

ANNEXURE C



ADVENTURE ACTIVITIES AND EQUIPMENT 2012

Stanford Lake College is very proud of 14 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 ensure 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 five [5] Grade 8 adventure experiences this year as part of the adventure syllabus. There is a very sound rationale behind our adventure programme, some of which are listed below:

- The primacy of self-discovery
- The responsibility for learning
- Empathy and caring
- Success and failure
- Collaboration and competition
- Diversity and inclusion
- The natural world
- Solitude and reflection
- Service and compassion

Gr.8 Expeditions 2012

Trip	Term	Date	Event
1	Term 1	January	Sleep out with night games
2	Term 1	February	Sleep out with camp craft
3	Term 1	March	Iron Crown Escapade
4	Term 3	September	Serala or Bust
5	Term 4	October	Adventure Racing introduction weekend

Gr.9 Expeditions

Trip	Term	Date	Event
1	Term 1	March	In the footsteps of Louis Trichardt
2	Term 1	February	In the rest place of Louis Trichardt

Stanford Lake College Essential Equipment List



This equipment list has been put together over the last 14 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 March, for the Iron Crown Escapade.
- The majority of the equipment must be ready for the second sleep-out during February as a trial out night.
- The best stores from which to purchase equipment are: Trappers – Polokwane, Cape Union Mart, Due South or Outdoor Warehouse.
- Trappers will have a mini expo of all the adventure gear needed for our expeditions when you come for the new parents' tea. You will be able to order equipment from them on the day at a discounted rate!
- Stanford Lake College receives a special discount on all Cape Storm apparel. Students who wish to make use of this offer may email Neil Haarhoff with their order before the end of January.
- 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 Cape Storm, First Ascent or K-Way**
 - Cape Storm is our preferred brand!

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 - **Friday to Friday** (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
- ❑ 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 on our expeditions!

Food for Hikes

Please note the following important information.

The following items are **NOT** recommended on any Stanford Lake College adventure expedition:

- Tinned food, Crisps and chips, 2-minute noodles
- Canned or ready-made drinks - there is plenty of water, so powdered drinks are much better
- Sweets – (suckers, Chappies, lollies, Sparkles etc.)
- Alcohol – there will be a disciplinary hearing for any student found with alcohol on their person or in their belongings.

Rationale

- Tins take up too much space, add weight and create waste, and the temptation is to buy one as a meal in itself. They do not provide the necessary wholesome nutrition that a child needs in the veld. They are usually filled with processed foods and packed with MSG, neither of which is suitable for the mountains.
- MSG – for those who don't know, MSG is Monosodium glutamate. It is a flavour enhancer that has several shortcomings.
 - The manufacturer can use cheap ingredients and add MSG because this will still give you a taste sensation. The taste sensation comes from hyposensitising your taste buds by stripping off the top layer of cells to expose them, so every bite is WOW!!
 - It makes children hyperactive and is carcinogenic.
 - The packet in 2-minute noodles is pure MSG, as is Aromat.
 - Crisps and chips are coated in MSG and cooked in useless saturated fats.

- Most Woolworths products and some others are MSG Free
- Sweets are yummy and taste great. Unfortunately, on a hike such as this, they provide the child with a great sugar high which lasts only a few minutes. That is fine, but when you're walking for 6-7 hours you need slow release sugars, such as those found in dried fruit, nuts and any fructose-based product. The sugar high is OK but the low that the child gets afterwards can be very depressing, so they end up eating more sweets, and never wanting to eat a proper complex carbohydrate (starch) based meal. The litter from sweet wrappers is also an environmental nuisance.

So what can we recommend?

Breakfast and Lunch – starch-based

- Oats-So-Easy, ProNutro, Provita, and Rye Vita with a spread.
- Tuna in a sachet

Snacks

- Big bags of mixed dried fruit and mixed nuts, biltong - make this combo for yourselves.
- Super C, Enerjellies, Jellytots etc (fast releasing energy)

Supper – a mix of protein and carbohydrate.

- Couscous (very fuel efficient), pasta, rice.
- Quality bully beef, tuna, soya, cheese.
- Dried food – Back Country Cuisine. They are expensive but brilliant. Full of great flavour and no dodgy ingredients.
- Tastic Ready-made curries and rice – excellent