

WHAT TO EXPECT AT OPTIMUM EXPERIENCES OUTDOOR ADVENTURES



At Bay and Beyond



ABOUT US

Optimum Experiences is an outdoor education company based out of Fitzroy Falls, NSW. Owned and operated by Ian “Braddy” Bradburn and his wife Alison “OptiMum” Bradburn since 1991. We focus on outcome based programs with a focus on experiential learning through outdoor experiences. Optimum Experiences is committed to delivering quality experiences with safety as our number one priority.

OUR CORE VALUES

- **O** ptimism
- **P** rofessionalism
- **T** eamwork
- **I** ntegrity
- **M** otivation
- **U** nderstanding
- **M** aking a Difference



BAY & BEYOND

Our Bay and Beyond beach programs typically run for 3 to 4 days and involve components including water sports, beach games and team initiatives. They take place at a wide variety of locations including Booderee National Park, Minnamurra River & Beach and other areas around the Shoalhaven. All stunning locations on the water, filled with wildlife and picturesque scenery.



ACCOMODATION & DINING

For the duration of the program, students are split into groups, these groups do everything together, including moving, cooking meals and camping. (tents/hoochies are shared with a partner). This allows students to develop a sense of community and work collectively to achieve the groups goals.

Our tents are a 2 person dome style tent with plenty of room for 2 students and their equipment. Tents a double walled to allow ventilation while remaining waterproof. In the warmer months students stay in hoochies (small 2 person tarp shelters) Students will learn to share the responsibility of managing the campsite.

Students will be cooking for themselves on small fuel stoves (Trangia's). These stoves are very safe, and students are instructed on how to use them, and then carefully supervised during meals.



Activities on Bay & Beyond

Bay and Beyond programs usually consist of a combination of water sports, beach games and team initiatives. Activities conducted on a program are dependent on student age, weather and the choice of the school.

During the program activities may include

- Surfing
- Snorkeling
- Kayaking
- Giant stand up paddle boards (SUP's)
- Beach Games (flag racing)
- Team Building Initiatives
- Water Safety and Rescue
- Camp Craft
- Cooking
- Mini Expeditions (overnight)
- Mountain Biking

Culture on Program

Most Expeditions involve a component of Cultural Discovery with Indigenous Education Specialists.



Equipment to Bring

Recommended personal equipment and clothing for your camp.

Note; It can get cold at night – be prepared!

Personal Gear

- Morning Tea for day 1
- Toilet Bag including soap, toothbrush and tooth paste, insect repellent and anything else you consider necessary. **NO AEROSOL CANS**
- **Towel x2**
- **Sleeping bag**
- **Sleeping mat (yoga mat)**
- Extra batteries
- **Dilly Bag (containing a tea towel plate, bowl, cup & cutlery)**

Clothing

- Two pairs of board shorts
- 1 pairs of long pants/tracksuit
- **1 set of thermals (top and bottom)**
- 3 T-shirts that provide suitable sun protection
- 1 Jumper (woolen)
- 1 Warm jacket (polar fleece or down)
- Pyjamas/sleepwear
- 1 Beanie
- Socks and underwear
- 1 pair of sturdy shoes
- **1 pair of water shoes or old trainers**
- **Swimmers and Rash vest**

Wet Weather Gear - Essential

- **Raincoat (avoid plastic ponchos)**
- 3 Garbage bags for wet/dirty gear

Day bag containing the following:

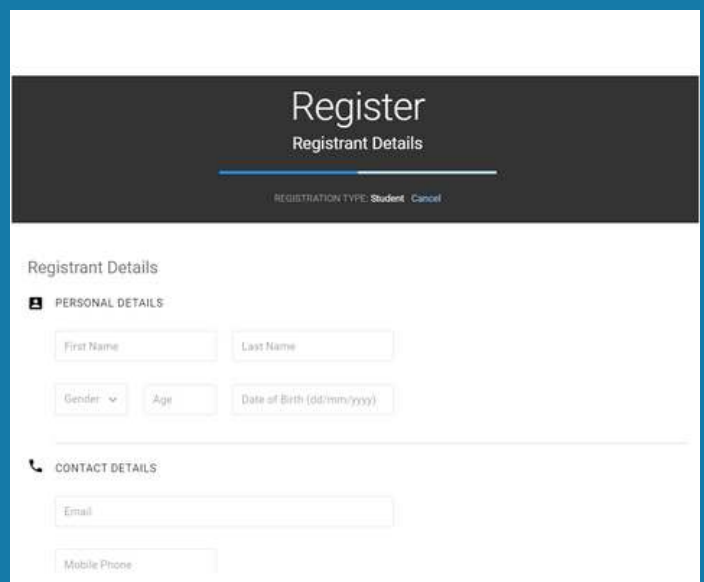
- **Sunscreen**
- Hand Sanitiser
- **Hat - wide brimmed or cap**
- **Torch - preferably a head torch**
- **2x 1 litre water bottle**
- Small personal first aid kit - medications and strapping for previous injuries.

Note; recommended equipment for a standard Bay and Beyond Camp

Registering for a Program

In order for a student to attend any Optimum Experiences camp, they must first register using VenueLife. This allows the organisers of the program to be aware of any medical requirements or dietary requirements of the student. The steps of registration are as follows.

1. follow the registration link provided by the organising teacher and enter the password provided.
2. Accept the terms and conditions.
3. Answer the questions in the questionnaire.
4. Click Submit



The screenshot shows a registration form titled "Register Registrant Details". At the top, it says "REGISTRATION TYPE: Student Cancel". The form is divided into two sections: "PERSONAL DETAILS" and "CONTACT DETAILS".

PERSONAL DETAILS

- First Name:
- Last Name:
- Gender:
- Age:
- Date of Birth (dd/mm/yyyy):

CONTACT DETAILS

- Email:
- Mobile Phone: