Camp Info Pack

2 night camp incl. meals from $149*!
(*Per person incl. gst. Extra $10 per person for non-school groups)

Apex Camps Sunshine Coast is your premier camp destination on the Sunshine Coast! We provide unparalleled school and group camps that cater to all objectives. With outstanding service, delicious food and more than 30 activities all held onsite in the beautiful Maroochy River Conservation Park by river and beach, you will love every bit of our camp!

APEXCAMPS.COM.AU 1300 122 677
Welcome to Apex Camps Sunshine Coast!

Apex Camps Sunshine Coast is a destination to delight! Nestled in the Maroochy River Conservation Park between the pristine North Shore beach and the beautiful Maroochy River in tranquil Twin Waters, complete with resident kangaroos, you will love our establishment.

With 35 years of experience in delivering camps and outdoor recreation, Apex Camps Sunshine Coast knows how to provide your school or group with an outstanding camp experience. From the moment you arrive to the day of your departure, our team members are committed to ensuring that your experience with us is amazing!

Apex Camps Sunshine Coast offers more than 30 incredible adventure activities all held onsite, including the only twin flying fox on the Sunshine Coast, a brand new high ropes course with the ability to ‘skate’ and ‘surf’ the skies, and South East Queensland’s largest outdoor rock climbing & abseiling tower! We also provide a fabulous range of night activities to entertain your group until bedtime.

With an onsite catering team dedicated to serving you delicious food during your stay, loads of great facilities to keep you entertained even in your downtime, and free all day barista style coffee for teachers and supervisors, you truly won’t want your camp to end!

And, as if you needed another reason to stay with us, as a registered not-for-profit charity organisation, you can feel good that your booking with Apex Camps goes towards supporting Apex Australia, helping improve the lives of young Australians.

We can’t wait to have you stay with us!
ACCOMMODATION

Apex Camps Sunshine Coast has three well-appointed accommodation buildings and can comfortably cater for groups from 25 up to 230 guests. All accommodation is dormitory style with separate private teacher/supervisor rooms, and is fully air-conditioned and heated as required. Staying with us you also have the convenience of an onsite camp manager available 24/7.

LAIRD BUILDING

Our Laird Building is a single storey, reverse cycle air-conditioned accommodation building for up to 104 people. This building consists of four separate dormitories each sleeping 24 in bunk beds, and four teacher/supervisor rooms each sleeping two in king single beds.

The Laird Building contains two bathrooms, each with a shower and toilet, for use by teachers/supervisors. A separate external amenities building is located 5 meters from the Laird Building.

Central to the Laird Building is also a large common room (15.7m x 7.5m), able to seat approx. 100 people. The common room is equipped with a TV (with USB plugin), DVD player, whiteboard and corkboard.

PROUD BUILDING

Our Proud Building is a double storey, reverse cycle air-conditioned accommodation building for up to 94 people. This building consists of four separate dormitories each sleeping 20/22/22/22 in bunk beds, and four teacher/supervisor rooms each sleeping two in king single beds.

Each dormitory of the Proud Building has a self-contained bathroom consisting of two toilets and two showers (one of which provides wheelchair access).

Next to the Proud Building is the large Proud Hall (10m x 26.4m), able to seat approx. 200 people. The Proud Hall may be divided in two and is equipped with a TV, DVD player, fridge, whiteboard and corkboard.

BLUE BUILDING

Our Blue Building is a smaller, single storey building that has been purpose-built to cater for the disabled. The building contains two separate dormitories, one sleeping 16 and the other 14 guests in bunk beds, and two teacher/supervisor rooms each with a king single bed (total 32 guests).

Each dormitory of the Blue Building contains a wheelchair accessible washroom.

The building is reverse cycle air-conditioned.
CATERING

Apex Camps Sunshine Coast is a fully catered camp. Our onsite catering team provides high quality, buffet style catering for our guests at very reasonable prices. All of our pre-planned menus have been specially designed to ensure nutritious, delicious and generously sized meals that incorporate seasonal elements and locally sourced, fresh produce. Enjoy your meals in undercover, outdoor dining areas. We also provide filtered water throughout the campsite.

Perhaps most importantly, our meals are made to keep campers happy, and we do all of your washing up!

Special Diets
We cater for all special dietary needs at no extra cost. Please be sure to advise us of any needs in advance. We are a nut-free camp.

Special Occasions
We can provide a cake for birthdays and cater for other special occasions at no extra cost. Please arrange this with us prior to your camp.

Supervisor Bonuses
Teachers and supervisors receive FREE all day barista style coffee!

"Food was the best camp food ever! Loved the vegies, large variety, fresh. Loved that filtered water is always available."
- Prep-Year 6, Montessori International College

FACILITIES

Apex Camps Sunshine Coast provides a large range of facilities to add to your camp experience and keep you entertained throughout your stay. These include:

- Undercover, outdoor dining areas
- Multiple indoor activity and meeting rooms with seating for up to 200 people in one room and various facilities – see ‘Accommodation’
- ‘Chapel’ area – tranquil, outdoor bush setting with seating for 90 people
- Tennis and basketball courts, swimming pool, full size oval (sports packs available for use during free time), and table tennis tables
- Fire pits
- Laundry facilities & clothes lines
- Multiple disabled toilet and shower facilities
- Separate, private sick bay room
- Vending machines

Supervisor Bonuses
Teachers and supervisors receive FREE wi-fi!
ADVENTURE ACTIVITIES

We invite you to choose from our awesome range of more than 30 onsite active recreation activities! From our brand new high ropes and twin flying fox, the only of its kind on the Sunshine Coast, to South-East Queensland’s largest outdoor rock climbing tower, to our fabulously popular mud pit challenge course, there is something to suit all skill levels!

All activities are run by our fully qualified, accredited and experienced activity instructors who are committed to ensuring you have loads of fun! Each activity session is 1 hour and 50 minutes (with the exception of night activities - 1 hour and 30 minutes). Choose up to 8 activity sessions plus 2 supervised night activities over a standard 3 day/2 night camp (for day visits, up to 3 activities), or ask our staff to help tailor a program to suit your desired outcomes.

IMPORTANT: More detailed activity descriptions, including any age/height/weight limitations, swimming ability requirements and scheduling information, are available at apexcamps.com.au/sunshinecoastactivities. Risk assessments for each activity, and waivers for our inflatable water park and wake park, may be downloaded from apexcamps.com.au/resources.

PREMIUM ACTIVITIES

HIGH ROPE & TWIN FLYING FOX
The ultimate in adventure! Challenge yourself on our awe-inspiring and completely safe high ropes course! The high ropes features two parallel courses, including the opportunity to ‘skate’ and ‘surf’ the skies 14 metres off the ground, finished off with an exhilarating jump and racing your mate on our twin Flying Foxes, the only of its kind on the Sunshine Coast!

SURFING
Always a favourite, our 'learn to surf' activity, run by professional surfing instructors, is designed to have everyone controlling their surf boards, paddling, standing up and riding the waves in to the shore.

BODY BOARDING
Body boarding is a great introduction to surf skills aimed at younger participants. Participants are taught by professional surfing instructors how to catch waves and to control and steer their boards.

STAND UP PADDLE BOARDING
Our stand up paddle (SUP) boarding offers adventure and skill learning on the water. Standing full height on the latest SUP boards, large in size designed for ease of use, participants experience a real adventure.

GOLF
Run by an experienced junior golf instructor at the nearby golf club, our golf sessions provide a fun, inclusive and safe introduction to the sport of golf teaching the fundamentals of golf shots, practising techniques such as putting curve judgement and chipping distance control, and taking part in team races and challenges!
ADVENTURE SKILLS

MID ROPES & FLYING FOX
Great for personal growth and partner work, the unique design of our 1.5 metre high mid-ropes course allows individuals of all ages and abilities to take part. Participants can also experience the flying fox, a guaranteed highlight of the activity.

MOUNTAIN BIKING
Ride through picturesque bush trails directly from the camp, through to breathtaking coastal scenery all under the guidance of a professional cycling instructor. Multiple route choices and good quality bikes of all sizes enable all ages and skill levels to participate in this activity.

ROCK CLIMBING
Climb to new heights on the largest outdoor rock climbing tower in South-East Queensland, an impressive 12-meters high! This activity caters for beginners to expert climbers, with eight different climbing routes depending on the participant’s ability. Our qualified instructors will give climbers tips and techniques to ensure they get the most out of the activity.

ABSEILING
Experience abseiling on the biggest outdoor abseiling tower in South-East Queensland. The tower features two levels, allowing younger participants to 'rappel' from a lower height should they choose. This confidence building activity is easily accessed by an internal ladder system in complete safety. A fun and memorable heights experience!

CANOEING
This activity offers the opportunity to learn new skills, develop an understanding and appreciation of rivers and their surrounding environments, and to have a lot of fun doing so! Canoeing encourages the development of communication skills and teamwork. It can be successfully mastered by participants of all ages.

INFLATABLE WATER PARK
Extreme levels of fun are to be had at the nearby inflatable water park. Come together as a group in an exciting and interactive way, with spills, thrills and laughter inevitable in a safe and fully supervised water environment. The activity makes use of inflatable obstacles, slides and jumps – it’s sure to be an absolute favourite for the group!

WAKE PARK
A fabulous camp activity for the more adventurous! Held at the nearby wake park, wake boarders can negotiate a series of obstacles, rails, kickers and jumps built in to the park, adding to their wakeboarding experience. Skis and kneeboards are also available.
INTERMEDIATE SKILLS

RAFT BUILDING
This is a fun and often wet session, fostering group problem solving, team work, construction skills and a little friendly competition! Participants construct rafts from resources provided, following basic knot tying and lashing instruction provided. They then complete set challenges using their vessels.

FENCING
Fencing provides a unique opportunity for participants to try their hand at a new skill. Under the supervision of a qualified fencing instructor and using the necessary safety equipment, participants learn the history of the sport, practice some fun pirate skills and take part in Olympic-style duals. To finish off, participants put their newfound skills to the test in fun team challenges.

YOGA
Our engaging and fun yoga sessions are not about sitting still! Discover basic yoga poses for focus, coordination, balance and flexibility, along with breathing techniques that can be used to manage emotion. You will learn to be present and feel empowered, have fun with partnered poses and yoga games and, at the end of each session, enjoy peaceful relaxation. Sessions are run by an experienced kids’ yoga instructor with a background in teaching, and can be tailored to all ages.

SOFT SKILLS

ARCHERY
This is one of our most popular activities! Bows are fired towards the target under skilled instruction and supervision. This activity is sure to hit the mark.

BEACH GAMES
Designed for fun and laughter and guaranteed to wear energetic campers out. Games include traditional beach relays, competitions and much more.

BUSH SKILLS
Bush skills is a practical activity teaching participants skills and knowledge about surviving in the bush. It includes hands on activities such as fire lighting without matches, shelter construction, damper making, water collection and navigation.

CATAPULTS
Incorporating a history in the use of catapults during medieval wars, participants are taught basic knot tying skills and design that enable them to build their own team catapult. They then shoot sponges at each other, testing out their skills and aim while other team members attempt to catch the sponges.
MUD PIT CHALLENGE COURSE
Our army inspired mud pit challenge course is the perfect activity for anyone with a sense of adventure and fun, and a willingness to get a little muddy! Incorporating team work and communication, participants work through various challenges including rope swings, cargo nets and tyres, all topped off with a fabulous, giant mud trench.

FIELD GAMES
Fun sporting games that will have everyone challenged and smiling in a group setting. Held on the camp’s large sports oval, activities can include volleyball, T ball, croquet, bocce, cricket and soccer.

FISHING
Enjoy a relaxing session on the banks of the Maroochy River wetting a line in the hope of landing that big catch!

LOW ROPE
Cables, logs, bridges and ropes run amongst the trees, allowing participants to challenge themselves in different ways, all approximately 50cm off the ground. This activity relies on team trust which must be demonstrated ahead of the activity through basic trust exercises.

ORIENTEERING
Hand out the compasses and we’re set for some fun! This session gets participants using compasses, recording data and working together as a team. It’s sure to get everyone thinking and communicating effectively.

RADIO ROGAIN – day or night activity
This team based, competitive challenge focuses on communication, spatial awareness and group dynamics. Participants are provided with walkie talkies and a site map identifying the location of a series of check points. Working together, each team must locate as many check points as they can within a given timeframe. Bonus points are earned by completing a radio based task at each check point, teaching basic communication etiquette (turn taking, listening skills, thinking before talking, being clear in communication). It’s also a lot of fun!

TEAM BUILDERS
'Together Everyone Achieves More' as groups take part in (sometimes hysterical!) activity challenges such as completing the 'electric grid maze' and 'lava crossing'. Participants work together to negotiate solutions and make use of various equipment in order achieve success for their group. Team builders focuses on developing the 5 Cs of team functioning (Communication, Co-operation, Commitment, Care & Concern), with participants experiencing both physical and cognitive interaction.
ROUND ROBIN
Round robin is the perfect way to get your entire group working together. Participants rotate through action-packed team challenges and sporting games such as 'coconut toss' volleyball, rapid T-ball, multiball soccer and crazy cricket!

SUPERVISED POOL GAMES
Water based activities are always a favourite! Our supervised pool games activity is enjoyed for its team challenges, fun games and just for cooling off! Games can include pearl diving, relay races, pool volleyball, marco polo and more.

COURT SPORTS
Our onsite multi-purpose court is great for team games including basketball, tennis and wall racquet ball. The court area can be quickly transformed for all types of court sports.

NIGHT ACTIVITIES

CAMP FIRE AND NIGHT GAMES
Enjoy one of Australia's greatest traditions, a camp fire under the stars by our specially designed fire pit. Our staff will give kids an authentic campfire experience, with toasted marshmallows and interactive games. This is a great bonding activity that will have your group singing songs, having fun and winding down after a day of activities.

CAMP FIRE AND DAMPER MAKING
Enjoy a supervised camp fire with all equipment supplied for your participants to make and bake damper alongside the coals of the fire. This iconic Australian dish is sure to provide the perfect treat at the end of the evening.

MINUTE-TO-WIN-IT GAMES NIGHT
Based on the popular game show, minute-to-win-it is a hilarious activity for the whole group and perfect for ages. Teams strive to complete challenges and games within the one minute time limit. This high energy and uplifting games night will have everyone in stitches!

CINEMA MOVIE NIGHT WITH POPCORN
Relax under the stars and watch a movie on our large pop-up cinema screen while enjoying fresh popcorn (and ice blocks during summer). This is the perfect activity to unwind after a busy day of activities.

GAMES AND TRIVIA NIGHT
The ideal team based activity where everyone can come together in a relaxed and fun environment. Let our facilitators entertain your group with fun and interactive trivia questions, and mini games in between. This activity is sure to keep everyone engaged.

RED FACES
Using props and costumes, teams learn and perform skits and other fun acts that are scored by the judging panel. Laughter and fun group interaction is guaranteed!
DANCE NIGHT/DISCO
It's time to put on your flashiest clothes and hit the neon dance floor! Our large halls light up with laser shows and strobe lights, while groups take part in over 15 fun dance challenges.

NIGHT OLYMPICS
A whole group night activity with action aplenty! At night, the multipurpose court lights up and turns into an 'Olympic stadium'. Up to 140 participants compete in teams in a world-themed 'Olympic' event, with more than 14 challenges in order to win the title of the night: 'Olympic champions'.
SUGGESTED ITEMS TO BRING

Clothing

- Set of comfortable clothing for each day at camp
- Shorts or pants must be minimum mid-thigh length
- Shirts must be minimum short sleeve & cover waist – recommend collared
- 1 x spare set of clothes
- Tracksuit, jumper/jacket
- Socks for each day including spare socks
- Underwear for each day including spare underwear
- Pyjamas
- Bathers, swimming shirt & board shorts
- Thongs/crocs for shower
- Closed in shoes (sneakers)
- 1 x pair of old sneakers for water/muddy activities (closed in shoes must be worn – crocs are not acceptable)

Safety

- Insect repellent
- Raincoat
- Hat
- Sunscreen
- Torch
- Hair ties for long hair

Personal Hygiene

- Garbage bags for dirty laundry & wet items
- Toilet bag with soap, toothbrush, toothpaste, deodorant, brush/comb, face washer etc
- Bath towel & beach towel
- Pegs to hang wet towels, swimwear etc on the clothes line
- Medications & medical instructions (if relevant) - please provide to teachers/supervisors

Sleeping

- Pillow with pillowcase
- Sleeping bag or sheet & blanket
- Please note that teachers/supervisors should bring king single sheets

Equipment

- Water Bottle
- Small back pack or bag

Group Leader

- First aid kits, medication & medical information
- Group lists & medical forms (each teacher/supervisor)
- White board markers, pens, pencils, paper, blue tac etc
- Spare hats, water bottles, garbage bags
- Equipment/games/DVDs etc (if running own sessions)
- Mobile phone & charger for use in ‘after-hours’ emergencies
- Laundry powder, coins and pegs (for coin-operated laundry facilities)
- Spare bedding for sick room bed – king single size

IMPORTANT NOTES

- Please be Sun Smart AT ALL TIMES – sunscreen must be brought & applied before arrival at camp
- Closed in shoes are a MUST for activities
- Apex Camps are located in bush/coastal environments – insect repellent must be brought & applied before arrival at camp

PLEASE DO NOT BRING

- Skirts - these are not suitable for activities
- Your best clothes or shoes - items worn on camp are likely to get dirty
- Expensive personal items or wear non-essential jewellery
ACCOMMODATION LAYOUT
THREE BUILDINGS: PROUD, LAIRD AND BLUE
TOTAL 230 BEDS (212 + 18 TEACHERS/SUPERVISORS)

PROUD BUILDING

TOP FLOOR

GROUND FLOOR

To Emergency Assembly Area

To Proud Hall
MAP OF GROUNDS
GETTING HERE & ABOUT

Apex Camps Sunshine Coast is ideally located in the tranquil Sunshine Coast suburb of Twin Waters at 171 Nojoor Road. The camp is nestled in the Maroochy River Conservation Park between the pristine Mudjimba Beach and the beautiful Maroochy River, and is approximately:

- 25 minute flat walk to patrolled beach with lifeguards (seasonal)
- 10 minute drive to Maroochydore
- 20 minute drive to Noosa
- 5 minute drive to Sunshine Coast Airport
- 65 minute drive to Brisbane Airport

We can arrange for the use of our 22 seater camp bus (including Apex Camps driver) to nearby locations should transport be required during your stay.
For an obligation free quote tailored to your requirements, please complete our Camp Quote Request form at apexcamps.com.au/quote.

Or, contact one of our friendly staff today for further information!
Phone 1300 1 CAMPS, or email admin@apexcamps.com.au.

By booking with Apex Camps, you are supporting Apex Australia, improving the lives of young Australians.

*Please note, information and prices are current at November 2018 and are subject to change. Please see our Terms and Conditions of hire at apexcamps.com.au/resources. © Apex Queensland Youth Camps Ltd 2019