



# Stanford Lake College

Grade 9 Parents and Students 2010  
Tuesday, 08 December 2009

Dear Grade 9 Parents,  
This year, like last year, Grade 9 students are invited to join us on two amazing adventure expeditions.

Adventure is a cornerstone of a Stanford education. We need your support to strengthen our excellent record by insisting 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.**

Expedition	Date	Where
In the Footsteps of Louis Trichardt	04/05.03 – 12.03	Trichardtsdal, Penge, Olifants River
Grade 9 Adventure Camp	03.09-10.09	Soutpansberg Mountains

## “In the Footsteps of Louis Trichardt”

Dates: Thursday, 4<sup>th</sup> March 1630 until Friday, 12<sup>th</sup> March 1700 at SLC

- We will be spending time in the very northern Drakensberg Mountains following, on foot, some of the route, albeit backwards, that Louis Trichardt explored 170 years ago in 1838.
- We will walk from Trichardtsdal over the Mokogolo Mountain and on to Penge. Christmas Plateaux, the Louis Trichardt Memorial Post, Louis Fountain, the Gorge, the Olifants river and the Penge Store being some of the highlights.
- We will meet up with the river guides and boats at Penge where we begin our famous river rafting section. Looking out for the infamous rapids ‘rent-a-kill’, ‘double trouble’, ‘longdrop’ and the ‘rollercoaster’!!
- The expedition will end at 1400 on Friday 12<sup>th</sup>, (depending on the water conditions) below the J.G. Strydom Tunnel in a village called Thabalesoba just after the Manoutsa Park turn off.
- **We will only be back at SLC at about 1700. We can drop off children in Tzaneen at the SASOL garage next to BVHS. This is by prior arrangement only. We will not stop anywhere else.**
- During their time at Stanford they will also be participating in several more challenging trips. 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 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.
- All Stanford Lake College adventure classes, trips and expeditions are conducted in a professional manner with professionally trained expedition leaders. We are fully qualified to take children into wilderness areas.
- Dry-bags will be provided for the Olifants River Rafting Adventure. These will be packed on Thursday night, so do not be late.
- They will not be required to carry their river adventure supplies over the walking section of the expedition. Food and clothing will be split into two packs. The first goes into their rucksacks and the other into a clearly marked dry-bag. They will pick their dry bags up in Penge.

GROWING TOGETHER FOR LIFE

Po Box 271, Haenertsburg, 0730, Limpopo Province, South Africa. Tel: 015 276 6103 Fax: 015 276 6114,  
email [info@stanfordlakecollege.co.za](mailto:info@stanfordlakecollege.co.za),  
Website: <http://www.stanfordlakecollege.co.za>  
(Ass. Incorp. ITO 521) 1997/012338/08



Independent  
Day/Boarding  
High School

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# Stanford Lake College Essential Equipment List



- The best stores from which to purchase equipment are: Boulevard Cycles, Capestorm, 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](http://www.mammothoutdoor.co.za) and [www.mountainmailorder.co.za](http://www.mountainmailorder.co.za)]
- Clothing should be First Ascent, K-way or Capestorm ([www.apestorm.co.za](http://www.apestorm.co.za))

## Outdoor Items

- 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
- Good quality inflatable mattress – Thermo rest is the market leader.
- Water purifying tables – you can get this from any outdoor shop.
- 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
    - 2 x gas for hard boiling the water.
  - 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
  - Due to the Cholera scares, which have now mostly passed, please make sure that you have 3 packets of game / electrolyte replacement per day on the river
- Water bottles to carry **4 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 or K-way
  - Ram mountaineering online – [www.rammountain.co.za](http://www.rammountain.co.za)
- Rucksack with 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.
  - 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. A quarter of your weight is a good estimate of rucksack weight. You will only be allowed 2 pairs of shorts, 2 T-shirts and one tracksuit.

## *In the Footsteps of Louis Trichardt*

### *Menu Planner*

A reasonable amount of money to spend on food per day is R80 per person, including three main meals, snacks and cool drink.

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	slc	slc	3	6	9	12	15	18	21
Snack					Meet dry bag				
Lunch	slc	1	4	7	10	13	16	19	22
Snack									
Supper	slc	2	5	8	11	14	17	20	
Late night Yummy	dadC sport hall	Christmas Plateaux	Louis Fountain	The Gorge Beach	Olifant's 1	Olifant's Farm	Confluence	The Beach	Home

- Think about: slow release carbohydrates for breakfast and lunches and protein in the evening – snacks are preferable, not sweets – think fructose not sucrose.
- You may not cook lunches.