



Grade 9 Parents and Students 2025  
Friday, 24 January 2025

Dear Grade 9 Parents,

This year, Grade 9 students will go 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 Legends	03/03/25 – 09/03/25	Trichardtsdal, Penge, Olifants River
Soutpansberg	September	Soutpansberg Mountains

## “In the Footsteps of Legends”

**Dates: Thursday, 3 March 15:00 until Sunday, 09 March 17:00 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 187 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’, ‘simple Simon’ and the ‘rollercoaster’!!
- The expedition will end at 14:00 on Sunday the 9th, (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 17:00. We can drop off children in Tzaneen at the SASOL garage next to Ben Vorster HS. This is by prior arrangement only. We will not stop anywhere else.**
- During their time at Stanford the students 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 section. These will be packed on Thursday afternoon, so do not be late.



- They will **NOT** be required to carry their river section 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**.
- 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.
- Please complete the reply slip/consent form and return ASAP.
- 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 letter is also available on the SLC website under Adventure Grade 9 expeditions.

Kind regards

Neil Haarhoff  
**HOD ADVENTURE**

Alan Redfern  
**HEADMASTER**

Penge Bag – 1 dry-bag (which will be provided) will be shared between 2 children and must be well tied and very clearly marked. Penge food and gear should be put into checkers bags for ease of management.

- 2 litres of fresh water
- Food from meal 10-20 (see meal planner)
- 1 x spare gas
- dry clothes
- Crocs / Slips. These are an essential for pushing your raft in the river.
- **5 metres of ski rope** for the river adventure to tie dry bags onto rafts
- You must leave all kit not needed for the river in your rucksack, to go with the Operators and for collection at the end of the trip at the Dream an' Do Centre.
- **They will not be allowed to take tents on the river. (No space on the boats).** They may take their tent fly sheet



## "In the Footsteps" and Soutpansberg expeditions - Essential Equipment List

The best stores from which to purchase equipment are: Expedition North, Cape Union Mart or Outdoor Warehouse

- A whistle you can wear around your neck**
- Pen / pencil.
- Waterproof rain jacket – 7000mm minimum and breathable. Proper ones are expensive, but probably one the most important pieces of equipment.
- Light but warm fleece top – ask the shop to help you
- Hiking shoes – Hiking boots has its advantages and comforts, but are very expensive and they outgrow them quickly. If you have weak ankles, we recommend hiking boots, otherwise proper lace-up running shoes are fine.
- Hat / cap and Sun block!!!
- 3 season Sleeping bag (-3)
- Good quality hiking mattress, foam or 1.5 - 3cm inflatable – Therm-a-rest and First-accent have great ones.
- 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 and fire-maple are excellent – (hiking stove, not camping stove)
    - Camping gas – 230g is fine for 4 days (please ensure that the gas and stove does go together, screw on or clip on)
  - Matches / lighter
  - Ziploc bags for rubbish
- Food for all camp meals (dried food is expensive but very light and good)
- Small toiletry bag and toilet paper. All soap must be organic and bio-degradable
- Small** camping spade for toiletry requirements – students can share spade.
- Torch with spare batteries – head-lamp is preferable. (Petzel, Ledlense, energizer, Black Diamond.
- Personal medication – please inform the staff of any allergies and personal medication (NB! allergies, asthma, etc.)
- Basic first aid – strapping and plasters. (No extra medication unless approved by staff)
- Water capacity of 2 - 3 litres of water - A Good quality bladder and bottles. (Nalgene is a world leader)
- 1 or 2 person hiking tent **with a full covering - down to the ground outer / fly sheet**
  - Terra Firma, Ferrino, K-way, 360 Degrees, First Ascent, MSR, Vango
- Hiking pack and rain-cover or liner
  - Make sure the bag fits the child – must be able to sit tight around the waist.**
  - We recommend a minimum of 55 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.**



## Menu Planner

A reasonable amount of money to spend on food per day is R200 per person, including three main meals, snacks and cool drink.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		SLC	3	6	9	12	15	18
Snack					Meet dry bag			
Lunch		1	4	7	10	13	15	19
Snack								
Supper	SLC	2	5	8	11	14	17	
Late night Yummy		Christmas as Plateaux	Louis Fountain	Olifants camp	Olifant's Loerie	Olifant's Samango	Boabab 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.**

[www.trailfood.co.za](http://www.trailfood.co.za) – a very good new option for suppers.

**You may not cook lunches.**