



GIRL GUIDES
AUSTRALIA
VICTORIA

RIVER WONDERS | 14+ CANOEING EXPEDITION

1 - 4 OCTOBER

**EVENT INFORMATION
BOOKLET**



Contact Information



Event questions: belinda.pritchard@guidesvic.org.au



Registration questions: events@guidesvic.org.au



GENERAL INFORMATION

WHO AND WHAT

Join us for a three day canoeing adventure down the beautiful Glenelg River near Nelson in South West Victoria. Beautiful scenery including cliffs, wildlife, wildflowers, and of course the river!

You will camp along the way and make fantastic friends whilst taking in the nature on some additional walking ventures. This expedition is open to Guides aged 14+.

WHEN

Thursday 1 October – Sunday 4 October

Bus Travel – Melbourne, Ballarat, and Geelong meeting locations and times TBC

Private transport – drop off 1PM Thursday, pick up 12PM Sunday

EXPEDITION INFORMATION SESSION

Once registrations have closed, Expedition Leaders will hold an information session, to help best prepare Guides. Further details will be provided at a later date.

WHERE

Drop off | Moleside Canoe Campground, Lower Glenelg River

Pick up | TBC

COST

Youth – \$270 (deposit scheme available)

Cost includes canoeing equipment & campsite entry fees, meals (Thursday dinner – Sunday lunch), cooking equipment, camp equipment (if required).

Optional to/from Expedition bus – \$200

CANCELLATIONS

Please refer to the Girl Guides Victoria Event Policy in the [Member Portal](#).

**Registrations will close 13 September @ 11:59PM
unless sold out sooner**



QUERIES

For questions regarding the **event**, please contact Leader in Charge Belinda at belinda.pritchard@guidesvic.org.au .

For questions regarding **registrations**, please contact events@guidesvic.org.au.

FORMS

Please download the Health Form through the portal and bring along a completed hard copy to the event. For instructions on how to download please see [here](#).

LOCATION INFORMATION

Learn more about the beautiful area by exploring these 2 resources:

Parks Victoria – Lower Glenelg National Park, River Canoe Trail

Parks Victoria - Lower Glenelg National Park, Visitor Guide

TRANSPORT AND ARRIVAL

TRANSPORT

Chaperoned Bus Transport is available from/to the below locations.

- From Melbourne via Geelong or from Ballarat

Buses will depart from their initial departure locations at **8am**.

The secondary stop departure time is TBC.

If you wish to have a spot on the bus, please add this to your registration.

Specific transportation details will be given closer to the expedition date.

ARRIVAL

For those not utilising the bus transport, please arrive at the campsite by 1:00pm.

Guardians are required to sign their child in before departing and bring with them their Health Forms, and any medications and/or health management plans.

DEPARTURE

For those not utilising the bus transport, please collect your child at 12:00pm.

Exact instructions about where to drop-off/pick-up will be distributed closer to the expedition date.



THE EXPEDITION

WHY SHOULD I COME ON THIS EXPEDITION?

This three day expedition is a great opportunity to be challenged, learn, have fun and grow! You'll learn new skills, hone existing ones, make new friends and have fun with old ones.

Participating in this expedition will enable you to gain your Canoeing Trefoil 2 badge and start planning for your Trefoil 3. Please note, you do not need your Trefoil 1 to attend.

You'll get to learn more about:

- The equipment needed for lightweight expeditions
- How to use it
- Lightweight commercial meals

Most of all, you'll get to enjoy the beautiful landscapes of the Lower Glenelg National Park, including the spectacular towering limestone cliffs, beautiful vegetation and abundant wildlife. Chances are you'll even get to see a koala or two! The Glenelg River is perfect for flatwater canoeing and you'll be fully supported in your journey, sharing a canoe with one other participant.

You'll carry everything you need for the day in the canoe, stopping along the way for lunch; each night you'll be at a different campsite. There will be some time to explore the adjacent walking tracks!

WHAT CAN I EXPECT ON THE EXPEDITION

Participants will paddle for approximately 4-5hrs per day (approx 11-16kms). There will be breaks along the way for rest, snacks and meals and to take in the beautiful scenery.

Day 1 | Arrival, camp set up, getting to know the other participants, learning about canoe and river safety and exploring the surrounds.

Day 2 | Paddle from Moleside Campsite to Pritchard's Campsite, enjoying the beautiful scenery and stopping for breaks along the way. There will be an opportunity to explore the area on foot, enjoying small sections of the Great South West Walk.

Day 3 | Paddle from Pritchard's Campsite to Wilson Hall campsite, a slightly longer paddle.

Day 4 | Time to enjoy a leisurely breakfast, pack up camp and head for home!



ACCOMODATION AND FOOD

ACCOMODATION

If you have your own suitable tent, please bring it along. If not, please indicate at time of registration. Please see the kit list, and registration instructions for further details.

FOOD

The Expedition Leaders are providing all meals from Thursday dinner through to Sunday.

PLEASE BRING, OR HAVE HAD LUNCH ON THURSDAY.

Guides are to bring all their own snacks for the Expedition. Some great lunch box type snack ideas include:

- dried fruit and nuts
- muesli bars
- dry biscuits / crackers
- chocolate / cacao nibs

Leaders will provide some supplementary fresh fruit and other snacks, but Guides should bring ample food for their own snacking requirements.

Guides will assist Expedition Leaders in meal preparation and cooking, utilising lightweight & butane stoves in small groups. (These can be supplied if required).

SATURDAY NIGHT

On the last night, Guides will get to experience a commercial lightweight expedition meal. Upon registration, please choose from the following list below. These meals are included in the registration price.

More about the meals can be found [here](#):

- Strive Vegetable Laksa
- Strive Chicken Broccoli Pesto Pasta
- Strive Mushroom, Thyme and Garlic Pasta
- Strive Pasta Bolognese
- Strive Cheese and Veg Risotto
- Strive creamy Vegetable Pasta
- Strive Mexican Chilli Beef
- Strive Hearty Minestrone
- Strive Lentil Curry Dhal
- Strive Mac n Cheese
- Strive Butter Chicken



BEHAVIOUR AND SAFETY

SUPERVISION

Supervision will follow Girl Guides Victoria's standard staffing ratios for overnight and adventurous activities and will be maintained at all times.

PARENT CONTACT

Prior to the camp, you will be provided with a contact mobile phone number for camp. If you need to make contact during camp, please ring this contact number. If your Guide carries a mobile phone, please don't contact them during camp because it may cause them or other Guides to feel homesick.

BEHAVIOUR

Guides and Leaders will work collaboratively to establish agreed behaviour guidelines at the beginning of camp. Trained staff will always be available to work through and reflect on any issues that may arise. If a Guide cannot abide by the agreed group guidelines and this significantly impacts the camp experience for them and others, they may be asked to return home, at the Guardian's expense.

CAMP COURTESY

As with all Girl Guide events, we expect that all participants will live by the Guide Promise and Law throughout the camp, which includes working as a team member, helping out, and looking after one another. Participants are expected to:

- Challenge themselves to try new things
- Take responsibility for themselves and their possessions
- Treat others, their possessions, and themselves with care and consideration
- Remain with the group and within the boundaries of each camp or activity site
- Respect each other and the environment

MOBILE PHONE, TECHNOLOGY, AND VALUABLES

Camps are all about providing opportunities to get to know others, enjoy fun activities, and experience the outdoors. There really isn't any need for phones or electronic devices to be brought to camp, and recommend that such devices stay at home. Cameras are not permitted in tents and are held at the Guide's risk. Girl Guides Victoria cannot monitor or take responsibility for photos participants may take and publish themselves.

POCKET MONEY

There is no need for pocket money, and we ask that it be left at home.



HEALTH AND WELLBEING

FIRST AID

The staff at camp include a trained, designated First Aider to attend to basic first aid needs and minor mishaps. If your Guide becomes too ill to stay at camp, you will be contacted on the emergency number provided to arrange a pick-up.

MEDICATION AND MANAGEMENT PLANS

Medication should be in its original packaging, in a snap-lock bag, and labelled with the Guide's name and dosage instructions. All medication must be itemised on the Health Form. For this Expedition, Guides are able to keep their medication on their person, but must consult with a First Aider when administering. You must also bring a current management plan for any medical, mental health, or well-being concerns listed on the Health Form.

ALLERGY AND DIETARY MANAGEMENT

Please provide detailed information on your Guide's allergies or dietary requirements upon registration and review these at sign-in with the First Aider. Leaders manage various types of allergies or food intolerances at each camp, and it is crucial that we have the right information and understand the severity and treatment for any allergy.

SELF CARE EXPECTATIONS

In line with our Child Protection Policy, Guide Leaders are expected to respect the privacy of all Guides and allow them to shower, dress, and manage personal hygiene without adult supervision.

BEDTIME

A key part of camp courtesy is bedtime, which enables all Guides to rest sufficiently and provides a small window of time for volunteer Leaders to regroup and prepare for the next day.



KIT LIST

- Everything your Guide brings on Expedition should be packed in **one** bag, so lightweight clothing and equipment where possible please.
- Given this is an Expedition not a standing camp, equipment is moved each day so should be lightweight, compact and contained in one bag (which could be a duffle bag or a suitable backpack).

What GGV Can Supply

- Hiking tents or dome tents – to share with 1-2 others
 - youth will **not** be sleeping in tents with adults
- Trangias or other cooking stoves and fuel

Please request these items upon registration

SLEEPING EQUIPMENT

- ☐ **Tent** - bring a lightweight tent if you have one. It should be around 2-3kg in weight, fit 1-3 people, generally smaller (ie can't stand up; ie the same as you would take hiking)

If you require a tent, please indicate upon registration. These will be 2-3 person tents.

- ☐ **Sleeping mat** – a lightweight inflatable mat or a foam mat – remember this needs to be compact and light, no big inflatable camping / 4WD mat

- ☐ **Sleeping bag and liner** – make sure your sleeping bag is good quality, warm, light and can pack down fairly small; a liner adds warmth and helps keep your bag clean

- ☐ **Pillow** – Use your clothes or your sleeping bag cover as a pillow, or bring an inflatable pillow



KIT LIST

COOKING EQUIPMENT

- ☐ **Stove** - bring a lightweight hiking stove if you have one. E.g. a Trangia, Jetboil, small gas stove - again suitable for hiking and small enough to fit in your bag

If you require a stove, please indicate upon registration.

- ☐ **Mug/cup** – go for something light or that squashes down
- ☐ **Lightweight bowl** – a collapsible bowl is great
- ☐ **Cutlery** – a spoon fork and knife
- ☐ **Matches**
- ☐ **Scourer for cleaning pots**
- ☐ **Water bottles** – 2 x 1L bottles / water bladder



KIT LIST

CLOTHING

- ☐ **Thermals x 2** – for sleeping & spare set to wear in canoe if it is cold
- ☐ **Warm pants** – for afternoon/evening/morning wearing around camp
- ☐ **Spare tops x 2** – for wearing at camp
- ☐ **Long shorts or ¾ pants or hiking pants for in canoes** – lightweight material that will dry quickly as you'll likely get a bit wet in the canoes – not cotton / not jeans!
- ☐ **Long sleeved shirt for canoeing** – preferably with a collar, make sure it covers your shoulders, try for lightweight quick drying material with good sun protection
- ☐ **Fleece / other jacket x 2** – fleece is lightweight, dries fast, and still keeps you warm if damp – avoid cotton jumpers as they won't keep you warm if they get wet – 1 to have in the canoe, 1 to have dry at camp
- ☐ **“Puffy” jacket if you wish** – down jackets are lightweight, pack down small and have a great warmth/weight ratio, only for wearing at camp
- ☐ **Rain coat** – (An absolute must! Make sure it is water proof and long enough to sit on)
- ☐ **Beanie**
- ☐ **Woollen or synthetic socks x 3** – for wearing with shoes when walking
- ☐ **Warm thick socks** – for sleeping
- ☐ **Underwear x 3-4**
- ☐ **Broad brimmed hat** – important when on the water
- ☐ **Sunglasses** – for glare off the water
- ☐ **Gloves** (optional)
- ☐ **Rain pants** (optional)



KIT LIST

SHOES

- ☐ **ESSENTIAL** – Shoes that can get wet to wear in the canoe.
- ☐ **ESSENTIAL** – 'Land' shoes suitable for walking. To wear around camp and to wear if going on a short walk on any of the days – should be comfortable with good support and grip; runners or hiking shoes / boots
- ☐ **OPTIONAL** – “camp” shoes such as crocs for wearing around camp

OTHER ITEMS

- ☐ **Personal small first aid kit** – including two snake bandages, band aids, blister treatment/prevention
- ☐ **Medication** – ensure any medication is listed on the health form and the health form is handed to the first aider. Guides can hold their own medication providing they consult with the first aider when administering. Must be in original packaging.
- ☐ **Toiletries (keep this minimal)** – toothbrush, toothpaste (decant the toothpaste into a small container or bring a sample tube)
- ☐ **Sanitary items** – bring snap lock bags for used sanitary items as you will have to carry them out
- ☐ Lip balm, sunscreen, insect repellent (roll on is usually best)
- ☐ **Toilet paper** – unroll some and put into a snap lock bag, enough for two days (JUST IN CASE)
- ☐ **Rubbish bags x 2**
- ☐ **Hand sanitiser**
- ☐ **Chux cloth or small microfibre towel** – great for washing your face or body but is lightweight and dries fast
- ☐ **Torch and spare batteries** – headlamps are great

