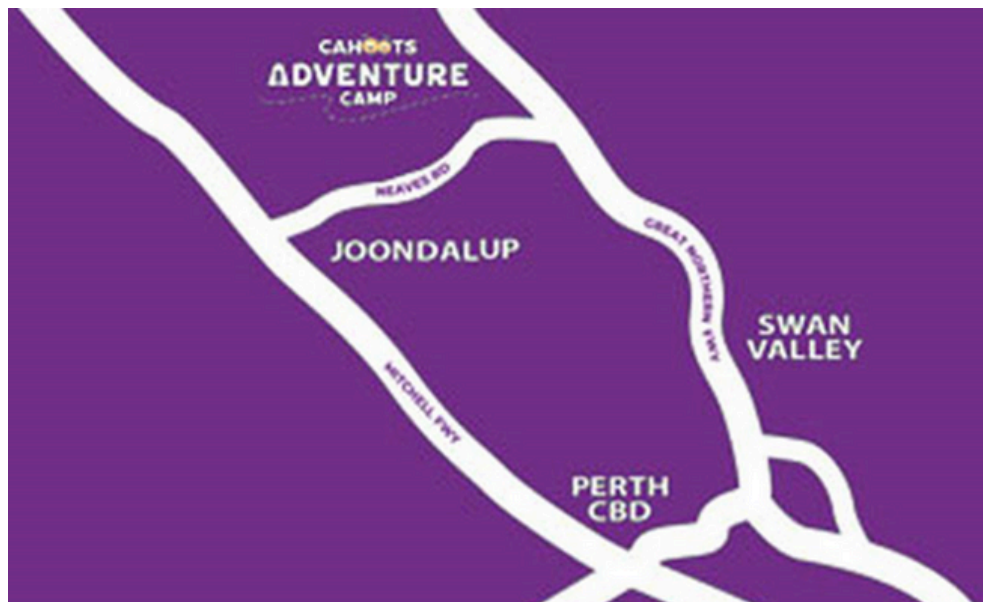


# Bronze - Expedition

## Three Days, Two Nights

### Overview

All our Bronze level expeditions are based out of the Cahoots Adventure Camp in Bullsbrook. From our home camp we'll teach the skills needed for expedition living and camp cooking. Each day we'll travel to various hiking spots surrounding Perth. Each location has different opportunities to explore and try out adventurous activities! As a team you'll have the opportunity to decide which spots you'd like to explore at expedition junctures.



Due to the nature of expeditions and the areas we'll be exploring, flexibility is key. Our expedition framework is a starting point, but definitely not the final plan. Any expedition plan is agile and up for adaptations. Factors that will influence our plans include the weather, team abilities, and of course, the decisions you make along the way about your preferred location. No two expeditions will look exactly alike!

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## What your trip could look like?

**Day 1:** Arrive at Cahoots Adventure Camp. Learn how to set up tents and cook your own food whilst camping. Mid-morning we'll bus out to Bells Rapids for the rest of the day. Whilst at Bells, we'll hike the area and attempt a river crossing, if conditions are good before leaving.

Day one concludes being bussed back to Cahoots Adventure Camp for the night. Participants will cook their food and will stay in dormitory style accommodation or tents depending on the group.



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**Day 2:** As a team you'll cook up breakfast and decide your locations for the day. You've decided to go to John Forrest National Park in the morning and Lesmurdie Falls in the afternoon! Whilst at John Forrest you follow the old railway track and go through the Swan View Tunnel to learn about the history of the area before having lunch. In the afternoon you head to Lesmurdie Falls for an afternoon of hiking and explore any pools of water to jump in.



In the evening you head back to camp to cook dinner, attend to camp needs and a chance to relax with your group.

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**Day 3:** Your third day starts with the Cahoots Adventure Camp High Ropes Course! Before bussing to your final location to explore. As a group you decided to go to Ellis Brook, as you wanted to leave a challenging hike to the last day. You'll get to follow the circuit and explore the old quarry for lunch. Then you'll head back to Cahoots Adventure Camp, for kit tidy ups ready to be picked up!



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## Gear & Equipment list

### Group gear

- Expedition Tent (Provided)
- Group Cooking (Provided)
- Team first aid kit (Provided)
- Food (Provided)

### Individual gear

- Sleeping Bag (available for hire)
- Roll Mat, light weight (available for hire)
- Hiking pack 50L (available for hire)
- Bin pack [For lining pack]
- Trousers, hiking x1
- T-shirt x2 [Sun smart]
- Cold weather jumper x1 [Fleece works well]
- Rain Jackets x1
- Hiking Socks x3
- Underwear x3
- Hiking boots [Wear before you come]
- Camp shoes [Crocs or trainers]
- Sun hat
- Sun cream & lip balm
- Toiletries
- Small towel
- Water bottle x 2 litres
- Plastic Bowl [Tupperware tub with lid works well]
- Eating spoon
- **Personal medication [Epi-pen, inhaler, medication]**

### Optional gear

- Sunglasses
- Hiking pole (Can hire)
- Beanie
- Thermals

Remember what you pack be prepared to carry!

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## Frequently Asked Questions

### What will I eat?

For a Bronze level of expedition, you'll have all the ingredients for your meals provided to you. As a team you'll have to decide how to prepare your meals under the guidance of your expedition Guides.

### What if I have a special dietary requirements?

We'll consult with you on menu choices and how to adapt camp cooking to accommodate you. Whilst we'll endeavor to accommodate, depending how severe your allergy is, we may request that you supply your own food.

### Where are the toilets & showers?

For Bronze expeditions, you'll be based at the Cahoots Adventure Camp in Bullsbrook, where there are showers and toilets. A number of hiking spots have toilets as well.

### Where do I sleep?

For all expeditions unless arranged otherwise, participants will stay in expedition-style tents accommodating 2, 3 or 4 people. As a general rule, tents will be organised by gender. Campsite locations will vary depending on the specific expedition.

### How many people will be in my team?

You may sometimes see larger groups sharing the same spaces as you, as numerous expeditions can happen simultaneously. However, the group you'll be living & working in will be between 6-14 people depending on the style of expedition you're undertaking.

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## Frequently Asked Questions

### Will I know the other people in my team?

This will really depend on how you signed up with us. If you signed up as a school cohort, then you'll typically work within your school groups. If you signed up as an individual under our open award centre, then you may come across any number of participants of a similar age in your respective expedition groups. Typically, these types of experiences can be very transformative, as participants and someone who you've just met could become a great friend by the end, that you'll stay in touch with.

### Who will be my Guides?

Your Guide will be awesome.

Seriously though, the senior Guides that will accompany each group are well versed with guiding people in remote locations. All are first aid trained, have experience with tents, foods and knowledge of the routes and contingency procedures. They come from a range of backgrounds with schools, youth groups and emergency services.

### What do I need to bring/buy/hire?

Check out the kit list for your expedition. Group gear like tents and cooking equipment/utensils, is provided. You can hire from Cahoots equipment such as - packs, sleeping mats and sleeping bags. You can also go to secondhand stores and pick up a lot of gear for a good price!

We recommend that you buy quality new hiking boots. You should wear them a few times before the expedition to ensure they are comfortable.

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## Common questions

### How fit do I need to be?

A good level of fitness is always an advantage for any expedition. The longer the expedition, the more fit we recommend you be. You should be able to comfortably walk with 10-18kg in your pack for each day you'll be walking.

### Do I need prior experience?

Nope! Just a desire for adventure. The skills you need will be taught whilst on the expeditions. Our guides will work with the expeditioners as they go, to meet them at the level they are at. This means that whether you're a novice or experienced, our guide will work with you, so you continually have the opportunity to grow or challenge your expedition skill sets.

### Do I have to be doing the Duke of Edinburgh Award?

Whilst the expeditions are aimed at each level of the Duke of Edinburgh Award. You definitely can sign up to an expedition just for the experience.

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