



## Stanford Lake College

### ANNEXURE C

Dear Grade 8 Parents and Students of 2019,

Stanford Lake College is very proud of 20 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, and also prerequisite for all application for Round Square activities.**

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
- Inquisitiveness – thinking time.
- The responsibility for learning
- Empathy and caring
- Tenacity
- Collaboration and competition
- Appreciation of Diversity
- Appreciation of the natural world
- Solitude and reflection
- Service to others

**You will be charged once, on your school account in Term 1, for R600.00. This amount covers all Adventure Activities in Gr 8.**

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	February	Iron Crown Escapade
4	Term 2	June	Adventure Racing introduction week
5	Term 3	September	Twin Peaks

GROWING TOGETHER FOR LIFE

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Independent  
Day/Boarding  
High School

During their time at Stanford, pupils will also be participating in several more challenging trips through Grades 9 and 10. Therefore, it is well worth buying good equipment that will 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 later in the year.

All Stanford Lake College adventure classes, trips and expeditions are conducted in a professional manner with professionally trained, experienced expedition leaders. The senior adventure staff have 50 years of outdoor experience among them, working with and being part of groups. We have been trained by the National Governing Bodies: Adventure Qualifications Network (AQN), Mountain Development Trust, African Paddling Association and Wilderness first aid all of which have international accreditation.

Mr. Tiaan Fullard is co-coordinating all Grade 8 adventure pursuits in 2019.

Please contact him with any questions -                      tiaan@slc.co.za                      015 276 6130

We look forward to enjoying the South African outdoors 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  
**Director of Outdoor Education**



## Stanford Lake College Essential Equipment List

This equipment list has been put together over the last 20 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 of this equipment must be ready to be used in February, for the Iron Crown Escapade.
-  The majority of the equipment must be ready for the second sleep-out early in 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 on the first day of the school year. You will be able to order equipment from them on the day at and will receive 10% discount! After that Trappers will only give discount on 3 items in the shop – sleepingbag, backpack and tent.
-  On line stores give some of the best deals – Mammoth Outdoor and Mountain Mail Order offer 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 Cape Storm,



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The best stores from which to purchase equipment are:

Trappers Trading, 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 (-3/-5)
-  Good quality inflatable mattress – Thermo rest is the market leader but there are other brands available.
-  Eating and cooking utensils
  - Spoon to eat and stir with
  - bowl and mug
  - Cooking pot with a lid (camping pot, not a kitchen pot!)
  - Camping gas and stove (they can share if absolutely necessary)
  - MSR pocket rocket is excellent (Trappers, Due South, Cape Union Mart)
  - 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, Ledlenzer
  
-  Personal medication if needed (bee stings, asthma, etc.)
  - Personal first aid kit (very, very small!) Just for minor emergencies.
-  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**
  - TerraFirma, Ferrino, K-way, 360 Degrees, Firstascent, MSR or Vango
-  Rucksack and cover or liner
  - Terrafirma, Firstascent, K-way, 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, i-pods or GPS devices are allowed.**

## 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 flavor 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 Woolworth's 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 is recommended?

#### Breakfast and Lunch – starch-based

-  Oats-So-Easy, ProNutro, Futurelife, 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 yourself
-  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 flavor and no dodgy ingredients.
-  Tastic Ready-made curries and rice – excellent