

Local rock climbing Trip Information

Date: Sunday 15th January, 2012

Meeting spot: Globo Café, at the UC Village, Coinda Street, University of Canberra

Meet Time: 6.30am

Return Time: anticipated return approx. 6.00pm

Climbing Venue: Orroral Ridge, Namadgi National Park, ACT (subject to change)

Staff on trip: Armando Corvini, Mike Law-Smith (will carry group first aid, sat phone), UC student (assistant)

Requirements:

- *Sense of adventure and willingness to challenge yourself*
- *Food:* healthy, substantial, high energy (remember it's a long day)
- *Water:* minimum 2 litres; sturdy watertight container (for drinking + first aid)
- *Clothing:* ** = essential
 - o **waterproof rain jacket
 - o **fleece jacket/warm jumper/thermals
 - o comfortable, 'sun smart' shirt & trousers (longs recommended)
 - o **fully enclosed sturdy shoes with good grip eg runners, hiking boots
 - o **'sun smart' hat
- *Equipment: climbing gear will be provided by the staff unless you have your own*
 - o daypack approx 40lt
 - o sunscreen
 - o personal climbing gear if you have it (must be UIAA or CE approved standard & in very good condition)
 - o camera
 - o garbage bag or similar to waterproof daypack if necessary
 - o climbing helmets must be worn during the activity
- *Extra costs:* nil
- *Medical:*
 - o Complete medical info and consent form prior to departure (forms available on the day or from conference website)
 - o BYO personal medication &/or basic first aid kit (paracetamol, bandaids, bandages etc)

Armando's emergency contact details: 0419 693 493

Cancellation of trip: Armando, Mike or Kathy will make contact with you if the trip needs to be cancelled for any reason.

- **There is usually no mobile phone coverage beyond Tharwa**

Expectations from the day:

Fun; sharing; beautiful surroundings; all levels of climbing ability and experience catered for.

Behavioural expectations

Participants are expected to understand and appreciate the adventurous nature of the activities planned and the semi remoteness of the landscape setting. In this context they are required to maintain safe practices at all times in caring for themselves and others in the party.

Participants engaging in unacceptable behaviour will be excluded from activities while on the excursion and will also be excluded from future participation in the outdoor education program. Staff accompanying participants on trips will take all reasonable care while participants are in their charge to protect them from injury and to control and supervise their behaviour and activities.

Please be aware that staff are not responsible for injuries or damage to property which may occur on a trip where, in all circumstances, staff have not been negligent.

If driving yourself: Travel instructions: total journey time approx 1hr from the University of Canberra:

- 1) travel down the Tuggeranong Parkway to Tharwa, travel through the village past Cupcumbalong
- 2) approx. 10kms out of Tharwa Village, turn right onto Apollo Road
- 3) travel approx 10 kms along Apollo Rd., turn right into Honeysuckle Campsite (last real toilet for the day)
- 4) continue up dirt road (Orroral Rd) for approx 5 kms to carpark on the ridge