put into rubbish bins.
- RECREATION ROOM
 - Collect all rubbish and put into bin.
 - Vacuum floor
- DINING ROOM
 - Collect all rubbish and put into bin.
 - Vacuum floor.
 - Wipe down all tables and chairs.
 - Any dirty dishes or cups must be taken to the kitchen for washing.

All personal luggage must be placed in the conference room or on A and B wing entrances before starting the final day's activities.

Free Time Activities

Free time is a good opportunity for campers to mix and chat with other campers that are in different activity groups, have showers, read or simply relax and enjoy the peaceful setting at Howmans Gap. Various activities are available indoors and outdoors.

- Basketball - a half size outdoor court
- Beach Volleyball - a full size outdoor court on sand
- Indoor Games - include a Pool Table, Table Tennis, Poly Pong and Foosball in the recreation room
- Lawn Area - There is a large amount of open space for you to explore.
- Other equipment available includes a range of sports equipment: footballs, soccer balls, cricket equipment, tennis balls and Frisbees etc.

Camp Conduct

While at camp we want you to have a fun time and stay safe. Below are some rules that you need to follow.

Around Camp:

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- Stay within the camp boundaries unless with a teacher
- Care and respect of property is a must at all times – damage, loss or breakages must be reported immediately.
- “Do The Right Thing – Put Litter In The Bin”.
- When finished playing with the sports equipment put it back where it belongs.
- Be on time for your meals, activities, and duties.

During Activities:

- Listen to your Instructors and Teachers.
- Make sure you are wearing appropriate clothing and footwear. Footwear needs to be a closed toed shoe (i.e. Not sandals or thongs). You will not be allowed to do activities (even canoeing!) without proper shoes. Old runners are best.
- Involve yourself in all activities. Have a go and try new things.
- Always wear a hat and bring sunscreen. We are outside all day so make sure you wear the correct clothes. Cover up in the sun and wear warm clothes in the cold.

Cabin:

- Be careful climbing in and out of bunks.
- If you are the last to leave the room turn the light off.
- Stay in your own room. There is no need to be in anyone else’s.
- Only touch what belongs to you.
- Respect the other people in your cabin.

Out of Bounds Areas:

- High Ropes Course and Low Ropes Course (Challenge Trail) unless with a Howmans Gap staff member.
- Kitchen.
- Any Bush area surrounding the camp. The large tree line is the Howmans Gap boundary.

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