



Stanford Lake College

Grade 8 Parents and Students 2010
Tuesday, 08 December 2009

Dear Parents and Students,

Stanford Lake College is very proud of 12 years of excellence in adventure activities. We have excelled in adventure racing, mountain biking, kayaking and wilderness expeditions.

Adventure is a cornerstone of a Stanford Lake education and therefore, to strengthen our excellent record we need your support to insist that your child is fully involved with adventure classes and expeditions. Please plan your year carefully to have your child at school, on time, and properly equipped for each expedition. **They are all compulsory and important experiences for your child.**

Your child will be participating in four [4] Grade 8 adventure experiences this year as part of the adventure syllabus.

You will be charged once, on your school account in Term 1, for R500.00

	Date	Event
1	Wednesday, 27 th January	Sleep out with night games
2	Wednesday, 10 th February	Sleep out with cooking skills and night games
3	Wed-Fri: 24,25,26 February	Iron Crown Escapade
4	Fri - Fri: 3 rd - 10 th September	Serala or Bust

During their time at Stanford, they will also be participating in several more challenging trips through Grades 9 and 10. Therefore, it is well worth buying good equipment that is going to last, because it will be well used. I have included a full kit list of the basics they will need for all Stanford Lake expeditions.

For adventure racing, they might be required to have a smaller race-specific pack and hydration system, but only if they are part of the adventure racing teams. There will be specific training and learning opportunities for adventure racing.

All Stanford Lake College adventure classes, trips and expeditions are conducted in a professional manner with professionally trained expedition leaders. The two senior adventure staff have 40 years of outdoor experience between them, working with and being part of groups. We have been trained by the National Governing Bodies: Mountain Development Trust and African Paddling Association, both of which have international accreditation.

Miss Heidi Kalidas is co-ordinating all Grade 8 adventure pursuits. Please contact her by email with any questions.

We look forward to enjoying the South African veld with your children. Please make sure they are properly equipped with working camping equipment, tents, stoves and clothing. Please consider carefully before purchasing new equipment and take note of our recommendations.

Kind regards

James B. Quibell
DEPUTY HEAD

Johann Ueckermann
HEADMASTER

GROWING TOGETHER FOR LIFE

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Independent
Day/Boarding
High School

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Stanford Lake College Essential Equipment List

This equipment list has been put together over the last 10 years. Please read it carefully and pay attention to our recommendations, which we have gained from many years in the veld. Outdoor gear is very expensive and you do not need the top of range, but don't buy the cheapest either!

- All this equipment must be ready to be used right after midterm in February, for the Iron Crown Escapade.
 - The majority of the equipment must be ready for the second sleep-out on 10th February as a trail out night.
 - The best stores from which to purchase equipment are: Due South, Cape Union Mart or Outdoor Warehouse
 - On line stores give some of the best deals – Mammoth Outdoor and Mountain Mail Order are excellent services [www.mammothoutdoor.co.za and www.mountainmailorder.co.za]
 - Clothing should be First Ascent, K-way or Cape Storm
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- Waterproof and breathable rain coat
 - 200gr fleece – ask the shop to help you
 - **Hiking boots and good thick socks**
 - Hat / cap, Sun block
 - Sleeping bag (-8)
 - Good quality inflatable mattress – Thermo rest is the market leader.
 - Eating and cooking utensils
 - Spoon to eat and stir with
 - bowl and mug
 - 1.4 litre Cooking pot with lid
 - Camping gas and stove (they can share if absolutely necessary)
 - MSR pocket rocket is excellent
 - Lighter
 - Zip-locks for rubbish
 - Food for all camp meals – dried food is expensive but very good
 - Small toiletry bag and toilet paper. All soap must be organic – Citronella type
 - **Small** camping spade for toiletry requirements!!
 - Torch with batteries – a head torch is your best option.
 - Petzel Tikka
 - Personal medication (bee stings, asthma, etc.)
 - Personal first aid kit – Panado, re-hydrate, plaster tape
 - Water bottles to carry 2 - 3 litres of water – a good quality bladder is an excellent purchase – Nalgene is a world leader
 - 2 or 3 person hiking tent (they will be sharing) **with a full covering - down to the ground outer / fly sheet**
 - E3 gear, K-way or 360 degrees.
 - Ram mountaineering online – www.rammountain.co.za
 - Rucksack and cover and liner
 - K-way, Red Mountain, Salomon
 - **Make sure the bag fits the child**
 - We recommend a minimum of 65 litres but more importantly that **the bag must fit the child.**
 - Be an awkward customer; pack the bag in the shop with all sorts of stuff. Make your child wear it, jump up and down and run around in it – make sure it fits snug and tight.
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- Remember, everything you take should fit **inside** your rucksack which you will be carrying.

Sleep Out 1	Wednesday, 27 th Jan
What you need	<ul style="list-style-type: none"> ▪ Sleeping bag only. ▪ No torches

Sleep Out 2	Wednesday, 10 th Feb
What you need	All camping gear for one night out on top field. Essentials: <ul style="list-style-type: none"> ▪ Head Torch ▪ Tent and sleeping and wash gear ▪ Food for supper, snacks and breakfast ▪ All cooking utensils ▪ Warm clothes