

OQ Women's Training camp – 21 and 22 October 2017

Program

Saturday		
morning	Drive to Stanthorpe	Meet at Braeside map – 28 Crystal Mountain Road
11am	Arrive at Braeside for morning tea Ready to start at 12pm	
12pm-4.30pm (including break for afternoon tea)	Day 1 activities	Map Walk Compass Aiming Off Terrain Hand rails Skins Map memory
4.30pm	Drive to Leslie Dam	
6.00pm	Leave for Dinner at Warwick RSL	
8pm	Evening activities & games back at camp	
Sunday		
7am	Breakfast	
8am	Leave camp for training Arrive at Charlies Paddock	Charlie's Paddock -Turn off is 9.5km along Old Stanthorpe Rd from Dalveen. Look for O signs after the railway line
9am-2pm (including breaks for MT and Lunch)	Day 2 Activities	Contours Long legs Rock Star Relay
2pm	Head home	

Accommodation

Leslie Dam Camp - Bring all bedding (including pillow), linen and towel.

Food

Saturday – Lunch: bring your own lunch, water and snacks.

- Dinner: Warwick RSL

Sunday – Breakfast: catering at Leslie Dam.

- Lunch: provided (Subway)

Bring some extra snacks and water for both days.

Clothing

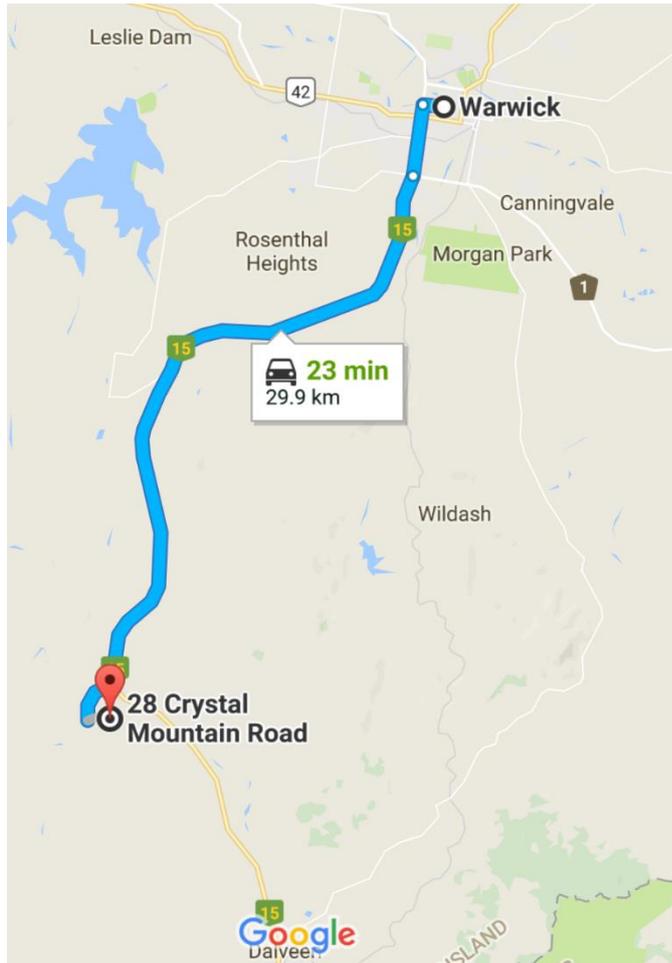
O gear

Rain coat, hat & sunscreen – who know's what weather we'll get!!

Map bags, compass, SI stick.

Contact – Anna Sheldon 0407 574 878 (backup - 0448 805 618)

Warwick to Braeside (Saturday) Crystal Mountain Road – O sign at turn



Warwick to Charlie's Paddock (Sunday) – further via highway, but less dirt road

