

Sunday 6 <sup>th</sup> July 2025 OAS Bushwalking 1 & 2 Rotary Hut, Bundilla Scout Camp, Winston Hills	
8:30 am	Arrival and welcome Icebreaker
8:45 am	Essential items Day pack
9:00 am	Seasons Clothing Comfort
9:30 am	Balanced and healthy menu Nutrition
10 am	Where can I go for a bushwalk How can I tread lightly
10:15 am	The buddy system Becoming lost My role in an emergency What are risks
11am	Look at a map of the bushwalk Orientate map to the landscape Water stops Toilets Help points
11:15 am	15 minute break for toilet, refill water, secure gear inside, apply sunscreen
11:30 am	Safety briefing and depart on bushwalk (Loop)
Pemulway Loop Northmead, Winston Hills and Old Toongabbie 5.4km Lunch on route	Discuss on journey Safety Communication Bushwalking courtesy Pace Compass directions
	Lunch break during bushwalk
3:30 pm	Return from walk and 15 min break
3:45 pm	Review bushwalks
4:00 pm	Responding to emergencies
4:15 pm – 4:45 pm	Scenarios
4:45 pm – 5 pm	Pack up and Talk about any homework to do before next Sunday
5:00 pm	Depart

Sunday 13th July 2025 OAS Bushwalking 1 & 2 Rotary Hut, Bundilla Scout Camp, Winston Hills	
8:30 am	Arrival & welcome
9 am	Weather forecasts
9:30 am	Tread lightly Leave no trace Example of a sensitive plant species
10 am	15 minute break for toilet, refill water, secure gear inside, apply sunscreen
10:15 am	Safety briefing Depart on bushwalk (Loop)
Settlers Walk Northmead to Toongabbie 6km Lunch at Portico Park, Toongabbie	Discuss on journey Safety Communication Bushwalking courtesy Pace Compass directions
3:30 pm	Return from walk and 15 min break
3:45 pm	Review bushwalks
4:00 pm	Orienteering course or Navigation game
4:30 pm	Video and next steps Discuss future bushwalks in Sept school holidays
4:45 pm	Pack up
5:00 pm	Depart

Please note:

Sessions are subject to change and session times are approximate only. We have accommodated space for 24 participants, we may work together or break into 2 groups. For the hike we may break into smaller patrols.