



Stanford Lake College

Monday, 20 June 2011

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.**

During their time at Stanford, they will also be participating in several 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.

Mr. Des Turton is co-ordinating all Grade 8 adventure pursuits. Please contact him by email with any questions (des@slc.co.za). Your child will be participating in **"Serala or Bust" next, from the 2nd to the 9th of September**, as part of the adventure syllabus. Please find the attached itinerary, equipment list and meal planner.

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

Neil Haarhoff
HOD ADVENTURE

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

Essential Equipment List

The best stores from which to purchase equipment are: Trappers Trading, Boulevard Cycles, Due South, Cape Union Mart or Outdoor Warehouse



- A **Whistle** you can wear around your neck
- Waterproof rain coat - breathable is a great idea!!
- 200gr fleece – ask the shop to help you
- Hiking boots and good thick socks**
- Hat / cap
- Sun block!!!
- 3 season Sleeping bag (-5)
- Good quality inflatable mattress – Thermo rest is the market leader.
- Eating and cooking utensils
 - Spoon to eat and stir with
 - bowl and mug
 - Cooking pot with a lid
 - Camping gas and stove (they can share if absolutely necessary)
 - MSR pocket rocket is excellent (Trappers, Due South, CU Mart, OW)
 - Camping gaz products
 - Matches / lighter
 - Ziplock bags for rubbish
- Food for all camp meals (dried food is expensive but very good) **Friday to Friday**
- 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
- 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, Ferrino, K-way or 360 Degrees
- Rucksack and cover or 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 fits the child.**
 - Be an awkward customer; pack the bag in the shop with all sorts of stuff. Make your child wear it, jump and down and run around in it – make sure it fits snug and tight

Remember everything you take should fit inside your rucksack which you will be carrying.

Do not pack unnecessary equipment - you will be told to leave it behind. One quarter of your weight is a good estimate for packed rucksack weight.

NO cell phones or i-pods are allowed.

'SERALA OR BUST'

Day 1 Friday 2nd September

Register in the outdoor centre at 7:35 am ready to hike, depart thereafter on foot.

Days 2-7

On and around Serala: Hiking, conservation, slip-slides, summiting and camping.

Day 8 Friday 9th September

They will be back in time to catch lift clubs at 1:30pm – not before.

Please note! If the weather is unfavourable the group may return earlier, the school will notify you of this via SMS. Please be aware of this.

“Serala or Bust” Menu Planner Friday 2nd September – Friday 9th September 2010

A reasonable amount of money to spend on food per day is R70 per person, including three main meals, snacks and cool drink.

Please split your food into 2 plastic shopping (Checkers) bags

Bag 1 In your rucksack from day 1 meals and snacks 1 – 7

Bag 2 in a plastic checkers bag with your name clearly labelled – meals and snacks 8-22 and spare gas. This will be delivered on Sunday afternoon.

September 2010	Friday 2 nd	Saturday 3 rd	Sunday 4 th	Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th
Main activity	Walk – 15kms	Walk – 15kms	Environmental and Caves Day	Solo and Slip slides	Summit Day – 8kms	Walk – 10km	Walk - 5kms	Walk – 15kms
Breakfast	xx	3	6	9	12	15	18	21
Snack								
Lunch	1	4	7	10	13	16	19	22
Snack								
Supper	2	5	8	11	14	17	20	
Late night Yummy	Jan se Kamp	Base camp	Base camp	Base camp	Base camp	Denise’s Nose Camp	Jan se Kamp	Home
			Resupply					

- You may not cook lunches.

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