

What do you Eat?

Take food that is light, easy to cook and tasty. Pack food in containers or plastic bags. Water can be obtained from the rivers in Pureora.

Menu Ideas

Dinner

- Spaghetti bolognaise
- Freeze dried meals
- Continental pasta sauces with tuna or bacon
- Pre-made stew
- Nachos and chilli beans / pre-made mince sauce
- Macaroni cheese, onion, mushrooms, bacon
- Steak, onions, mushrooms and dehydrated potato

Desserts

- Instant pudding
- Cheese cake
- Fruit / cheese
- Instant pancake mix

Breakfast

- Muesli, cereal and fruit
- Rice pudding
- Bacon and eggs
- Yoghurt and fruit
- Sausages
- Pancake
- Coffee, tea, milo, raro, milk powder

Lunch

- Sandwiches, salami, cheese, luncheon, tuna, sardines, jam, margarine, vegemite, vogel bread, pita bread, crackers, cabin bread
- Soup
- Fresh fruit
- Biscuits
- 2 minute noodles

Snacks

- Chocolate muesli bars
- Fruit roll ups
- Mars bar
- Scroggin (mix of nuts, raisins, chocolate, sunflower seeds, coconut and dried fruit)

Parent Tramp Solo

Parents spend up to two hours alone with their son in the bush. The Tihoi Instructor will consult with the group to decide when this will take place. A debrief will be held after Solo.



TIHOI VENTURE SCHOOL

Parent Tramp Information



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St Paul's Collegiate School

Parent Tramp

Parent Tramp is a time for you to come and enjoy the Tihoi experience with your son. It is optional for parents as we realise some parents will not be able to attend. There is extensive information on the St Paul's website regarding parent Tramp. On the web you can access gear lists, menus and other valid information to assist you in preparing.

You choose your option level and are teamed up with your son, other parents and their son's in a group of ten to twelve. You are required to bring your own clothing, tent, food and cooker. Tihoi supplies all the students needs.

Option One – Designed for the fit and agile parents. This involves your group being self sufficient and each carrying a pack for three days, sleeping in tents for two nights and enjoying off track navigation. You cook your own meals in the open and share a few yarns around the camp fire. Opportunity will be provided for you and your son to complete a dual solo for two hours. You will cover up to 20 kilometres.

Option Two – Designed for the semi-fit. On the first day your group will walk for two to three hours to a base camp carrying your own pack and supplies. Once at camp, you set up your tents and cooking takes place in the outdoors. The next day will involve a day trip with day packs, returning to your base camp in the evening to cook dinner, set up a camp fire and share stories. Opportunity will be provided for you and your son to complete a dual solo for two hours. You will cover up to 15 kilometres.

Option Three – Designed for the unjured. Drive to base camp and set up there. Day trips visiting significant sights in the area. This could involve a tramp up Pureora, a walk to the lagoon or a visit to the Kakaho Reserve. Once at camp, you set up your tents and cooking takes place in the outdoors. The next day will involve a day trip with day packs, returning to base camp in the evening to cook dinner, set up the fire and share stories. Opportunity will be provided for you and your son to complete a dual sols for two hours. You will cover 2-5 kilometres.

This is a fantastic weekend for you to enjoy with your son and while we appreciate you might like to spoil your son we encourage you to enter the Tihoi Parent Tramp, with the Tihoi spirit of limited luxury and equity for all.

We can only accommodate parents or guardians for the trip due to staffing requirements. The boys whose parents are unable to participate will still be completing a tramp. If you have any issues with this please contact Chris. Tihoi staff are in charge of the weekend and they decide the programme to ensure it is a safe and happy time for everyone. Parent tramp is alcohol free.

The parent Tramp weekend begins with parents joining us for lunch at Tihoi on Friday. Lunch is served at 12.10pm so please ensure you are here by then.

Why do we have Parent Tramp?

Objectives:

- To provide opportunity for students to demonstrate skills learnt during their Tihoi experience and to further develop these.
- To foster closer relationships between families and the school. Tihoi Venture School encourages 100% parent participation in the Parent Tramp.
- To have fun.

What do you Need to Bring?

- Your own tent, food and a small cooker (use the group list to co-ordinate sharing some of these).

In your pack (Line your pack with a plastic liner)

- Sleeping bag
- Foam mat
- Raincoat
- 1 fleece jacket
- 1 pair fleece trousers
- 1 pair of over trousers
- 1 wool / polypro singlet
- 1 wool / polypro long johns
- 2 pair of socks
- Underwear
- Gloves
- Warm hat
- Tent
- Food
- Camera
- Torch (small)
- 1.5 l water bottle
- Bowl, spoon, cup
- Small knife
- Matches
- Small hand towel
- Toothbrush
- Small soap
- Small sunscreen
- Sunhat
- Sunglasses
- Cooker

What do you Wear Tramping?

- Polypro singlet
- Hat
- Socks
- Boots
- Shirt / fleece
- Short shorts
- Gaiters

Ensure your boots are broken in before going tramping to avoid blisters.

Avoid taking cotton items as they are heavy when wet and have no warmth.

Please disclose medical conditions.

Preparation

About a month before the tramp:

- Start taking walks to increase fitness.
- Liaise with other parents regarding menu and sharing gear.
- Practice wearing and carrying a full pack.
- Organise borrowing / hiring gear. A number of outdoor retail outlets hire boots, packs and rain gear.

Packing Your Pack

Packs are not waterproof. Line your pack with a pack liner. Ensure all your gear is inside your pack.

Remember to pack group gear i.e. tent, cooker etc.

Hanging items on the outside catch on the bush or fall off.

