

WHAT TO EXPECT AT

OPTIMUM EXPERIENCES OUTDOOR ADVENTURES



On Expedition



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**rofesionalism
- **T**eamwork
- **I**ntegrity
- **M**otivation
- **U**nderstanding
- **M**aking a Difference



EXPEDITION

Expeditions are journey based programs where students either hike, paddle or ride to get from point A to point B. This is where the students take full ownership of their camp applying all the knowledge and skills learnt from previous Optimum Experience programs. Students will be pushed out of their comfort zones and challenged in a safe and rewarding environment to complete the journey. They typically run for 5 days and can be run in a number of locations such as the Morten National Park (Coolendel) Shoalhaven River (Coolendel/Nowra Ski Park), Kangaroo Valley (Tallowa Dam) and Jervis Bay



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 are 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 Expedition

Expeditions usually consist of a combination of Canoeing, Hiking and Mountain Biking. Activities conducted on a program are dependent on student age, weather and the choice of the school. During the expedition students learn a variety of skills.

- Camp Craft
- Navigation
- Self Management
- Cooking and food prep
- Care and Responsibility for their equipment
- Care for the natural environment (Leave No Trace Principles)
- Resilience
- Leadership
- Independence
- Teamwork

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 in the Southern Highlands - be prepared!

Equipment

- Morning Tea and lunch for day 1
- **Backpack suitable for hiking (70 litres min)**
- **Sleeping Bag (4 season preferred or add thermal liner)**
- **Sleeping mat (small inflatable recommended)**
- **Dilly bag (2 Tea Towels - Plate/Bowl,Cup, Cutlery. NOT DISPOSABLE)**
- **Head torch & spare batteries**
- **2x 1Ltr drink bottles**
- Small personal first aid kit (bandaids, medications and strapping tape for previous injuries.
- Towel
- Toiletries bag (sunscreen, insect repellent, toothbrush and tooth paste.

Clothing

- 2 pairs of shorts
- 2 long sleeve shirts (UV protection)
- 1 t-shirt
- Socks and underwear
- **Thermals (top and bottom)**
- **1 pair of sturdy shoes/hiking boots**
- **1 pair of water shoes**
- 1 jumper (preferably woolen)
- 1 jacket (fleece or down)
- Swimmers (top and bottom for canoeing)
- **Hat - wide brim/cap**
- **Beanie and gloves**

Wet Weather Gear - Essential

- **Raincoat (avoid plastic ponchos)**
- **6 Large garbage bags for waterproofing**

***Note - Recommended equipment for standard Fitzroy program.**

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 with the following fields:

- PERSONAL DETAILS**
 - First Name
 - Last Name
 - Gender (dropdown)
 - Age
 - Date of Birth (dd/mm/yyyy)
- CONTACT DETAILS**
 - Email
 - Mobile Phone