



ADVENTURE ACTIVITIES AND EQUIPMENT 2025

Dear Grade 8 Parents and Pupils of 2025,

Stanford Lake College is very proud of 23 years of excellence in adventure activities. We have excelled in adventure racing, mountain biking, kayaking and wilderness expeditions.

Adventure is a cornerstone of a Stanfordinian's 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. **The adventure activities are all compulsory and important experiences for your child, and also a prerequisite for all applications 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

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	Sleep out with all camping equipment and backpacks
4	Term 2	June	Iron Crown expedition
5	Term 3	August	Exploring the Wolkberg Expedition

During their time at Stanford, pupils will also be participating in several more challenging trips through Grade 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 pupils will need for all the Stanford Lake College expeditions.

For adventure racing, pupils 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 by professionally trained and experienced expedition leaders. The senior adventure staff have 50 years of outdoor experience among them and are registered National Tourist Guides. Training bodies that we are affiliated to include National Governing Bodies: Adventure Qualifications Network, Mountain





Development Trust, African Paddling Association and Wilderness First Aid all of whom are internationally accredited. We are also proud members of SAIA (South African Adventure Institute Association).

Mr. Tiaan Fullard is co-ordinating all Grade 8 adventure activities in 2025. 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 your child is properly equipped with working camping equipment, tents, stoves and clothing. Please read through the recommendations that we have made carefully before purchasing any equipment.

Adventure greetings

MR NEIL HAARHOFF
DIRECTOR OF OUTDOOR EDUCATION



STANFORD LAKE COLLEGE ESSENTIAL EQUIPMENT LIST

This equipment list has been put together over the last 23 years. Please read it carefully and pay attention to our recommendations, these are tried and tested in the field. 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 Expedition.
- 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: Expedition North – Polokwane, Cape



Union Mart or Outdoor Warehouse.

- Expedition North 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 and will receive 10% discount! After that Expedition North will only give discount on 3 items in the shop – sleeping bag, backpack and tent.
- Mammoth Outdoor and Mountain Mail Order online stores offer excellent services [www.mammothoutdoor.co.za and www.mountainmailorder.co.za]
- Recommended clothing First Ascent, K-Way or Cape Storm.





1. EQUIPMENT LIST

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.
A Whistle you can wear around your neck 24/7!
Waterproof rain coat - breathable is a great idea and nothing less than 7000mm rating please!!
200gr fleece – ask the shop to help you
Hiking boots and good thick socks
Hat / cap
Sun block!!!
3 season Sleeping bag (-2*)
Good quality inflatable mattress – Therma Rest is the market leader but there are other brands available.
Eating and cooking utensils <ul style="list-style-type: none"> ○ Spoon to eat and stir with (Spork is good to have) ○ 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 (Expedition North, Due South, Cape Union Mart) ○ Camping gas products ○ Matches / lighter ○ Ziplock bags for rubbish
Food for all camp meals
Small toiletry bag and toilet paper. All soap must be organic
Small camping spade for toiletry requirements!!
Torch with batteries – a head torch is your best option. Petzel, Ledlenser
Personal medication if needed (for treatment of bee stings, asthma, etc.)
Personal first aid kit (very, very, very small!!) Just for minor emergencies. We have a very extensive Expedition kit that we take with us.
Water bottles to carry minimum 2 - 3 liters of water. A good quality bladder is an excellent purchase. Nalgene is a world leader.
1 or 2 person, mountain rated , hiking tent (they can share a tent if they want to) with a full covering - down to the ground outer / fly sheet <ul style="list-style-type: none"> ○ TerraFirma, Naturehike, Ferrino, K-way, 360 Degrees, First Ascent, MSR or Vango
Rucksack and cover or liner- TerraFirma, First Ascent, K-way, Osprey <ul style="list-style-type: none"> ○ 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 up and down and run around in it – make sure it fits snug and tight.
No cell phones , iPods or GPS devices are allowed.





2. 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 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 are 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 spread.
- Tuna in a sachet

Snacks

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

Supper (mix of protein and carbohydrate)

- Couscous (very fuel efficient), pasta, rice
- Quality bully beef, tuna, soya, cheese.
- Dried food-Back Country Cuisine is a good choice, they are a bit more expensive but the food is full of great flavour and no suspect ingredients.
- Tastic ready-made curries and rice.
- Trailfood- www.trailfood.co.za –we have a very good partnership with this company. They have custom packs for our expeditions. Order and pay online and they will deliver your order to the Dream and Do centre. Highly recommended, tried and tested by us.

