



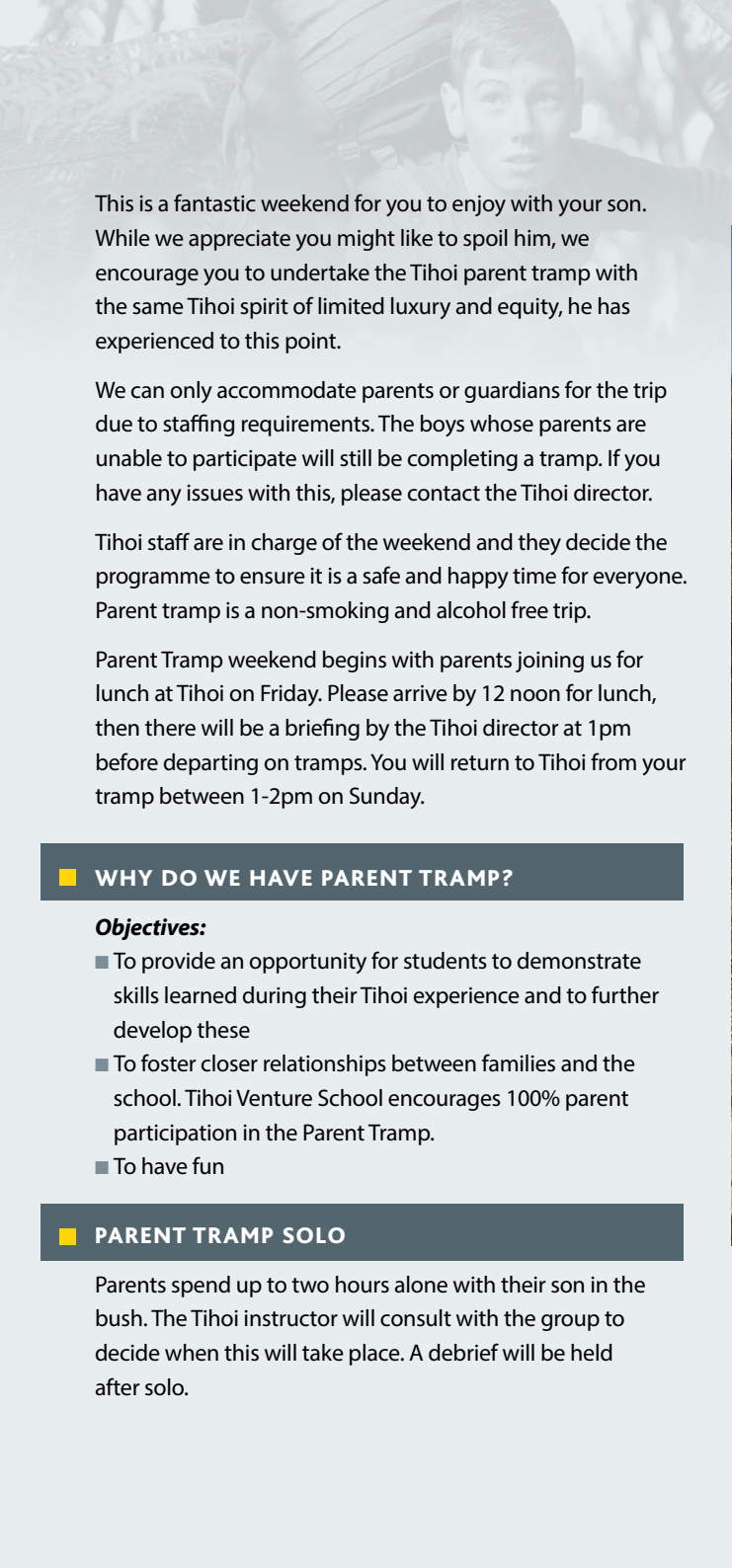
St Paul's
COLLEGIATE SCHOOL

TIHOI VENTURE SCHOOL

PARENT TRAMP INFORMATION



www.stpauls.school.nz



This is a fantastic weekend for you to enjoy with your son. While we appreciate you might like to spoil him, we encourage you to undertake the Tihoi parent tramp with the same Tihoi spirit of limited luxury and equity, he has experienced to this point.

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 the Tihoi director.

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 a non-smoking and alcohol free trip.

Parent Tramp weekend begins with parents joining us for lunch at Tihoi on Friday. Please arrive by 12 noon for lunch, then there will be a briefing by the Tihoi director at 1pm before departing on tramps. You will return to Tihoi from your tramp between 1-2pm on Sunday.

■ WHY DO WE HAVE PARENT TRAMP?

Objectives:

- To provide an opportunity for students to demonstrate skills learned 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

■ 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.

■ 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 more information on St Paul's website regarding parent tramp where you can access gear lists, menus and other information to assist you in preparing.

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

OPTION 1

Designed for the fit and agile parents. Your group will be self-sufficient with each having to carry a pack for three days, sleeping in tents for two nights and enjoying off track navigation. You will cook your own meals in the open and share a few yarns around the campfire. An opportunity will be provided for you and your son to complete a dual solo for two hours. This option will cover up to 20 kilometres of tramping.

OPTION 2

Designed for the semi-fit parents. 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. Cooking takes place in the outdoors. On day two, you will go on a day trip with day packs, returning to your base camp in the evening to cook dinner, set up a campfire and share stories. An opportunity will be provided for you and your son to complete a dual solo for two hours. This option will cover up to 15 kilometres of tramping.

OPTION 3

Designed for the injured parents. If you are injured or unable to fully participate in tramping, please contact the Tihoi director to discuss options.

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

■ WHAT DO YOU WEAR TRAMPING?

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

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 to borrow or hire gear. A number of outdoor retail outlets hire boots, packs and rain gear.

■ 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

BREAKFAST

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

LUNCH

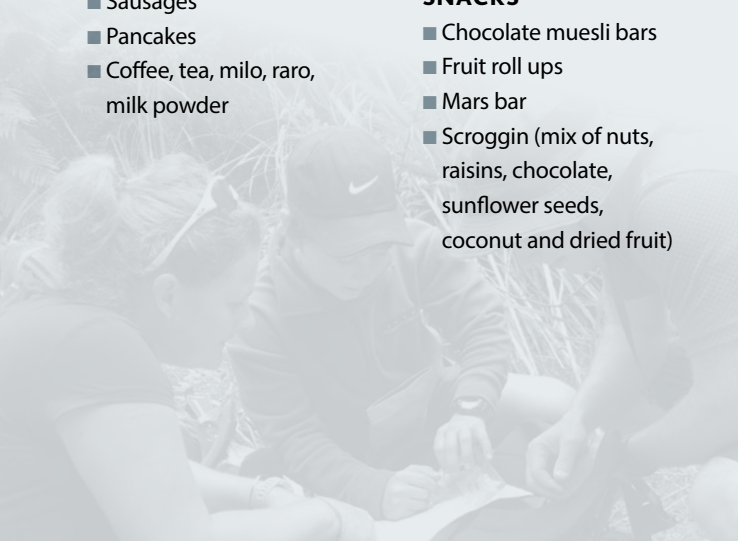
- Sandwiches, salami, cheese, luncheon, tuna, sardines, jam, margarine, vegemite, vogel bread, pita bread, crackers, cabin bread
- Soup
- Fresh fruit
- Biscuits
- 2 minute noodles

DESSERTS

- Instant pudding
- Cheesecake
- Fruit / cheese
- Instant pancake mix

SNACKS

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



■ PACKING YOUR PACK

Packs are not waterproof so line it with a pack liner. Ensure all your gear is inside your pack. Hanging items on the outside catch on the bush and fall off. Remember to pack your group gear such as food, tents and a cooker.



TOP POCKET

- Wool hat
- Snack food
- Sunscreen
- Sunglasses
- Camera
- Torch



- Rain coat (on very top)
- Water (near top)
- Lunch food (near top)
- Heavy items i.e. tent, cooker and other food at the top close to your back

- Other clothing (middle / lower of pack)

- Sleeping bag (inside)
- Foam mat (outside)





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