



## Guidelines

# Auckland Tramping Club What to Take for Weekend Trips

### Keep it Light

### Ensure Everything Will Stay Dry

*If in doubt, contact the Trip Leader*

#### Equipment/Clothing

- Tents can be shared or hired. You may also want to share cooking equipment and meals (say, dinners and breakfasts) with others. Those arrangements need to be made in advance.
- The club has ice axes and crampons available for hire - contact Keith Ayton (Ph 630-7010)
- NB: crampons should only be used with stiff-soled boots.
- The following retailers have gear available for hire:
  - \* Canvas City - tents, packs, boots, parkas, ice axes, crampons.
  - \* Kathmandu - tents, sleeping bags, stacks, boots, ice axes, crampons.
  - \* Living, Simply - tents, packs, boots.
  - \* Tisdalls - packs, boots.
  - \* Pack 'n' Pedal - packs, boots.
- We suggest three layers of clothing. Lightweight fabrics that retain body heat are recommended. e.g. polypropylene, wool and fibrepile. Your parka must be waterproof (e.g. Gor-Tex, Reflex, PVC or japara), and about mid-thigh length.
- On all winter weekends and when specified take full storm gear (if in doubt, take it) i.e. parka, overtrousers, woollen mittens, overmitts, balaclava and long johns - and a tent if you have one.

#### Need help getting started?

Visit [www.aucklandtramping.org.nz](http://www.aucklandtramping.org.nz)  
or contact our Trips Officer,  
or the particular Trip Leader

#### Food

- Your food should be:
  - \* High in energy value
  - \* Enjoyable
  - \* Easy and quick to prepare
  - \* Lightweight
- Keep food dry in plastic bags. Screw-top plastic containers can be used for spreads. etc. Cans and bottles should be avoided.
- Carry extra food for emergencies.

#### Suggestions

- Dehydrated, dried, or just dry-ish foods that cook fairly rapidly (or can be soaked).
- Fresh vegetables, fruit and meat (if the temperature permits), but bear in mind weight, bulk, and perishability.
- Breakfasts
  - \* Muesli, rolled oats, rice, noodles, dried fruit (this can be soaked overnight).
- Lunches
  - \* Bread (e.g. Vogels), crispbread, cabin bread, butter/margarine, cheese, salami, honey, peanut butter, jam, marmite.
- Dinners
  - \* Ready-packaged meals (e.g. dehydrated meals). rice, pasta, noodles, fresh vegetables (e.g. onion, carrot, broccoli) dried vegetables, flaked potatoes, instant soup, flavourings.
- Desserts
  - \* Instant pudding, cheesecake mix, flaked rice, fruit cake, custard.
- Scroggin/Fillers
  - \* Dried fruit, nuts, raisins, chocolate, barley sugars, jelly beans, snack bars, Tararua biscuits.
- Miscellaneous
  - \* Milk powder, beverages, sugar, powdered drinks, etc.

#### Checklist

- Tent/fly
- Pack, pack liner (this could be a couple of plastic rubbish sacks)
- Groundsheet (this could be a section of polythene the size of your tent floor)
- Sleeping Bag
- Sleeping pad
- Survival bag
- Parka
- Over-trousers
- Clothing chosen from e.g.
  - \* light shirt/t-shirt (for summer tramping)
  - \* thermal top(s)
  - \* woollen jersey/shirt
  - \* bush-jacket/fibrepile jacket
- Shorts
- Long johns
- Underclothing
- Hat/balaclava
- Sunhat (for summer tramping)
- Mitts/gloves
- Socks, spare socks
- Boots, laces, spare laces
- Gaiters/puttees
- Water bottle
- Dinners, breakfasts, lunches, scroggin, cooker, fuel, lighter/matches
- Billy(s)
- Utensils (e.g. bowl, spoon)
- Sharp cutting knife
- Torch, spare batteries, spare bulb
- Whistle
- Map
- Compass
- Personal first aid (plasters, antihistamine..)
- Insect repellent
- Sunscreen
- Toilet paper
- Light towel
- Toothbrush, soap
- Length of candle
- Length of nylon cord
- Pot scourer
- For alpine trips
  - \* ice axe
  - \* crampons (as required) sunglasses/goggles
  - \* overmitts
  - \* extra socks
- Extras
  - \* light shoes (for camp)
  - \* longs (for camp or extra warmth)
  - \* sheet liner (for sleeping bag)

See also "Food Suggestions for a Weekend Trip" (NZ Mountain Safety Council)

#### For Day Trips

##### Wear:

Shorts (not jeans)  
Shirt/polyprop (layers are good)  
Fleece or wool jumper

##### Consumables:

Lunch  
Water (at least 1 litre)  
Energy food

##### Bring and take with you:

Day pack with plastic liner  
Parka  
Fleece or wool jumper  
Sun hat / Warm hat  
Torch & spare batteries  
Toilet paper (& hand sanitiser)  
First aid (plasters, antihistamine...)

##### Bring and leave in the bus:

Change of clothing & shoes  
Plastic bag for dirty boots



# Auckland Tramping Club Beginners Guide to ATC Trips

## Booking (only for Weekend Trips)

See "Wanderlust" for details of trips (the ATC's monthly magazine, which members receive, or visit our website).

Having read the trip description in the tours programme, ring the leader of your preferred party, before booking, as party numbers are restricted.

Refer to the appropriate booking procedures in the 'Wanderlust'. Send total fare, name, address, phone number and party option to Weekend Trip's Booking Officer.

Either : Cheques made out to 'Auckland Tramping Club'  
Or: Direct credit the ATC bank account  
02-0100-0024675-00

(obtain trip reference details from the booking officer and confirm the direct credit by emailing the booking officer of the date, amount, and reference text of the credit)

## Trip Grading

Trips are graded on the basis of tramping time per day (adverse weather may increase times).

Social: Beach trips, mountain weekends, rafting trips etc.

Easy: 4-6 hours tramping, suitable for beginners.

Medium: 5-8 hours, suitable for those with some experience.

Fit: Over 7 hours, not suitable for the inexperienced.

Weekend tramping parties usually consist of 5 – 10 people  
Day trips may have larger parties.

\* Most trips normally involve rough, muddy, steep tracks.

## Travelling

### Club Bus Trips

Most weekend trips depart 7:00 pm sharp from the club garage at 31 Sandringham Rd, Kingsland. The garage and parking area are down the driveway beside the Mobil service station and the house in front of the garage.

Always check the trip details for exact departure times as they do vary from trip to trip. Some trips have alternative pickup places but only when specified for the trip.

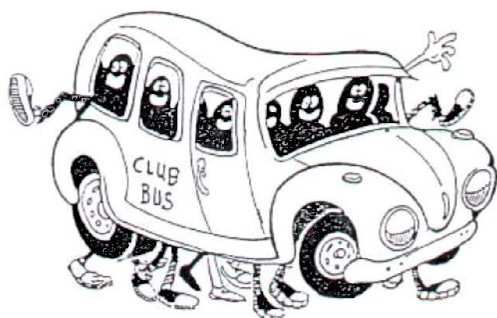
Sunday day trips normally leave at 8:30 am and Wednesday day trips leave at 9:00 am.

For weekend trips the bus will be converted to a 'sleeper' arrangement – ie one very large bunk on top and storage for packs and other gear underneath. Keep with you your sleeping bag and anything else you might need. A pillow to take on the bus is a good idea. Shorter weekend trips will stop for a night snack but longer ones only stop for toilet breaks.

When you leave the bus to begin tramping carry any valuables with you – vehicles parked at track ends are easy targets for thieves.

### Private Transport Trips

These also normally leave from the club garage and also have alternative pickup places. Check the trip details.



## Trip Pickups

**Club Garage**  
(most trips)  
31 Sandringham Rd



**Greenlane Pickup**  
(South & Hunuas)  
Marewa Rd

**New Lynn Pickup**  
(Waitakere Trips)

Wednesday  
& Sunday  
Portage Rd

