



Monday, 15 July 2024

Dear Parents and Students,

Very important notice: The date for our next expedition has changed.

We completed our first mountain expedition in June with tremendous success. We maintain that there is no safer place than the great outdoors. The next Grade 8 expedition is our *"Exploring the Wolkberg Expedition"*, and would have taken place from 24 to 30 July 2024. This date has been changed as our under 14 Boys hockey side qualified for Noord-Vaal, which takes place during the proposed dates. As we see expedition as a vital part of our school education we have moved the expedition and it will be taking place from **12 to 18 September**.

Students will meet at Dream an' Do (DAD) Centre at 7:30 am on 12 September, ready to start hiking.

- They will need all their equipment as listed on the equipment list attached. This is the same list as for the first expedition earlier this year; therefore, they should have most of the equipment already. Please double check that they have what they need and that it is all in working condition. If you need to make purchases, please check out Expedition North in Tzaneen and Polokwane as we have a long standing relationship with them and they have our equipment list and recommendations in-store.
- They will need to have their **food for the first four days** packed in their hiking bags and the food for the last three days packed in a plastic (Checkers) bag with their name on it. **No extra tog-bag or backpacks allowed, it has to be a plastic shopping-bag.** There will be a food-drop halfway through day four where their plastic bag will be brought to them and they can pack their food for the next three days in their hiking bags. They are also allowed to pack a new set of clothes and things in the plastic bag and swap it out when they receive the bag on day four. Whatever they pack back into the plastic bag will be brought back to school and they will collect it at the end of the expedition. Please do not hesitate to make use of "The Trail Food Company".
- **NB! Whatever they pack for the food-drop has to fit inside one plastic (Checkers) bag.**
- Please make sure your child is properly equipped with working equipment. Please consider borrowing equipment as we know it is expensive, but if you need to purchase heed our recommendations or contact us for further advice.
- Students will return to the DAD centre around 13:30 on 18 September 2024.
- This expedition is compulsory and if you cannot make it, you must obtain written consent from Mr Redfern before 29 August 2024 and let us know. If you have any questions, queries or suggestions please do not hesitate to contact us: tiaan@slc.co.za, 015 276 6130.
- We look forward to enjoying the South African veld with your children.

Mr. Tiaan Fullard is coordinating all Grade 8 adventure pursuits. Please contact him by email with any questions (tiaan@slc.co.za). Please find the attached itinerary, equipment list and meal planner.

Kind regards

Neil Haarhoff
HOD ADVENTURE

Alan Redfern
HEADMASTER



Stanford Lake College 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 of the most important pieces of equipment.
- Light but warm fleece top – ask the shop to help you
- Hiking shoes – Hiking boots have their 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 Ascent 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, Led Lenser, 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, iPods or GPS devices are allowed



'Exploring the Wolkberg'

Day 1 Thursday 12 September 2024

Register in the Outdoor Centre at 7:30 am ready to hike, depart thereafter on foot.

Days 2 - 6

On and around Serala: Hiking, conservation, slip-slides, summitting and camping.

Day 7 Wednesday 18 September July 2024

They should be back at 13:30.

Please note! If the weather is unfavorable the group may return earlier, the school will notify you of this via SMS. Please be aware of this.

"Exploring the Wolkberg" Menu Planner

Thursday 12 September – Wednesday 18 September

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

Please split your food into 2 plastic shopping (Checkers) bags

Bag 1 In your rucksack from day 1 - meals and snacks on planner No. 1 – 10 (pack Sunday lunch no 10 in Bag 1).

Bag 2 In a plastic Checkers bag **with your name clearly labelled** – meals and snacks No 11-19 and spare gas. This will be delivered on Thursday afternoon.

September 2024	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th	Monday 16th	Tuesday 17th	Wednesday 18th
Main activity	Walk – 15km	Walk – 12km	Crystal waterfall	Nature reserve - bum slides	Cleo-pools Summit	Walk - 10kms	Walk – 15kms
Breakfast	School/home	3	6	9	12	15	18
Snack							
Lunch	1	4	7	10	13	16	19
Snack							
Supper	2	5	8	11	14	17	School/home
Late night Yummy	Georges	Mohlapitse Base	Mohlapitse Base	Serala	Serala	Bergplaas	Home

- You may not cook lunches.