



Stanford Lake College

Monday, 20 June 2011

Dear Grade 9 Parents,

We completed our first expedition in March with tremendous success. I'm sure you've heard all the stories!! Now we are preparing for the next one...

Expedition	Date	Where
✓ In the Footsteps of Louis Trichardt	4- 11 March	Trichardtsdal, Penge, Olifants River
In the Rest Place of Louis Trichardt	2-9 September	Soutpansberg Mountains

“In the Rest place of Louis Trichardt” – Adventure Camp

Dates: Friday 2nd September 0630 until Friday 9th September 1330 at SLC.

- We will be spending some time in the Soutpansberg Mountains seeing where Louis Trichardt explored in 1838.
- Trichardt and his group stayed near the mountains, camping near what eventually became the town of Louis Trichardt in 1899. They planted crops and started exploring the areas north of the current town.
- This expedition involves some familiar experiences as well as some new ones. There will be a time of SOLO 24hrs in the bush, on their own. There is a 3 day self-led hike, where they must manage themselves, their peers and their route.
- Other activities include: climbing, abseiling and the study of bushman paintings!
- All the activities are conducted on a mountain farm far away from roads. It is **very** safe. However we do hire bush guides to keep an extra watch on the students. The students won't see the guides, but they are always there with a radio back up.
- This is an incredible camp, where your child will make solid friendships, develop social and interpersonal skills and have a lot of fun!
- Your child has been given a list of equipment that is needed but it does not need to be new. If, however, you would like to make any purchases, Boulevard Cycles and Trappers Trading in Tzaneen and Polokwane are a good place to start.
- The children must plan their own menus for the trek, buy the food, carry it, cook it, wash up and bring any leftovers back with them. A reasonable amount to spend on hiking meals per day, including snacks, is R60.00 per person.
- 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 heed our recommendations.
- This Expedition is compulsory and if you cannot make it you must get written consent from Mr. Ueckermann before 24th August and let us know.

If you have any questions, queries or suggestions please do not hesitate to contact us neil@slc.co.za, 082 253 1239, 015 27 6130

Kind regards

Neil Haarhoff
Expedition leader

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

*“In the Rest place of Louis Trichardt”
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.