



22 January 2024

Dear Grade 8 Parents,

We are preparing for our first three Grade 8 expeditions, two Sleep-outs and Iron Crown Escapade, all happening this term.

Expedition	Date	Where
Sleep-out #1	1 February	SLC
Sleep-out #2	13 February	SLC
Iron Crown Escapade	11-13 June	SLC to Iron Crown

General

- Students can share tents during these expeditions (if they want to)
- This does not mean we are asking you to go out and buy your own tent. The whole school has been on expeditions with us so please tell your child to ask around and organize his/her own tent for this expedition. We will also do what we can to help from our side.
- These are incredible experiences, where your child will make solid friendships, develop social and interpersonal skills and have a lot of fun!
- Below there is the list of equipment that is required, but it does not need to be new. If, however, you would like to make any purchases, Expedition North (in both Tzaneen and Polokwane) is a good place to start.
- The children must plan their own menus for the expeditions: buy the food, carry it, cook it, wash up and bring any leftovers back with them. A reasonable amount to spend on hiking meals per day, including snacks, is R250.00 per person.
- Please ensure that if a student has any personal medication that we are informed and that they bring it along with some extra spare. Example, if applicable, please have two asthma pumps and bring both along, one to be kept by the staff during the expedition and one by the student.
- We look forward to enjoying the special outdoor environment of our local mountains, valleys and grasslands 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.
- **Expeditions are compulsory and if you have a reason why your child cannot participate, you must obtain written consent from Mr. Redfern and let us know.**

Sleep-out #1

- Students meet at the Dream an Do centre 18:30 on 1 February.
- Students will need to bring their Rain jacket, a warm jacket, torch (preferably head-lamp), water bottle (1 Litre is fine), Sleeping bag, and something to carry it all in (can be a daypack, string bag or even a school bag).
- The students can share a bag to carry their things in and take turns to carry it.
- **Please ensure that the students Sleeping bag is marked clearly, on the stuff-sack as well as the sleeping bag itself.**
- Students will return the next morning with enough time to shower and go to breakfast before school.



- Day scholars will have supper Thursday evening and breakfast Friday morning in the dining hall, and they will be allowed to shower in the HPC on return Friday morning.

Sleep-out #2

- Students meet in the carpark at the dining hall 17:00 on 13 February.
- Students will need all their equipment as per the list, except their backpacks, but should bring it with if they already have one. (equipment list below)
- They will need one supper and one breakfast that they will need to prepare themselves on this expedition.
- **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 – a very good new option for suppers.
- They will have time to shower the next morning and be ready for the start of school.

Iron Crown Escapade

- Students meet at the Dream an' Do Centre 7:20am on 11 June.
- The students will **finish the expedition back at SLC at 13:30 on 13 June.**
- Students will need all their equipment for this expedition.
- The students will need their food and snacks from after breakfast on 11 June until lunch on 13 June. (lunch included)
- **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 – a very good new option for suppers.
- The expedition finishes on a Thursday so students can be collected at the normal Thursday time.

If you have any questions, queries or suggestions please do not hesitate to contact the expedition leader: tiaan@slc.co.za, 015 276 6130

Best regards

Neil Haarhoff
HOD OUTDOOR

Alan Redfern
HEADMASTER

A full packing list can be found on the following page...



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 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-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, LedLenser, 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