



## THE UNIVERSITY OF QUEENSLAND CANOE CLUB

### G1 : MISSION POINT CAMPING COOKING

Overnight camping trip to mission point at Bribie island.  
This will be a relaxed trip focusing on camp cooking. Come along for a great paddle and learn how to eat like a king in the bush.



This is a great weekend kayaking trip for beginners or experienced kayakers. Mission point is a water access only campsite on the western side of Bribie Island. On this trip we will explore the Pumicestone passage. At camp we will look at different ways of cooking in the bush, from open fires to modern gas stoves.

No freeze dried camping shop meals on this trip.

<b>Discipline</b>	Sea kayaking	<b>Paddle <a href="#">Grade</a></b>	1
<b>Date(s)</b>	Saturday 24th June Sunday 25th June	<b>Event ID</b>	230624S
<b>Distance</b>	Saturday 8km to 16km Sunday 10km	<b>Duration</b>	Saturday 3 to 5 Hours Sunday 3 Hours
<b>Leader</b>	Callum Finglas	<b>2IC</b>	

<b>Tides</b> <b>Mission Point</b> <b>Bribie Island</b>	<p>Saturday</p> <p>High 2:33 am (1.84m) Low 9:43am (0.55m) High 3:04 pm (1.34m) Low 9:10 pm (0.62m)</p> <p>Sunday</p> <p>High 3:11 am (1.77m) Low 10:25 am (0.54m) High 3:58 pm (1.36m)</p>	<b>Moon</b>	<p>Saturday</p> <p>Waning crescent Set 1:51pm</p> <p>Sunday</p> <p>Waning crescent Rise 12:21am Set 2:45pm</p>
<b>Sunrise rise</b>	Sat 6:36am Sun 6:36am	Sunset	Sat 5:03pm Sun 3:03pm

## **Trip Outline**

### **Thursday 22nd June**

- Meet at club shed 6pm.
- Pizza dinner and talk on camp cooking.
- Talk will focus on how to plan food for kayaking.
- Different methods of cooking.

### **Saturday 24th June**

- **7:30** AM Meet club shed to pack trailer / cars
- 8am AM depart club shed...
- 9:15 AM Meet Put in Donnybrook public boat ramp
- 10:00AM depart Donnybrook public boat ramp
- 11am Arrive Mission Point Campground
- Setup camp quick snack
- 11:30am paddle around Tripcony Bight
- Afternoon to relax and explore local area, possibility to forage for local food, including fishing
- Cooked dinner and dessert. Discussion of cooking methods

### **Sunday**

- 7:30am Cooked breakfast
- 9:00am Depart Mission Point Campground
- 11:30am Arrive takeout Donnybrook public boat ramp
- 12:00pm Lunch at Donnybrook cafe
- 12:30pm Leave Donnybrook
- 1:30pm Arrive back at shed
- 2:30pm Depart shed

**Put in Point /Take Out in Point**



**Camp Site**

**Mission Point day-use and camping area map**  
Bribie Island Recreation Area



<b>Put in Point</b>	Donnybrook Public Boat Ramp	<b>Take-out Point</b>	Donnybrook Public Boat Ramp
<b>Alternate Route Variations</b>			
<b>Camping Information</b>	National Park campground Mission Point		
<b>Information Links</b>	<a href="https://parks.des.qld.gov.au/parks/bribie-island/camping/mission-point">https://parks.des.qld.gov.au/parks/bribie-island/camping/mission-point</a>		
<b>Facilities</b>	Drop toilet, fire pits, outside cold shower. No drinking water available		

## SAFETY

<p>Sea kayaking on Moreton Bay can be hazardous. If conditions are unfavourable we will not go. We will register with the coast guard prior to departure and be in telephone contact. If you have medical conditions, consult your doctor, let the leader know if they are relevant (eg asthma, diabetes, heart conditions, allergies, epilepsy, etc), and bring any required medication.</p>	
<p><b>Risks and Management</b></p>	
<p><b>Club Sea Kayak Risk Assessment</b> (Detailed Risk Assessments on request)</p>	
<p>Drowning Sunburn Medical Conditions Cuts Strains and Sprains Dehydration Ineffective Rudder Entire Group Capsizing Hypothermia Heat Exhaustion / Hyperthermia Tripping While Walking Group Getting Lost Getting Separated from Group Animals and Plants (minor injury) Animals and Plants (major injury) Bad Weather / Weather Change Sea Sickness Capsize Rough Seas Surf Sinking Boats</p>	<p>Fitness / Fatigue Equipment Failure Enter / Exit Boat Carrying Boats Algae / Contamination Boat Traffic / Shipping Separation from Boat Missing / Broken Paddle Paddle Related Injuries / Tendonitis / Blisters Hit by Paddle Strainers (Overhanging Trees / Mangroves / Fishing lines / Structures Panic / Fear Rocks and Submerged Objects Darkness / Stranded at Night Paddling in the Dark / Night Paddling Covid</p>



<b>Club Travel Risk Assessment</b> (Detailed Risk Assessments on request)	
Drowsiness while Driving Loads Falling from Vehicle or Trailer, or Hitting Occupants in Accident Injury from Loading / Unloading Equipment from Vehicle Unleaded Petrol	Incident/Accident while Driving Becoming Lost Breakdown or Breakdown in Remote Areas Towing Trailer Covid
<b>General Risk Management</b>	
<b>Paddler Requirements</b>	<p>Conditions can be calm, but can change dramatically with winds and tides contributing significantly to this.</p> <p>Paddlers must advise leaders if they have health issues or injuries that may affect participation. Ensure medication is carried and is accessible. If unsure, they should check with their doctor beforehand.</p> <p>Participants must self-assess their, and their equipment's ability to cope with this grade of club event. The <a href="#">club grading scale</a> is located on the club website. This should be consulted prior to registration, and any concerns or anything needing clarification should be raised with the trip leader beforehand.</p> <p>Participants need the skills for the grade of the trip, unless modified below "Additional Comments".</p> <p>Participants should have an appropriate level of fitness. This is a trip that requires a moderate fitness level and a minimum sustained cruising speed as required by the paddle grade.</p>
<b>Emergency Contact Information</b>	<ul style="list-style-type: none"> <li>• VMR Bribie Island</li> </ul> Call Sign: VMR 445 Phone: 07 3408 7596 Fax: 07 3408 6466 Emergency After Hours: 07 3408 7596
<b>Nearest Medical Help and Contacts</b>	Hospital <ul style="list-style-type: none"> <li>• Caboolture Hospital</li> </ul> 97/120 McKean St, Caboolture QLD 4510 Phone +61754338888 <ul style="list-style-type: none"> <li>• Medical Centre</li> <li>• Bribie Island Medical Centre</li> <li>• 15/19 Benabrow Ave, Bellara QLD 4507</li> <li>• +61734081288</li> </ul>

## Safety and Personal Equipment

<b>Personal Equipment</b>  (Full list)	Clothing you can get wet (on the water) Dry clothing (to keep warm) Equipment Requirements for <a href="#">Grade</a> Food adequate for trip duration Footwear suitable for paddling, swimming. Extra for on land. <b>No thongs/flip flops or bare feet</b> (oysters and spiky/venomous animals can get you!) Paddle clothes to protect from cold/wind (e.g. thermal/spray jacked or cag) Water and snacks accessible while paddling Sun protection (hat, sunglasses, long sleeved paddle clothes sunscreen, etc) Water – 3L per day (4L if camping)		
<b>Kayak Equipment</b>  ( <a href="#">Required sea kayaking equipment for grade</a> )	Dry Bag Life Jacket (type II) and Paddle Paddle Tie Pump, Sponge, and Bailer Paddle Float Spray Deck - if you have not used one <b>tell the leader</b> before or when you register! Pre-trip training may be needed. Suitable Craft [(sea kayak)] Whistle		
<b>Communications</b>	Flares Mobile Phone PLB/EPIRB	Signal Mirror V-Sheet	VHF Radio Whistle
<b>Safety Equipment</b>	First Aid Kit Hand Pump	Paddle Floats Repair Kit	Rescue Stirrup Spare Paddle
<b>Additional or Emphasised Equipment</b>	Please make sure you bring water (2-4 litres), lunch, snacks, sun protection and foot wear. Water and snacks need to be accessible whilst you paddle		
<b>Check Paddlers' Equipment</b> (prior to launch)	Bailer/Pump Footwear Medication	Life Jacket Paddle Leash Spray Deck	Suitable Craft Sunsmart Gear Water

## LOGISTICS

<b>Costs</b>	<ul style="list-style-type: none"> <li>• \$60</li> <li>• Cost covered, camping fees, kayak wear and tear</li> <li>• Pizza dinner on Thursday</li> <li>• Dinner on Saturday and breakfast on Sunday provided</li> <li>• Fire wood</li> </ul> <p>Costs no covered Fuel / car pooling Lunches and on water snacks</p>
<b>Additional Comments/ Instructions</b>	<p>Numbers will be limited 10 people. It will be first come first served and number will be limited.</p> <p>Please let trip leader know of any dietary requirements / food allergies</p>

## EVENT REGISTRATION

<b>Contact</b>	<u>Callum Finglas</u>		
<b>Limits on Numbers</b>	Register soon. Numbers are limited to 10 people		
<b>Register by</b>	10/06/23	<b>Club Event ID</b>	230624S