



Stanford Lake College

Grade 9 Parents and Students 2021
Monday, 08 February 2021

Dear Grade 9 Parents,

This year, like last year, the 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	24/03/21 – 30/03/21	Trichardtsdal, Penge, Olifants River
Soutpansberg	Date to be confirmed	Soutpansberg Mountains

“In the Footsteps of Legends”

Dates: Thursday, 23 March 16:30 until Thursday, 30 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 183 years ago in 1838.
- We will walk from Trichardtsdal over the Mokgogolo 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 Thursday the 30th, (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 night, so do not be late.



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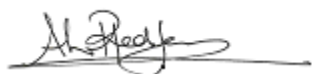
- They will **NOT** be required to carry their river section supplies over the walking section of the expedition. Food and clothing will be split into **two** packs. The **first** goes into their **rucksacks** and the **other** into a clearly marked **dry-bag**. They will pick their **dry bags up in 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. A reasonable amount to spend on hiking meals per day, including snacks, is R80.00 per person.
- 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

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Reply slip and consent form - "In the Footsteps of Legends"

Please direct all your enquiries, suggestions or offers of assistance to Neil Haarhoff at neil@slc.co.za

Please complete this form and return to us ASAP.

I _____ parent / guardian

of _____ in Grade 9 hereby give consent for my child to take part in the Grade 9 Adventure expedition. I also indemnify Stanford Lake College – its staff and associates; Blyde Canyon Adventures, Wilderness Ventures, Induna Adventures, its staff and associates; for any injury, losses, damages or other eventualities which may befall our child whilst on the Grade 9 Adventure expeditions.

Signature _____

This form must be completed and returned to Neil Haarhoff as soon as possible but before 5th March 2021.



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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 / Slops. These are an essential for pushing your raft in the river.
- **5 meters 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
- **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**
- ☐ *Waterproof rain coat - breathable is a great idea!!*
- ☐ *200gr fleece – ask the shop to help you*
- ☐ **Hiking boots and good thick socks**
- ☐ *Hat / cap*
- ☐ *Sun block!!!*
- ☐ *3 season Sleeping bag (-3/-5)*
- ☐ *Good quality inflatable mattress – Thermo rest is the market leader but there are other brands available.*
- ☐ *Survival bag- to keep your stuff dry!*
- ☐ *Eating and cooking utensils*
 - ☐ *Spoon to eat and stir with (Spork)*
 - ☐ *Bowl and mug*
 - ☐ *Cooking pot with a lid (not a kitchen pot!)*
 - ☐ *Camping gas and stove (they can share if absolutely necessary)*
 - ☐ *MSR pocket rocket is excellent (Trappers, CU Mart, OW)*
 - ☐ *Camping gaz products*
 - ☐ *Matches / lighter*
 - ☐ *Ziplock bags for rubbish*
- ☐ *Food for all camp meals -Friday to Thursday (dried food is expensive but very good)*
- ☐ *Small toiletry bag and toilet paper. **All soap must be organic** – Citronella type*
- ☐ **Small camping spade for toiletry requirements!!**
- ☐ *Torch with batteries – a head torch is your best option.*
 - ☐ *Petzel Tikka, Ledlenzer*
- ☐ *Personal medication if needed (bee stings, asthma, etc.)*
- ☐ *Personal first aid kit (very, very small)*

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- ❑ **Water bottles to carry min. 3 litres of water.** A good quality bladder is an excellent purchase. Nalgene is a world leader.
- ❑ **2 person mountain rated hiking tent (they will NOT be sharing due to Covid regulations) with a full covering - down to the ground outer / fly sheet**
 - ❑ Terra Firma, Ferrino, K-way, 360 Degrees, First Ascent, MSR and Vango
- ❑ **Rucksack and cover or liner**
Terra Firma, K-way, Salomon, First ascent
 - ❑ **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 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.

Menu Planner

A reasonable amount of money to spend on food per day is R80 per person, including three main meals, snacks and cool drink.

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
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 Plateaux	Louis Fountain	The Gorge Beach	Olifants 1	Olifants Grass banks	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.

You may not cook lunches.