



Stanford Lake College

5 February 2021

Dear Grade 8 Parents,

We are preparing for our first two Grade 8 expeditions – a sleep-out and the Iron Crown Escapade, both of which are happening this term.

Expedition	Date	Where
Sleep-out	16 February	SLC
Iron Crown Escapade	3-5 March	SLC to Iron Crown

General

- We will follow COVID-19 protocols and procedures on our expeditions, as set out by the South African Adventure Industry, to ensure the safety of the students and staff.
- 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.
- 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.
- 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 before and let us know.**



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Sleep-out

- Students meet at DAD Centre at 17:00 on 16 February.
- Students will need all their equipment 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.
- They will have time to shower the next morning and be ready for the start of school.

Iron Crown Escapade

- Students meet at DAD Centre 7:20 am on 3 March.
- The students will finish the expedition back at SLC at 13:30 on 5 March.
- Students will need all their equipment for this expedition.
- The students will need their food and snacks from after breakfast on 3 March until lunch on 5 March. (lunch included)
- The expedition finishes on a Friday so students can be collected at the normal Friday 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

Kind regards

Neil Haarhoff
HOD OUTDOOR

Alan Redfern
HEADMASTER

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



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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 of 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 (-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)
- ☐ **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.