



HENRY KENDALL HIGH SCHOOL

Principal – Andrew Backhouse

EXCURSION INFORMATION AND CONSENT FORM

Dear Parent/Caregiver

3 July 2015

The first Duke of Edinburgh practice walk has been scheduled for Friday 11 September to Saturday 12 September 2015. The group will be walking from Thornleigh Station to Circular Quay. Details of this walk are available on the following link <http://www.wildwalks.com/bushwalking-and-hiking-in-nsw/lane-cove-national-park/sydney-to-thornleigh-via-lane-cove-tourist-park.html> (please note, this walk will be completed in reverse order). Students will camp overnight at Lane Cove Tourist Park.

The cost of the excursion is \$50.00. Students will also need to bring extra money for the train fare (about \$10 with concession card.) The group will depart from Gosford Train Station at 7:45 am on Friday 11 September and return to Gosford Train Station at approximately 4 - 5pm on Saturday 12 September 2015. Students will be instructed to call/message parents with a more specific time at approximately 3pm on Saturday as times can vary.

Please see the attached Pack List to ensure that your child has packed the minimum requirements for this walk.

The group will be supervised by Carly Brien and Luke Banks.
Teachers can be contacted on the following number 0432 553 679.

Please complete details below and return by Thursday 13 August 2015. If photos are taken on this excursion, we require your permission to publish these in our newsletter and website. Please indicate below if you give permission.

N.B No student will attend an excursion if the permission note and payment have not been received prior to the excursion date.

Yours faithfully

Principal:
Andrew Backhouse

Teacher:
Carly Brien Luke Banks

(This excursion is part of the students' learning program and has the Principal's approval)

✂ -----

Please return this note with payment to the Front Office by Thursday 13 August 2015

I hereby consent to _____ (student's name) in Year ____ participating in a practice walk from Thornleigh Station to Circular Quay on Friday 11 September to Saturday 12 September 2015. I also give permission for photographs to be taken and published in the school's newsletter and/or school website - **YES / NO** (please circle).

.....
Parent/Caregiver Name (Please print) Parent/Caregiver Signature Date

Is your child Anaphylactic

- ☐ No
☐ Yes

Allergic to: _____

Where will the EpiPen be located on this excursion: In each of the teacher's medical kits.

Special needs of my child of which you should be aware (e.g., allergies, medication – please provide full details):

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.....

Parent/Caregiver Contact No(s): (on date of this excursion)

Student's Mobile No:



HENRY KENDALL HIGH SCHOOL

Pack List

- Hiking Pack
- 2 litres of water (there will be places to fill water up along the way)
- Food (2 x lunch, 1 x dinner, 1 x breakfast and snacks)
****Equipment for cooking will be provided, please leave a small space in pack for carrying part of the equipment***
- Tent
- Sleeping mat **Pillow will be made up of rolled up clothes*
- Sleeping bag
- Mess kit (bowl, knife, fork, spoon, mug)
- Hiking shoes!!!!
- Small amount of money
- Spare under wear and socks (consider wearing the same clothes for both days)
- Notepad and pen
- Plastic bag/garbage bag
- Rain protection
- Whistle
- Small torch
- Micro fibre towel
- Warm layer of clothing
- Toiletries (toothbrush, toothpaste, soap and deodorant)
- Sunscreen
- Hat
- Insect repellent (optional)
- Tape/Band-Aids for blisters - You WILL need this!
- Shower thongs
- Any required medication (this should be listed on permission note)
- A positive attitude - no complaining

Notes:

- * Toilets will be accessible along the way and at camp site
- * Showers will be available at the camp site
- * Water stations will be available along the walk and at camp site
- * Please remember that the better quality your equipment is, the more comfortable your journey will be
- * Please do not pack more than 12 kg (or a third of your body weight)
- * Make sure you are well prepared for wet weather - we walk rain, hail or shine (well... maybe not hail)
- * Hiking shoes are essential - joggers are not a good choice. Make sure all shoes are worn in.