



Weekend Trip Information

You *must* book for weekend or longer trips and should *always* contact the leader. See booking details below.

As a tramping Club, the tracks/routes we take may be different from those typically used by others. Even on easier trips you may encounter hilly terrain, muddy tracks with tree roots and other obstacles, and un-bridged stream crossings, so please wear suitable clothing and footwear. Note that a leader may exclude a person from a trip if it is considered they are inadequately equipped.

Bring your own food, sleeping and cooking gear, map and compass. Clothing should be adequate for the likely conditions. We suggest three layers of clothing. Lightweight fabrics that retain body heat (even when wet) are recommended. e.g. polypropylene, wool or fibrepile. **A waterproof rain jacket with a hood is essential for all trips.** On all winter weekends and when specified, bring full storm gear, e.g. over trousers, warm gloves, over mittens, warm hat or balaclava and longjohns.

Gear Check List

General:

- | | | |
|---|--|---|
| <input type="checkbox"/> Tent/fly | <input type="checkbox"/> Sleeping Bag (& optional bag liner) | <input type="checkbox"/> Pack liner (could be 1 or 2 plastic rubbish sacks) |
| <input type="checkbox"/> Groundsheet (this could be a section of polythene the size of your tent floor) | <input type="checkbox"/> Sleeping pad or air mattress | <input type="checkbox"/> Waterproof Rain Jacket with Hood |
| | <input type="checkbox"/> Pack | <input type="checkbox"/> Over-trousers (wet or cold weather) |

Clothing chosen from:

- | | | |
|--|---|--|
| <input type="checkbox"/> Light shirt / T-shirt (for summer tramping) | <input type="checkbox"/> Shorts | <input type="checkbox"/> Mitts / gloves |
| <input type="checkbox"/> Polypropylene / thermal top(s) | <input type="checkbox"/> bush-jacket / fibrepile jacket | <input type="checkbox"/> Socks, spare socks |
| <input type="checkbox"/> Polypropylene / fleece | <input type="checkbox"/> Underclothing | <input type="checkbox"/> Boots, laces, spare laces |
| <input type="checkbox"/> Polypropylene / long johns | <input type="checkbox"/> Hat / Balaclava | <input type="checkbox"/> Gaiters / puttees |
| | <input type="checkbox"/> Sunhat | |
| | <input type="checkbox"/> Sunglasses | |

NOTE: You will need *dry* clothes for sleeping and tent or hut wear and should preserve these clothes in a dry state. Once tramping clothes are wet, you should *continue to wear the wet clothes for tramping* regardless.

Cooking & Food:

- | | | |
|---|---|--|
| <input type="checkbox"/> Cooker, fuel, lighter or matches | <input type="checkbox"/> Dinners, breakfasts, lunches, snacks | <input type="checkbox"/> Utensils (e.g. bowl, spoon) |
| <input type="checkbox"/> Length of candle | <input type="checkbox"/> Water bottle & / or bladder | <input type="checkbox"/> Sharp cutting knife |
| <input type="checkbox"/> Billy(s) & pot scourer | | |

Safety

- | | | |
|--|---|---|
| <input type="checkbox"/> Torch & spare batteries | <input type="checkbox"/> GPS (optional) | <input type="checkbox"/> First aid kit (plasters, antihistamine...) |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> Personal medications | |
| <input type="checkbox"/> Map and compass | | |

Personal

- | | | |
|---|---|--|
| <input type="checkbox"/> Sunscreen & Insect Repellent | <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Length of cord (for clothes line, optional) |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Light towel | |
| | <input type="checkbox"/> Toothbrush, soap etc | |

Alpine trips

- | | | |
|---|--------------------------------------|--|
| <input type="checkbox"/> ice axe | <input type="checkbox"/> overmitts | <input type="checkbox"/> Sunglasses or goggles |
| <input type="checkbox"/> crampons (as required) | <input type="checkbox"/> extra socks | |

Extras

- | | |
|---|---|
| <input type="checkbox"/> Light shoes for camp | <input type="checkbox"/> longs (for camp or extra warmth) |
|---|---|



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NOTE

- Contact the leader with any concerns or gear short-falls. You may be able to borrow or share items.
- Tents can be shared. You may also want to share cooking equipment or meals with others. Such arrangements need to be made in advance.
- The club has ice axes and crampons available for hire. Check the website, or contact the trip leader.
- NB: Crampons can only be used with stiff-soled boots – ensure yours are suitable.
- Several retailers also have gear available for hire, including tents, packs, sleeping bags, boots etc

FOOD

- Your food should be high in energy value, quick & easy to prepare, lightweight, and enjoyable.
- 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 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, crispbread, cabin bread, butter/margarine, cheese, salami, honey, peanut butter, jam, marmite, One Square Meal bars or similar.
- Dinners: Ready-packaged meals (eg freeze-dried 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/Snacks: Dried fruit, nuts, raisins, chocolate, barley sugars, snack bars, Tararua biscuits.
- Miscellaneous: Milk powder, beverages, sugar, powdered drinks, etc.

Trip Gradings

Easy:	4 - 6 hours tramping - usually formed tracks, easy pace
Medium:	6 - 8 hours tramping - suitable for those with some experience and good fitness
Long / Fit:	7 hours and over - experience and a high level of fitness necessary

Trip Gradings are given as a guide only. Weather and track conditions can make the trip harder. Read the trip description in the tours programme and discuss your intended trip with the leader before booking.

Please Note: Dogs are not permitted on any club trips.

Trips Returning Late

Tell parents or friends to ring the Auckland Tramping Club Search & Rescue Officers for information:

Ross Thompson (09) 636 4224 or (027) 472 0463

Stephen Fowler (09) 534 8697 or (027) 433 8912



Weekend Trip Information

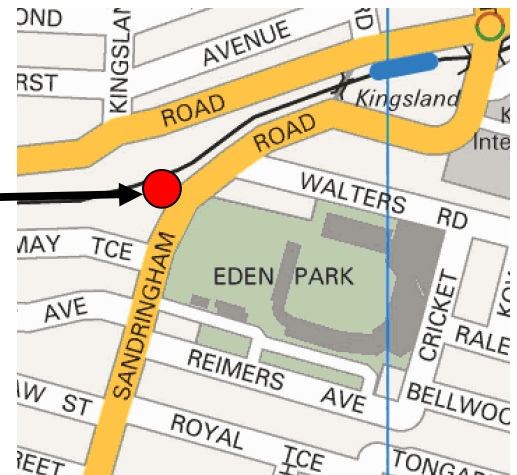
Transport: Club Bus (usually) or Private Cars (Car Pooling)

Most weekend trips depart 7:00 pm sharp from the club garage at 31 Sandringham Road, Kingsland. The garage and parking area are down the driveway between the Mobil Service Station and the house in front of the garage. However, always check specific trip details for exact transport arrangements as they may vary from time to time. Alternative pickup points may be available for some trips.

The bus will be configured as a 'sleeper' – ie one very large bunk on top and storage for packs and other gear underneath. Keep your sleeping bag, torch, jacket, snacks and anything else you might need with you for travelling. A pillow for comfort on the bus is a good idea. Generally, the bus will **not** stop for a meal break, only brief toilet stops where you may or may not be able to purchase a snack.

When you leave the vehicle(s) to begin tramping, carry any valuables with you.

Club Garage
31 Sandringham Road
Kingsland
(most trips)





Weekend Trip Information

Booking Trips

1. Weekend & Longer Trips (except to Memorial Hut - see below)

You must book for weekend or longer trips.

- a) Telephone the leader and discuss the trip. Make sure it is the right trip for you.
- b) For booking, you must provide your name, telephone numbers (home and mobile), an emergency contact name and telephone number, and the party option name and date.

For example:

Your Name: Jill Smith
Contact Numbers: 611 2244; 027 123 4567
Emergency Contact: Bill Smith
Emergency Numbers: 611 2244; 021 345 678
Trip: Whareorino Forest
Trip Party: Easy
Date: July 22

All of this information is very important, as it allows us to contact you if plans change at the last minute OR if you can't get to the bus on time OR to let your family know in the event that anything serious has happened to you.

- c) Telephone the Weekend Trips Booking Officer between 7.00pm and 9.00pm

Elizabeth Eden (09) 817 8239
5 Waerenga Place, Titirangi, Auckland 0604
Email: bookings@aucklandtramping.org.nz

- d) Your details (as above) will be collected. If you intend to pay by direct credit, a trip number will be provided to use with your payment.
- e) If you are paying by cheque, include your details (as above), make the cheque out to Auckland Tramping Club, and send to the Booking Officer.

See section 3 below for making **electronic payments**.

Bookings are required by 7:00 pm the Wednesday before departure, or, for longer trips, a week prior to departure.

2. Memorial Hut Trips

Please email the Memorial Hut **Booking Officer** (preferred method).

John Dalley memorialhut@aucklandtramping.org.nz

Include your name, contact phone details, and trip details or stay requirements.

Otherwise, phone John between 7.00pm and 9.00pm on (09) 827 4325

- a) The **fee** covers accommodation and food for club trips (but food may not be otherwise included).
- b) **Payment:** Once a booking has been made, an invoice will be emailed or posted. The invoice will provide all payment methods and details.
 - i) *Electronic Payment:* (Preferred method) See section below.
 - ii) *Cheque:* Make out to "Auckland Tramping Club", noting the invoice number on the reverse, and mail to:

Auckland Tramping Club
C/- John Dalley
12 Kelston Street, New Lynn, Auckland 0600

Bookings are only confirmed when payment has been cleared.



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3. Electronic Payments

Electronic payments are really convenient, but please follow these instructions so that we don't have any trouble identifying what your payment is for. Thanks

Payee: Auckland Tramping Club
Account: 02—0100—0024675—00

For *Weekend Trips*, enter:

Particulars: Weekend
Code: (your name)
Reference: (Trip Number as provided by the Booking Officer)

For *Memorial Hut Accommodation*, enter:

Particulars: Mem Hut
Code: (your name)
Reference: (Invoice Number as indicated on your invoice from the Booking Officer)

For every electronic payment please immediately confirm by email to the Weekend Trip Booking Officer or the Memorial Hut Booking Officer as appropriate (see addresses above).

Note that for some banks you have to separately update the ATC payee details before you make the actual payment.

4. Christmas & Special Trips

Special trips may require alternative booking arrangements. Contact the leader, or follow any instructions as published.

5. Cancellations

Please notify the Booking Officer and trip leader as early as possible by telephone.

a) Weekend trip cancellation refunds:

- i) Cancelled more than 2 days before departure time – full refund
- ii) Cancelled less than 2 days before departure time – at discretion of committee

b) Christmas and Special trip cancellation refunds:

- i) Cancelled more than 7 days before departure time – full refund
- ii) Cancelled less than 7 days before departure time – at discretion of committee

Where a trip fee includes payments to other parties, such as for accommodation, that portion of the fee may not be refundable.

If you paid by cheque and have cancelled in a timely fashion, your cheque will normally not have been banked, and so it can be destroyed.

Otherwise, for the purposes of making a refund, supply a bank account number to make the payment to (preferred), or a name and address for the refund cheque. If cancelling prior to booking close off, send details of the payment to the secretary or treasurer via email. The treasurer's email is treasurer@aucklandtramping.org.nz.

In cases of late cancellation, you may make a submission for refund to the committee by email or letter stating the extenuating circumstances. Any refund made will be entirely at the discretion of the committee.

The Secretary
Auckland Tramping Club
PO Box 2358
Shortland St
Auckland 1140
secretary@aucklandtramping.org.nz