



# CARMEL

## ADVENTIST COLLEGE

### YEAR 9 ASPIRE PROGRAM

Full Day Hike – Friday, 7<sup>th</sup> March 2025

Dear Year 9 Parents and Guardians,

This letter is to provide you with some key information about the upcoming Year 9 Full Day Hike. We will again be hiking in two groups, this time along a section of the Bibbulmun Track. One group will be starting at the Perth Hills Discovery Centre and ending at the Camel Farm. The other group will be starting at the Camel Farm and ending at the Perth Hills Discovery Centre.

All students will be given a hiking pack on Thursday that they need to use for the hike. They will also be provided with a tent, however, this is just to add some weight to the packs and won't be needing to be set up on the day.

#### **Aims of the Full Day Hike:**

**Physical** – opportunity to get used to long distance hiking, with pack weight, in preparation for the Overnight Hike.

**Social/Emotional** – opportunity to build positive memories and stronger relationships with each other, and to continue to develop resilience and confidence.

**Staff members attending:** Adam Di Rosso, Amitha Narlapati, Luke Duncan, Vanessa Fernandez, Shannon Smoker

#### **Checklist of what to bring:**

Students need to wear their PE uniform and appropriate footwear (not crocs) for hiking. Hiking boots are not necessary but students are welcome to wear them. Students should pack the following items in their hiking pack:

- ☐ Tent (will be provided for weight)
- ☐ Small first aid pack (should have from previous hike)
- ☐ Student specific first aid items (eg. EpiPen, asthma puffer & spacer, personal medications, etc)
- ☐ At least 3 - 4L of water
- ☐ Morning tea, lunch and other snacks (no cooking facilities provided)
- ☐ Hat
- ☐ Sunscreen

A number of students were not as prepared for our Half Day Hike as we would have liked so it is essential that water and food requirements are met or students may be asked to stay at school for their own safety.

#### **Upcoming Dates:**

Thursday – Friday 27<sup>th</sup> & 28<sup>th</sup> March – Overnight Hike

Monday 7<sup>th</sup> – Friday 11<sup>th</sup> April – Cape to Cape

Kind regards,

Adam Di Rosso, Amitha Narlapati, Luke Duncan, Vanessa Fernandez  
*Year 9 Aspire Team*