

**MAHURANGI COLLEGE. YEAR 13 GREAT BARRIER ISLAND CAMP. GEAR LIST.**

FOR; 3am Sandspit Wharf Sunday 27th January, to Thursday 31<sup>st</sup> January 2013 (back approx 11:00pm)

**(1). INTRODUCTION.**

You need to have sufficient means, food, clothing & shelter to enable you to survive independently for a vigorous tramp of five days & four nights duration. For much of the trip you will be at least 3 or 4 hours tough walking from any outside assistance.

The trip circles the northern part of the Island, between our arrival & departure point of Port Fitzroy - & Okiwi, Hartoanga, Claris, Whangapara & Kaiarara. Each night you will be staying at a DOC campsite, community centre or Okiwi school. The tramps vary from a flatish five hour hike, up to a steep & strenuous nine hour hike. Accordingly, during the Xmas holiday, you should attempt some practice walks, with a loaded pack to develop some pre trip fitness and endurance.

Each group has a staff member and two parents, with approx 20 students divided into smaller groups to share tenting & cooking facilities.

The hiking trails can be long & tough so boys should aim to keep their pack weight down to about 16 – 18 kg & girls should aim for no more than 14 – 16 kg. Anything more than this & you risk blowing a 'fufu valve'. The cost is \$270 with a deposit of \$170 due by 21/9/2012.

**COMPULSORY STUDENT MEETING: Thursday 24<sup>th</sup> Jan 2013. 10am in the old gym. Bring all your camping & tramping gear.**

**(2). SUGGESTED GEAR.**

These items you should endeavour to provide, the quantity, style & quality are at your discretion.

**BASIC GROUP GEAR.**

(To be shared & used among 2 or 3 people).

- 2 or 3 person dome tent, or similar.
- A portable gas cooker. (No open fires are permitted).
- Two gas canisters.
- Cooking utensils e.g. pots or billy.
- Washing up items e.g. scourer, detergent, & tea towel etc.

**BASIC INDIVIDUAL GEAR.**

- Lightweight (dehydrated) foods & beverages for breakfast, lunches & dinners, for the duration see p2.
- Sturdy & well worn in, tramping footwear.
- Togs & a small towel.
- Personal toiletry items & toilet paper.
- A tramping pack, of approx 75 litre capacity.
- Waterproof pack liner e.g. a large plastic rubbish bag.
- Sleeping bag.
- Mattress roll.
- Eating utensils; cup, plates & cutlery.
- Small torch.
- Drink bottle of 1.25 – 1.5 litres.
- One change of warm weather clothes.
- One change of cool weather clothes.
- Several changes of underwear & thick soft socks.
- Several spare plastic shopping bags to hold rubbish or wet & dirty clothing.
- Insect repellent.
- Water purification tablets or similar.
- Camera.
- Cellphone - to co-ordinate the returning pick up.
- \$20 cash (for food in case we're delayed a day).

**(3). MANDATORY GEAR.**

These items are **compulsory for each person**, your personal health & safety depends on it. (The photo above was taken on the Barrier on a summer hike & shows how you might cope with the worst).

- Waterproof, heavy duty, PVC raincoat with hood.
- Sun hat & sun screen.
- Adequate personal medication & a spare set (if this applies to you) e.g. two asthma inhalers.
- Personal first aid items including; sticking plasters, panadol, an elastic bandage, strapping tape.

**(4). BANNED ITEMS.**

Do not bring these items.

- Cigarettes, alcohol, drugs, personal electronic music devices, hunting knives, machetes, axes, guns or rocket launchers etc. (We're bonding in the bush, not partying &/or liberating Iraq). PTO

**RECOMMENDED FOOD.**

- It is important that students bring the right quantity & type of food for the demands of the trip.
- Insufficient food means students risk, not only being hungry but becoming uncoordinated by late afternoon as they lack the energy to sustain vigorous exercise.
- Too much food or heavy type foods, means carrying too much weight & tiring too easily or getting sore from the effort of carrying it.
- The solution is to plan your daily food needs carefully & pick low volume low weight, dehydrated (just add water) type foods.
- Avoid canned foods or those with a large liquid (heavy) content, like canned baked beans or similar.
- Also there are limited opportunities to discard rubbish, so please remove excess packaging before packing it, or transfer items to zip lock bags.
- Below are some suitable suggestions.

**Breakfast.**

- Zip lock bag of favourite cereal e.g. muslei. With a spoon of dehydrated milk & sugar. So you just add water & stir. Or porridge with raisins.

**Lunch.**

- A selection of; big biscuit, muslei bars, crackers, cabin bread, cheese slices, sandwiches (which will stay fresh for 2-3 days if wrapped in glad wrap), 2 minute noodles, soup in a cup etc.

**Dinner.**

- A selection of; pasta snacks, rice, dehydrated vegetables, small can of tuna or sardines, camp ration pack (prepared meals in a foil pack obtainable from outdoor stores – please try beforehand some students find they don't like them), soup, bread (butter & spreads), crackers, tortilla, salami, etc.

**Beverages.**

- Cordial powder, tea, coffee, milo, sugar, milk powder, etc.

**Snack Food**

- Convenient food for while walking, morning, afternoon teas or supper.
- About 800 gms of scroggin for 5 days (trampers mix – nuts & dried fruit), muslei bars, snack logs, chocolate bars, sweets, dried fruit, biscuits, crackers, jerky, apple, processed fruit e.g. fruit leather, pottles or bags, etc.

**Conclusion.**

- Overall the food will probably fill a plastic shopping bag, about 1/3 of the pack space & perhaps up to 4kg of weight.
- Zip lock bags, & small plastic jars make good containers to transport your food in.
- The good news, is that as the tramp progresses the size & bulk of your food decreases, easing the burden of carrying it.