



PRINCE
ALFRED
COLLEGE

Year 8 Outdoor Education Program

Scotts Creek Outdoor Centre 2025



February 2025

Dear Parents and Carers

Your son will soon be taking part in the Year 8 Adventure and Challenge experience. Students will take part in a 3-night kayak expedition on the River Murray and finish their journey at the Scotts Creek Outdoor Centre. The purpose of the program is to develop teamwork, leadership and expedition planning skills as well as fostering a personal growth in resilience, independence and self-confidence as the boys embark upon their final Scotts Creek adventure at PAC.

A tutor will accompany the students and outdoor education staff from the Scotts Creek Campus will facilitate the program.

To help your son prepare for this program, please read this Program Information Booklet noting the key information you need for a safe, fun and successful camp.

The expedition part of this camp is self-catered. Please take the time to read the extensive catering guidance provided in this booklet.

We look forward to a fun and adventurous program that will help boys form and strengthen friendships and develop confidence for their Wambana experience next year.

If you require any further information, please contact me on 0436 636 565 or dcibich@pac.edu.au

Yours sincerely,



Daniel Cibich
Director, Scotts Creek Outdoor Centre

Camp Information

Dates and Times

TAYLOR: Monday 17 – Friday 21 March

WATERHOUSE: Monday 12 – Friday 16 May

WATSFORD: Monday 16 – Friday 20 June

COTTON: Monday 4 – Friday 4 August

Depart: MONDAY arrive at school by **8:40am for 8:55am** departure from CAPPER STREET

Return: FRIDAY approximately 2:30pm to PAC (CAPPER STREET)

Consent Forms

- You will receive excursion information and consent in your **Parent Lounge**.
- Access via Home Page under (Events and Payments). View 'Other Details' and accept T&Cs and advise diet requirements 2-weeks before your camp date.

Medical and Dietaries

- *Log on to the PAC Parent Lounge and check that the **medical and dietary details** are up to date.*
 - If you have any access issues, please contact ICT Services ictservices@pac.edu.au
- *Pack any specialist and prescription medication e.g. Ventolin, EpiPen etc.*
- *Inform the tutor and Daniel Cibich of any current medication or special concerns*
- ALL medication (prescription and over the counter, e.g. Panadol), must be accompanied by a completed, signed by a GP HSP151 Medication Agreement (copy at the back of this booklet)

Packing List

Refer to the enclosed gear and equipment list. Make sure to include clothing which can get wet or dirty. Please see that all items listed are brought along and named.

Accommodation

Tents on expedition (3 nights) and dorms at Scotts Creek (1-night)

Food

The expedition is self-catered. Food at Scotts Creek will be supplied when the boys return from expedition. Students will need to work in pairs to plan their menu. Please see the separate section in this booklet with menu planning and guidance. And please take note of the FRUIT FLY RESTRICTIONS.

COVID-19

If your son has tested positive for Covid in the 7-days prior to the start date, please do not send him on camp. Please do not send your son if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19.

Intended Program

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Depart PAC 8:40am Arrive 11:30am Camp Introduction and Welcome	Paddle Journey	Paddle Journey	Paddle Journey Paddle Pack down	Base activity
PM	Paddle Preparation Team initiatives	Paddle Journey	Paddle Journey	Base activity	Depart SCOC 12:30 pm Arrive PAC 3:30pm

Catering and Menu Planning

The expedition is self-catered. The boys should work in pairs to plan their menu, shop and prepare their food. They will also need to complete an online fruit and veg order which will be ready for them to collect when they arrive to camp.

Students will need to menu plan for:

- 3 Breakfasts
- 3 Lunch's (Note: Day 1 recess and lunch will need to bring prepacked from home with no fruit and veg)
- 2 Dinners (SCOC will provide 1 dinner while on the paddle journey)
- Snacks for 3.5 days

Year 8 food					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	HOME	SELF-CATER	SELF-CATER	SELF-CATER	SUPPLIED
Lunch	Students to bring from home	SELF-CATER	SELF-CATER	SUPPLIED	SUPPLIED
Dinner	SELF-CATER	SELF-CATER	SCOC to provide	SUPPLIED	
Snacks	SELF-CATER	SELF-CATER	SELF-CATER	SUPPLIED	

Fruit fly outbreaks in South Australia have forced PIRSA to place strict controls on bringing fresh fruit and vegetables into the Riverland. This means that **NO fresh fruit and vegetables** can be brought to camp. You can bring in fruit and vegetables that are in a tin or that have been dehydrated (for example sundried tomatoes) or corn in a tin.

An online order form will be given to the tutor and cooking pairs should complete this together 2-weeks before their camp date.

Fruit and Veg order:

- Fruit and vegetables that are available include: apples, bananas, oranges, snow peas, mushrooms, potatoes, cherry tomatoes, carrot, onion, cucumber, baby spinach, celery, red capsicum, green capsicum, lemon, zucchini,
- Your fruit and veg order will **not be available until dinner night 1**. You will need to bring your day 1 lunch from home that does not include fruit and veg. Something like cheese and bacon scroll from the bakery or a vegemite sandwich is a good option.

Menu Planning Advice

- Prince Alfred College is a **NUT Aware school**; therefore, students are asked **not** to bring nuts.
- **Don't bring fresh meat or fish.** We suggest dehydrated products such as jerky, canned meat, canned fish, salami or mettwurst.
- **Avoid bringing glass.** It's heavy and breaks easily.
- **Quantities.** Do you need to bring the whole packet, or can you portion the exact measurements you will need? Zip lock bags are great for this.
- **Rubbish:** You will need to carry all your food waste and packaging for the duration of the paddle so bring a garbage bag and bring minimal packaging.
- We recommend food to be transported in a cold bag from Woolworths or Coles.
- **Clearly label your food bag** with your name so you can easily identify it.

Breakfast

Make sure you have a big breakfast to set you up for the rest of the day. Estimate more than you usually would per serve as you will be more hungry than usual.

- Cereals (cold or hot)
 - o Weet-Bix, muesli or porridge sachets pack the best, but all cereals are OK
 - o Measure each serve with your usual breakfast bowl into a zip-lock bag or bring small sachet.
 - o Milk: long-life milk or powdered milk. (the 250ml fruit box size is best)
- Breakfast Bars
- English muffins, crumpets or fruit loaf with small sachet of jam, honey or vegemite.
- Fresh fruit or tubs of diced fruit (SPC/Goulburn Valley)
- **UP & GO drinks are not sufficient** enough breakfast by themselves. However, they will be allowed as a side.

Note: No pancakes or pancake mix. No Bacon and Eggs. **There will not be time to cook a hot meal** on the Trangia in the mornings. Boiling water is ok.

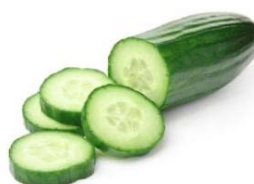


Lunch

Students will **need to bring Day 1 lunch packed from home**, something that does not include fruit and veg. A cheese and bacon roll or a pizza scroll from the bakery, or a cheese and vegemite sandwich is a good options for day 1 lunch.

We will stop for lunch on the side of the river and have time to prepare food. There will not be enough time for Trangia use at lunch. **No Hot lunches.**

- Wraps, long life pita pockets, pumpnickel bread, Sao's, Cruskits, Salada, Country Cheese crackers, Corn thins or Vita Wheat biscuits.
- Flavored chickpea snack tin, flavored corn snack tin, flavored lentil snack tin, kraft cheese, capsicum, cherry tomatoes, carrot, celery, cucumber, avocado, baby spinach.
- Meat: tuna sachet/tin tuna, mettwurst, salami.
- Spreads: mayonnaise, small dip sachet, mustard, chutney, jam, vegemite



Dinners

After a big day of activity, it's a nice feeling to have a good meal to look forward to. You can mix and match from the below suggested meal ideas. Try and have at least 3 vegetables in your dinner to provide you with the energy you're going to need on camp.

Dinner ideas

- Mexican burritos
- Butter chicken
- Vegie Stir Fry
- Lemon Tuna Cous Cous
- Creamy Carbonara Pasta

Suggestion: Day 1 dinner can be premade at home and frozen in a container to make for an easier first night meal preparation.

Suggested Dinner Recipes

Mexican Burritos

Ingredients

- 3 wraps per person
- 1/2 onion cut finely
- 1 red capsicum diced
- 2 x 125g tin of 4 bean mix
- ½ punnet of cherry tomatoes, chopped in half
- 1/2 sachet burrito seasoning
- 1 x 125g tin corn
- ½ avocado
- 1 sachet of tomato paste (2 tablespoons)
- Uncle Bens Mexican style rice sachet (250g)
- Kraft cheese (optional)

Method

1. This meal can be prepared without cooking on your Trangia, although you can cook it and serve it hot if desired.
2. Boil 1 pot of water. Once pot is a rolling boil. Take off the heat and place the packet of rice in the water to warm up. (keep rice in packaging, ensure whole packet is under water)
3. In second pot, sauté onion with a splash of water until translucent.
4. Stir in taco seasoning and tomato paste.
5. Add beans, tomatoes, capsicum and corn.
6. Test rice for liking, can add rice to the burrito mix or serve separately.
7. Scoop a spoonful into wraps and top with cheese.

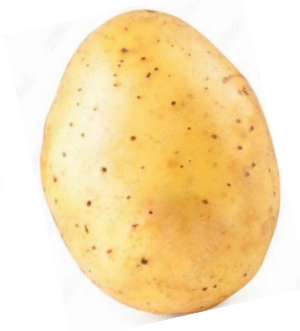


Butter Chicken

Ingredients

- Butter chicken sauce sachet
- ½ onion diced
- 1 x potato diced
- ½ punnet of cherry tomatoes, halved.
- 1 x carrot diced
- Rice sachet
- 2 x 125g can of chickpeas
- 2 x 85g can of chicken

1. Boil some water to cook potato and carrot. Once water is boiling add the vegetables, cook until soft.
2. In a second pot sauté onion with a splash of water until translucent.
3. Add tomatoes, cooked vegetables and with chicken/chickpeas. Stir through sauce sachet.
4. Serve with heated rice (use preferred cooking method on packaging)



Vegetable Stir Fry

Ingredients

- 250g Vermicelli rice noodles
- Teriyaki sauce
- ½ capsicum diced
- ½ onion diced
- 1 carrot diced
- 5 mushrooms thinly sliced
- 12 x snow peas, chopped into small pieces
- 1 x tinned baby corn
- sweet chillie sauce

Method

1. Boil water to cook noodles. Once pot is rolling boil, take off the heat and add noodles. Place a lid on the pot and let to rest.
2. In a second pot sauté onion with a splash of water until translucent.
3. Add the rest of the vegetables and tofu to the pot stir until lightly cooked.
4. Stir through teriyaki sauce.
5. Drain water from pot of noodles, serve with sweet chillie sauce as desired.



Lemon Pepper Tuna Cous Cous

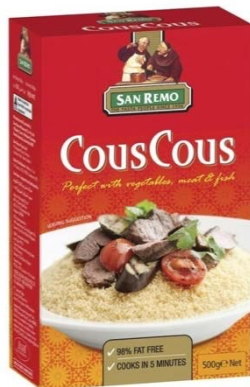
Ingredients

- 425g Tuna
- 1 cup of Cous Cous
- ½ onion
- 60g pre chopped sundried tomatoes
- 5 mushrooms, sliced thinly
- 125g tin corn
- 1 x green capsicum
- 1 x lemon
- Peper

Method

1. Boil 3 cups of water. Once at a rolling boil, remove from heat and add the cous cous. Place a lid on the pot and let to rest.
2. In a second pot sauté onion with a splash of water until translucent.
3. Add mushroom and capsicum, cook until soft.
4. Stir through tuna, sundried, tomatoes and corn.
5. Serve with the juice of a lemon and pepper as desired.

Note: Cous Cous is a great alternative to rice because Cous Cous is 10 times easier to cook and doesn't stick to your Trangia bowl. Cous cous requires 3 times water of the amount of cous cous – e.g. 3 cups water for 1 cup cous cous.



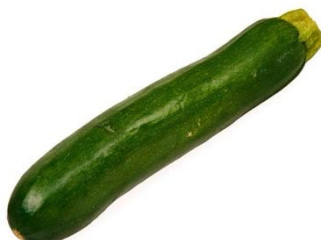
Creamy Carbonara Pasta

Ingredients

- ½ pack of pasta (per head)
- 200g salami stick diced (optional)
- 200ml carton long life cream
- ½ onion diced
- grated Kraft Cheddar
- ½ zucchini diced small
- 60g sundried tomato strips
- 5 mushrooms sliced thinly

Method

1. Boil of water. Once at a rolling boil, add pasta, continuously stir for 10 minutes, remove from heat and place a lid on the pot to finish cooking.
2. In a second pot sauté onion with a splash of water until translucent.
3. Add the salami and sundried tomatoes. Cook until soft.
4. Add zucchini and mushrooms, cook until soft.
5. Stir through cream, cook until desired.
6. Drain water from pot of noodles, serve with grated cheese on top (do not put cheese in Trangia bowl as it will stick)



Dessert

Everyone likes a sweet treat to finish their day.

- Self-saucing pudding to simmer in Trangia (in the jelly/dry dessert section of your supermarket)
- fruit cake & custard (long-life)
- popcorn (pre popped)
- fresh fruit
- cup of fruit & cream or custard (long-life)
- banana split with cream (long-life), chocolate topping
- Freddo Frog, Tim Tams, etc
- Banana and Choc-melts in a wrap, slightly warmed
- from home: rum balls, apricot balls, chocolate brownies, slices



Snacks

Homemade Scroggin recipe

Ingredients

- 1 cup dried fruit
- 2 cups of Nutri grain
- 2 cups of soy crisps
- ½ cup m and m's
- ½ cup lollies
- ½ cup of pretzels



Method

- Add all ingredients to a large bowl
- Mix well
- Portion into zip lock bags



Other snack options:

- Fresh fruit
- Muesli bars
- Popcorn
- Corn thins
- Rice crackers
- Pretzels
- Chickpea snacks
- Dried fruit
- Biscuits and crackers



Menu plan

Write the meals you intend on making in the below table, then write a shopping list

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	At Home				Provided for you
Lunch				Provided for you	Provided for you
Dinner			Provided for you	Provided for you	Provided for you
Desert			Provided for you		
Snacks					

Packing List – Gear and Equipment

Quantity	Item	Notes
1	Broad brimmed hat	
1	Water Bottle	Must be 1L capacity minimum
2	Pairs of shoes	<ul style="list-style-type: none"> - An old pair for aquatics (these will get wet!) - A comfortable pair for around the Centre and at campsites
4	Sets of underwear	
4	Pairs of socks	
2	Pairs of shorts	
1	Long sleeve shirt	For sun protection – MUST have for paddle
2	Long pair of pants	For sun protection for paddle and for warmth at night
3	T-shirts	
1	Bathers/board shorts	
2	Jumpers	Fleece is best.
1	Pair of thermals	Top and bottom. Polypro or wool
2	Towels	
1	Beanie	
1	Rain Jacket	This can be borrowed from Scotts Creek
1	Torch	Spare batteries
1	Sleeping bag	<ul style="list-style-type: none"> - Needs to be small and compact. - Bring extra blankets if you don't think yours is warm enough
1	Pillow	
1	Knife, fork + Spoon	
1	Bowl and Cup	
2	Tea Towel	
5	Garbage bags	
5	Large Zip lock bags	
1	Personal toiletries	Soap, toothbrush, toothpaste, deodorant (roll on preferable)
1	Insect Repellent	
1	Sunscreen + Lip balm	
	Food	<ul style="list-style-type: none"> - 3 breakfasts - 3 lunch's - 2 dinners - Snacks for 3 days

Optional items

- Notepad
- Card games
- Book
- Musical instrument
- Binoculars
- Fishing Rods

Items to leave at home...

- × Electronic equipment – iPods, iPads, games etc.
- × Junk food (chips, soft drink, **nuts of any kind** etc.)
- × MOBILE PHONES
- × Money



Government
of South Australia

Medication Agreement

for education and care

CONFIDENTIAL

This information is confidential and will be available only to relevant staff and emergency medical personnel. *Medication Agreements that are modified, overwritten or illegible will NOT be accepted.*

The legal guardian or adult student can complete the medication agreement authorising education and care staff to administer medication as instructed. All sections of the 'Authorisation' section must be checked to confirm authorisation to administer in an education or care service by the legal guardian or adult student. A treating health professional may assist the legal guardian or adult student to complete this form.

A registered health professional (ie medical consultant, specialist nurse, GP, Dentist) **must** complete the 'Agreement' section for any Controlled Drug (S8) (including morphine, dexamphetamine and codeine), where oxygen or insulin is required to be administered in education or care, or where pain relievers (paracetamol or ibuprofen) are required to be administered regularly or for more than 72 continuous hours, Where midazolam is prescribed this must be documented on an [INM Medication Agreement HSP153](#) form.

PARENT/GUARDIAN OR ADULT STUDENT TO COMPLETE:

Education or care service:			
Education or care service email: (if known)			
Name of child or young person:			
Date of birth:		Date of next review:	
Allergies:			

MEDICATION INSTRUCTIONS

The medication instructions must match EXACTLY the pharmacy label on the medication or medication will not be administered

Medication name			TIME(S) To be administered within ½ hour of specified time(s):
Form (liquid, tablet, capsule, lotion, oxygen, inhaler, injection)	Route (skin, oral, inhaled, gastrostomy, subcutaneous)		
Strength (mg or mg/ml)	Dose (the number of tablets or mls must be written)	Start date	
Other instructions for administration (when not appropriate to administer; how to administer i.e. with food; any changes to medication prior to administration i.e. crushing)			End date Medication Agreement ceases to be valid as at this date. Not required for long term medication.

AUTHORISATION AND RELEASE

<input type="checkbox"/>	The medication documented above is required to be administered during attendance at the education or care service.
<input type="checkbox"/>	The medication documented above is NOT a Controlled Drug (S8), oxygen, insulin or pain relief that requires administration for more than 72 continuous hours (if it is yes, 'Agreement' section must be completed by a health professional).
<input type="checkbox"/>	Where the medication is a prescription medication; the medication has been prescribed for a current health condition.
<input type="checkbox"/>	I confirm this medication has been administered to my child previously (a first dose cannot be administered in education or care).
<input type="checkbox"/>	My child is well enough for school (no active fever, no diarrhea or vomiting, able to eat and drink as per normal, enough energy to participate throughout the day) and if there is a change in my child's health condition I will be called to collect them.
<input type="checkbox"/>	I understand the medication provided must have a pharmacy label that matches the information in the Medication Agreement or the medication will not be administered.
<input type="checkbox"/>	I approve the release of this information to supervising staff and emergency personnel (if required).
<input type="checkbox"/>	I authorise the medication as instructed above to be administered in the education or care setting.
<input type="checkbox"/>	I certify the above statements are true and correct.

Legal guardian/ or adult student/client	_____	
	First name (please print)	Family name (please print)
Email address or signature:	Date:	

AGREEMENT: REGISTERED HEALTH PROFESSIONAL TO COMPLETE

(must complete for Controlled Drugs (S8), oxygen, insulin or pain relief required to be administered regularly or for more than 72 hours)

<input type="checkbox"/>	I agree the medication instructions as written above are appropriate for administration in the education or care setting	
<input type="checkbox"/>	I authorise delegation to the WCHN Access Assistant Program/RN Delegation of Care Program (if required)	
Telephone	(print name & practice/hospital or stamp)	Date
		Professional role
		Email address or signature

HSP151

MEDICATION AGREEMENT

Health Support Planning

