



Monday, 10 June 2024

Dear Grade 9 Parents,

We completed our first expedition in March with tremendous success. I'm sure you've heard all the stories!! Now we are preparing for the next one...

Expedition	Date	Where
✓ In the Footsteps of Legends	01- 07 March	Trichardtsdal, Penge, Olifants River
Soutpansberg	29 Aug -05 Sept	Soutpansberg Mountains

### "Soutpansberg Expedition"

*Dates: Thursday 29th August 07:00 until Thursday 5<sup>th</sup> September 13:30 at SLC.*

- We will be spending some time in the Soutpansberg Mountains seeing where Louis Trichardt explored in 1838. Trichardt and his group stayed near the mountains, camping near what eventually became the town of Louis Trichardt in 1899. They planted crops and started exploring the areas north of the current town.
- This expedition involves some familiar experiences as well as some new ones. There will be a time of SOLO 24hrs in the bush, on their own. There is a 3 day self-led hike, where they must manage themselves, their peers and their route.
- Other activities include: bush craft and caving, abseiling and some other obstacles!
- This is an incredible camp, where your child will make solid friendships, develop social and interpersonal skills and have a lot of fun!
- Your child has been given a list of equipment that is needed but it does not need to be new. If, however, you would like to make any purchases, Expedition North in Tzaneen and Polokwane are good places to start.
- This year will be the first time that we will do a food drop during the expedition – similar to the last two expeditions.  
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. **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.  
**NB! Whatever they pack for the food-drop has to fit inside one plastic (Checkers) bag.**
- 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. **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) is a very good new option for suppers – and all meals for that matter. We are working with the Trail Food Company to customize packages for us and our needs. Orders can be placed on their website and will **get delivered to the DAD Centre.** We can strongly recommend this option and the food is amazing and nutritious! It has also been trialed and tested by us.
- 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 Expedition is compulsory and if you cannot make it you must get written consent from Mr. Redfern before 10<sup>th</sup> August and let us know.**



If you have any questions, queries or suggestions please do not hesitate to contact us [neil@slc.co.za](mailto:neil@slc.co.za), 015 276 6130

Kind regards

Neil Haarhoff  
EXPEDITION LEADER

## SOUTPANSBERG EXPEDITION - 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, ruler, paper and eraser
- 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



# Stanford Lake College



***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***



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