



# Stanford Lake College

25 August 2020

Dear Grade 8 Parents,

We completed our first exciting expedition in February with tremendous success. We are preparing for the next one, but there are some necessary changes, so please read this letter carefully.

Expedition	Date	Where
✓ Misty Mountains Trek	17-19 February	Magoebaskloof
Iron Crown Escapade	2-5 November	Georges Valley

**Dates: Monday 2nd November 07:00 until Thursday 5<sup>th</sup> November 14:00 – departing from and returning to SLC.**

- Due to Covid-19 we have had to change our plans and procedures for the fourth term expeditions this year.
- **The expeditions will, however, go ahead but with strict safety regulations in place.**
- **It will also be a 4-day expedition and not the full 8 days as in the original plan.**
- We will follow the protocols (and better them) as set out by the South African Adventure Industry, so the students will be in smaller groups with enough fresh air when we move out.
- Normally, we let the students share tents during these expeditions, but because of Covid social distancing requirements, we will not be able to do so for this time. So each student must sleep in their own tent.
- This does not mean we are asking you to go out and buy your own tent! The whole school have been on expeditions with us and there are several tents available from the Outdoor Centre that are not being used at this stage. Please tell your child to ask around and organize his/her own tent for this expedition. We will also do what we can from our side to help.
- The dad Centre will make an appeal to parents / pupils to lend us tents and then we will allocate them out with an indemnity that if the student breaks it they will replace it.
- Each student needs to bring a small bottle of hand sanitizer to keep with them.
- Daily screenings and monitoring will also be done and documented.
- 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 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 expedition: 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 R100.00 per person.





## Stanford Lake College

- 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.
- **This Expedition is compulsory and if you have a reason why your child cannot participate, you must obtain written consent from Mr. Redfern before 16<sup>th</sup> October and let us know.**
- If you have any questions, queries or suggestions please do not hesitate to contact us: [tiaan@slc.co.za](mailto:tiaan@slc.co.za), 015 276 6130

Kind regards

Neil Haarhoff  
**EXPEDITION LEADER**

Alan Redfern  
**HEADMASTER**

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





# Stanford Lake College

## Stanford Lake College Essential Equipment List

### ***"Iron Crown Escapade"***

The best stores from which to purchase equipment are: Expedition North, Due South, Cape Union Mart or Outdoor Warehouse



- ☐ **A whistle you can wear around your neck**
- ☐ **Small bottle hand sanitizer**
- ☐ Pen / pencil.
- ☐ 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 (-5)
- ☐ Good quality inflatable mattress – Thermo rest is the market leader.
- ☐ 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 is excellent (Expedition North, Due South, CU Mart, OW)
    - ☐ Camping gaz products
  - ☐ Matches / lighter
  - ☐ Ziplock bags for rubbish
- ☐ Food for all camp meals (dried food is expensive but very good) **Tuesday- Friday**
- ☐ 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
- ☐ Personal medication (bee stings, asthma, etc.)
- ☐ Small personal first aid kit
- ☐ Water bottles to carry 2 - 3 litres of water. A Good quality bladder is an excellent purchase. Nalgene is a world leader.
- ☐ 2 or 3 person hiking tent (they will be sharing) **with a full covering - down to the ground outer / fly sheet**
  - ☐ E3 gear, Terra Firma, Ferrino, K-way, 360 Degrees, First Ascent
- ☐ Rucksack and cover or liner
  - ☐ Terra Firma, First Ascent, K-way, Salomon
  - ☐ **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, i-pods or GPS devices are allowed**