REMEMBER THE COURSE DATES ARE:

| Tuesday 21st October | TO | Monday 27th October |

DEPARTURE TIME:
Students are to be at the bus bay by 5.40am on Tuesday 21st October. Luggage will then be packed onto the bus ready for a 6am departure.

RETURN TIME:
The bus will return at approx. 10.00pm on Monday 27th October.

If you wish to confirm time of arrival back to Albury, call Nigel Heitmeyer: 0432 596 326 after 8.30pm on Monday 27th October.

BUS CLOTHES
Students may wear casual clothes on the bus to Tharwa. These are clothes that will be left at base camp and not taken on course. These same clothes can then be worn on the bus on the way home.

SPENDING MONEY
The only spending money necessary will be to use at McDonald’s at Gundagai for breakfast on the way to course and McDonald’s at Yass for dinner on the way home. There are no other chances to spend money so please do not bring excessive amounts.

PACK YOUR GEAR IN A SOFT BAG
As is mentioned in the booklet, students are to pack their gear into a soft bag, like a sports bag or a duffle bag, to get to Tharwa. As soon as we arrive at Tharwa, backpacks will be issued for students to pack their gear into for the course. Definitely no suitcases.

PERSONAL CLOTHING AND EQUIPMENT LIST
It is essential that all students bring all items from the Personal Clothing and Equipment list. There are no shops along the way.

CAMERA
A camera is a great idea to capture those special moments of the adventure. It is possible to use and keep safe a digital camera the alternative being a disposable camera. Of course, students will be entirely responsible for any cameras taken on course.

REMEMBER!!
If you bring along mobile phones, ipods, games, extra food, confectionery, cosmetics, etc, these items will be left at base camp.

Only bring the things listed on the Clothing and Equipment list.
**STAY HEALTHY:** I would like to make a special request for students to try to stay healthy between now and the course. Get lots of sleep before you go so you have lots of energy when you get there.

**MEDICAL FORMS**
If any circumstances have changed or new medications prescribed since completing the medical forms, parents need to detail in writing and send it with the student.

"**At Outward Bound, you will make new friends, learn new skills and try adventurous activities that you may never have the opportunity to try again, all in the beautiful wilderness of Australia.**

*It's an experience of a lifetime and one that will stay with you for the rest of your life. If there is one thing you will learn at Outward Bound, it is that you are capable of more than you thought possible."

**IMPORTANT ITEMS FROM THE YELLOW INFORMATION BOOK**

**TRAINING CONDITIONS**
We ask students to embrace four fundamental principles:

1: **Attempt everything to the best of their ability**
2: **Respect themselves, each other and the environment**
3: **Avoid any unprescribed drugs, including tobacco and alcohol.**
4: **Follow all safety instructions.**

**WHAT PERSONAL CLOTHING AND EQUIPMENT IS NEEDED?**
Please refer to the ‘Personal Clothing and Equipment List’ in the yellow book for details about the items to bring. We strongly recommend that you arrange a gear-check at school if you have any doubts about the suitability of critical items such as footwear, wet/cold weather clothing, etc.

**WHAT EQUIPMENT DOES OUTWARD BOUND SUPPLY?**
Outward Bound supplies sleeping bags, backpacks, shelters, cooking implements, rafts, ropes and all other equipment associated with course activities.

**IS TETANUS IMMUNISATION COMPULSORY FOR COURSE PARTICIPATION?**
Outward Bound strongly recommends that all students and staff have a current Tetanus immunisation prior to going on course.