

Standard Program Outline: Sample 5 Day Program

Dates:

Attention:

IMPORTANT! Please advise, no later than two weeks prior to your visit:

- **Final numbers - including the male / female breakdown (if applicable)**
- **Any special dietary requirements - email details to office@emugully.com.au**
- **A list of any non-swimmers in your group**
- **Any medical information that will impact camp activities eg. crutches**
- **Please forward a Word or Excel list of student names for certificates**



Day 1	Day 3	Day 4
<p>1000hrs Arrival/Welcome/Safety Brief Set goals for camp Introductory Activities: Chicken Leadership The Charge No Man's Land Hoop Lunch 1230hrs Team Building Activities: Swinging Log Commando Cable Crossing Escape from Colditz Dinner 1800hrs *Own Program Supper provided</p>	<p>Breakfast 0730hrs Reflections 0830hrs Team Building Activities: Escape from Colditz Commando Cable Crossing Lunch 1230hrs <i>Mid Camp Brief with Group Staff</i> Core Presentation Core Activities: Western Front Siege of Tobruk Tunnel Rats of Vietnam Swim Dinner 1800hrs Night Activity run by Emu Gully Staff Supper provided</p>	<p>Breakfast 0730hrs Reflections 0830hrs Core Presentation Core Activities Continued: Hellfire Pass Bridge over the River Kwai Lunch 1230hrs Kokoda Track Elective Activities: Skirmish Swim Dinner 1730hrs *Own Program Supper provided</p>
<p>Day 2</p> <p>Breakfast 0730hrs 0830hrs Reflections with Emu Gully Staff Team Building Activities: Skippy Blanket Volleyball Lunch 1230hrs Helicopter Rescue Swinging Log Swim Dinner 1730hrs *Own Program Supper provided</p>	<p><i>*The times of arrival and departure are dependent on individual group needs, and the program is adjusted around these times, the group goals and size.</i></p>	<p>Day 5</p> <p>Breakfast 0730hrs Reflections 0830hrs Pack Up and Cleaning Additional Activities: Storm The Fort Lunch 1200hrs 1300hrs Final Debrief and Departure</p>

* We have some resources to assist staff with shed games and facilities for watching movies.

Your staff will be responsible for running and supervising the night activity where indicated (*Own Program), and also supervising students during mealtimes, free time and overnight.

Relevant policies such as Alcohol, Child Protection and Social Media can be accessed via the Health and Safety tab on our website.

For a more comprehensive guide to the activities and risk assessments, please refer to our website at www.emugully.com.au

This is a suggested program only and may be changed by Emu Gully staff due to group needs, inclement weather or other time constraints.

Please Bring	Please Don't Bring
Pillow & Bedding (Sleeping bag/ Blankets/Sheet for single bed as preferred)	Mobile phones
Multiple Changes of Old Clothes (including long pants and warm jacket)	Ipods
Walking Shoes (2 pairs if possible as one pair may get wet)	Ipads
Swimmers (girls please wear a t-shirt over bikinis)	Chewing gum
Towel & Hat	No Aerosols – roll-on, pump or gel instead
Torch, Pen and Paper, Watch if you have one	Additional Items
Drink Bottle	Sun-Smart clothing needs to be worn for all activities – no singlets please.
Personal toiletries	Asthmatics using puffers must keep it with them at times.
Insect repellent	
Plastic bag for wet and/or dirty clothes	

Costs for your camp: Activities / Accommodation / Meals / Electives				
Booked Number:	Cost per Participant (51+ participants)	Group Staff (1:10 ratio)	Special meals (such as gluten free)	Electives – Additional Cost (GST inclusive)
Minimum Financial Commitment: (= 80% of booked number)	\$ each + GST (includes food component \$104)	\$104 each + GST Meals only charge	Additional \$3 per meal	Twisters - \$12 each (inc. GST)

We look forward to having you with us at Emu Gully.