Camp details
We will be leaving the University of Melbourne Gate 10, Grattan St at 10:00am on Sunday 14 February 2016, and arriving back on Friday 23 February 2018, at around 4.30pm. We will be travelling to Moama on Murray River Resort, via Echuca. The address of our accommodation is:

Moama on Murray Resort
69 Dungula Way
Moama
NSW
2731
Phone: 03 54 803 031
Website: www.moamaonmurray.com.au
Email: info@moamaonmurray.com.au

Located a short drive from the centre of Moama, the Resort is a mere 5 minutes from the centres of Echuca or Moama and is a short drive to the Barmah-Millewa National Parks in Yorta Yorta country.

When coming from Echuca, cross the bridge that separates Victoria and NSW, across the Mighty River Murray (Dungula in Yorta Yorta language), turn right at Shaw St, right after the bridge, drive past the Moama Bowling Club.

After Moama Bowling Club at the first roundabout, turn right on Chanter St, and follow past The Long Paddock Tourist Site, Refresh’d Café and Chanter Winery and Military Museum will also be on your left, as the road curves after the winery, turn at your first right.
We will be staying in cabins which accommodate between 6 and 10 people. All cabins have air-conditioning, linen, television, showers, kitchen facilities and a BBQ. The camp is on the riverside and has a swimming pool, tennis court, basketball and soccer nets.

Food
Students will need to do their own cooking. On the first night we will be holding a ‘Welcome to Country’ communal BBQ (with the School organising the food – including vegetarian options.) We will be stopping at Echuca on the way to Moama in order to buy provisions. Echuca has two supermarkets (Safeway and Coles). The availability of organically grown produce, however, is limited. We recommend that students work in groups to work out what they will need for the week. We will have space on the bus to bring provisions if you prefer to get these in Melbourne.

Ground rules
- Please ensure that you are ready to leave each morning at the determined time.
- Only students with adequate footwear will be allowed to undertake field trips (no sandals, thongs, Birkenstocks etc – closed toes mandatory).
- No swimming in the river.
- No swimming in either the river or the pool alone.
- No swimming in the pool after 10pm.
- No smoking in the forest (fire risk).
- Follow all cultural protocols as outlined by Dr. Atkinson and Staff.
- Treat other students with respect, which includes being quiet at night.
- No student is to adjust the gas water heaters in the cabins.
- Keep screen doors in cabins closed to keep mosquitoes out.
- Notify staff immediately of any unusual medical situations (unusual levels of confusion, headaches and so on.)
- Although alcohol is not prohibited we request that students are responsible in their consumption of alcohol. Hangovers will not be accepted as an excuse for morning lateness! In addition, excessive consumption of alcohol may contribute to dehydration in hot weather.

Clothing
The weather may be very hot (over 40 degrees Celsius). Students are requested to follow these precautions:

Hat: always wear an adequate sun hat when outside during the day to avoid heat stroke and sunburn.

Boots: boots with closed in toes must be worn when on field trips to minimise possibility of snake bite. Only students with adequate footwear will be allowed into the field. Do not
leave boots outside overnight as spiders and scorpions can take refuge in them. Check boots thoroughly each morning before wearing.

**Bare feet:** do not walk around outside in bare feet, even around the pool area, due to danger of scorpions and spiders.

**Light coloured long sleeve shirts and trousers:** Wearing these is recommended in order to minimise risk of sunburn and also mosquito bite. Mosquitoes in Barmah carry Barmah River virus and Ross River virus and are mostly active at dawn and dusk. They are attracted to dark colours.

**Warm clothes:** Although the weather is expected to be hot, unexpected cool weather is possible. Please make sure that you bring at least some warm clothing (jumper, jacket, raincoat).

**Essential items to bring**

- Day pack to carry notebook, lunch, water bottle, sunscreen
- Water bottle holding at least 1 litre
- Sunscreen
- Torch
- Any medications
- Cigarette lighter (NOT matches) if you smoke
- Sunglasses
- Insect repellent (‘Rid’ is best)
- Notebook, pens
- Toiletries
- Towel

**Other items you might want to bring**

- Camera
- Binoculars
- Musical instruments (please do not bring ipods or CD players with external speakers)
- Swimming bathers

**Health**

You will enjoy the trip more if you remain healthy. Here are some hints to help you:

- Make sure you drink an adequate amount of water each day. In hot weather this will be more than 2 litres.
- Wear your hat and sunglasses when outside in the day.
- You will work with other student to prepare most of your meals. Make sure that you follow rules of basic hygiene (wash hands after using the bathroom, ensure that meat is cooked adequately, do not allow cross-contamination
between raw meat and vegies through using the same chopping block or cutting utensils).

- Try to get an adequate amount of sleep each night.
- Bring insect repellent and use it.
- If you experience any unusual health symptoms please inform a staff member immediately.
- The NSW Department of Health recommends using only rainwater for drinking, cooking, washing dishes and cleaning teeth. This is provided in each cabin. Shower and tap water is river water.
- An outbreak of Meningococcal meningitis is very unlikely but could occur. We can minimise the chance of a meningitis outbreak by not sharing water bottles, cups or glasses, cigarettes, lip balm or anything else involving contact with saliva.
- Murray River redgum trees have been known to drop very large branches onto people. When having lunch or resting try not to sit under very large, old trees.

Emergency contact details

Moama on Murray Resort
69 Dungula Way
Moama, NSW, 2731
Phone: 03 54 803 031

Police: 03 54 822255 (Echuca)
03 54 820099 (Moama)

Ambulance: 000

Fire Brigade: 03 54 822 288

Medical: 03 54 855 000
Echuca Regional Health Hospital
17 Francis St
Echuca – has an emergency department

Staff (trained first aiders):
Dr Wayne Atkinson 0428 846 760
Shane Charles 0418 445 800

School of Social and Political Sciences: 03 8344 6565

Other notes:
Please familiarise yourself with the following information:

Cooking Equipment in Units
Please note that each cabin is provided with cooking equipment and the stoves are run on gas. Caution is strongly advised when using the oven to cook food and lighting the gas as sometimes they can build up a combustion and ignite quickly. Please don’t put head or face near the oven when lighting as nasty accidents can occur.
Snake bite treatment

- Do not wash bite area
- Immobilise patient (do not let them walk)
- Bandage firmly, splint and immobilise (do not tourniquet)
- Notify staff member immediately

It is possible to be bitten by a snake and not realise it. The bite may be painless without any obvious puncture marks. It may feel like being stabbed by a stick. The usual sequence of symptoms is as follows but is variable:

- 1hr Headache (an important symptom), irritability, photophobia, nausea, vomiting, diarrhoea, confusion, coagulation abnormalities, loss of consciousness;
- 1 – 3hrs Nerve paralysis, abdominal pain, tachycardia (heart beat irregularity), haemorrhage;
- 3hrs Limb and respiratory muscle paralysis leading to respiratory failure, peripheral circulatory failure with pallor, death.