



HENRY KENDALL HIGH SCHOOL

Principal – Andrew Backhouse

Dear Parent/Caregiver

8 September 2017

The first Duke of Edinburgh qualifying walk has been scheduled for the Friday 20 October to Saturday 21 October. The group will be walking from Thornleigh Station to Circular Quay. Details of this walk are available on the following link <http://org.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 \$20.00. Students will also need to bring extra money for the train fare (about \$10.00 with concession card.) The group will depart from Gosford Train Station at 7:45am on Friday 20 October and return to Gosford Train Station at approximately 4.00pm – 5.00pm on Saturday 21 October. Students will be instructed to call/message parents with a more specific time at approximately 3.00pm 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 Friday 22 September 2017. 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 and 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 Friday 22 September 2017

I hereby consent to _____ (student's name) in Year ____ participating in an excursion, walking from Thornleigh Station to Circular Quay on Friday 20 October to Saturday 21 October. 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: _____

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

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

Student's Mobile No:



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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.