

Silver/Gold Tramp Planning - Information for students, assessors and parents (5 pages+map)

1. This file contains details which need to be discussed with parents/care-givers/assessors while planning for any tramp. Copy this file to your own computer and complete online before printing, or print and complete by hand. You also need to complete these other forms.
2. Arrange a time with your Assessor to complete all details on this form, Expedition Approval Form, Risk Management Form and Assessor Checklist Form.
3. Then arrange a time with your Award Leader to go through these forms to check that all requirements are being met.

Tramp planning for trip to						
Key Times and Dates	1. Meeting place/time Departure time			1. Tramp accommodation dates/places		
	2. Destination Arrival place/time					
	3. Journey details – petrol payment, tickets, food			2. Destination Departure place/time		
	4. Tramp Start time and duration on first day			3. Return Arrival place/time		
Student participants	Name	Mobile	Parent/next of kin	Home phone	Mobile	Address
Shadow party						
Drivers/ other transport						
Map	Attach to this document					

Tramp Plan	Activity	Breakfast	Lunch	Dinner
Day 1 Day _____ Date _____ Total Distance _____ Hut _____				
Day 2 Day _____ Date _____ Total Distance _____ Hut _____				
Day 3 Day _____ Date _____ Total Distance _____ Hut _____				
Day 4 Day _____ Date _____ Total Distance _____ Hut _____				
Day 5 Day _____ Date _____ Total Distance _____ Hut _____				

Organisational details				
Food and equipment carrying				
Budgeting	Food Petrol Transport Hut Tickets Mountain Radio Hire Who is going shopping/ carrying items/ collecting and holding money/ organising things Cost per person			
Petrol /transport				
Hut tickets				
Mountain Radio Hire				
Expedition Approval Form	Complete and discuss with assessor and Award Leader			
Risk Management Form	Complete and discuss with assessor and Award Leader			
Practice walks prior to tramp	<p>Two Practice Walks are recommended in the week prior to the departure date – these are crucial for building strength and endurance. These walks should include all group members and last between 2-3 hours.</p> <p>Each students should wear their tramping boots and carry at least 5kg (filled water bottles) in a day/back pack.</p> <p>This is the ‘revision’ for the ‘test’ when students will be walking for 4-8 hours each day while carrying about 15kg.</p> <p>Suggested routes for good training walks are around the outside of the Zealandia (2 ½ hours), along the Northern walkway (various times) etc</p> <p>Practice walk 1: _____ Meeting Place _____ Time _____ Date _____</p> <p>Practice walk 2: _____ Meeting Place _____ Time _____ Date _____</p> <p>Actual Tramp : _____ Meeting Place _____ Time _____ Date _____</p>			

Suggested Gear List –to be personalised for the particular tramp and conditions

Individual gear – to be carried by each person	Tramping Pack	✓	Torch + Spare batteries	100% waterproof jacket with hood	Personal Medication	Tent
	Pack liners		Matches or lighter	Tramping Boots	Toilet paper	Groundsheet
	Sleeping Bag		Candles	Thick socks	Sanitary items	Fly
	Water bottles		Notebook and pen	Polyprops (2 pairs minimum)	Hand sanitizer	Water-purifier
	Map		Pocket knife	Quick dry t-shirt and shorts	Deodorant	Entertainment
	Whistle		Tin opener	Underwear	Personal toiletries comb, toothbrush	
	Emergency Food eg One Square meal		Billy/pot	Warm jacket	Sunblock	
	Emergency contact list		Cup, bowl/plate	Warm hat, gloves, scarf	Pain/flu relief	
	Emergency Blanket		Cutlery	Hut footwear	Insect repellent/ bite relief	Spare plastic bags
	Camera		Kitchen detergent scrubber, teatowel	Sunglasses	Blister plasters	Treats/snacks
Phone		Plastic bags for rubbish	Plastic bags for wet/dry/ clothes	Wipes/soap and towel	FOOD – see Tramp Plan on other page	
Group gear – to be shared between group	Mountain Radio		First Aid booklet	Anti-diarrhoea	Antiseptic	Trowel for toilet
	Emergency Locator beacon		Bandages – triangle, wrapping	Instant energy – powdered drink	Anti-swelling for sprains	
	Gas cooker with gas		Large plasters	Rehydration salts		

Handy Hint: Keep one set of polyprops and underwear dry for hut/night wear - and then wear these on last tramping day.

Permission and Information Form for Tramp

Each student should complete this page. Give one copy to the Supervisor/Assessor and one copy to the Award Leader.

Destination: _____ Departure Date: _____

Student			
Date of Birth		Age	
Address			
Home Phone		Mobile	
Medical conditions			
Medication on tramp			
Emergency – symptoms and treatment			
Parent/ Caregiver			
Address (if different)			
Home phone		Mobile	
Contact during tramp if different			
Any other details			

Student agreement:

- I have helped plan this tramp and understand the requirements for and importance of good group co-operation, positivity and safety.
- I have participated (or will participate) in practice tramps (in the weeks prior to departure date) wearing my tramping boots and carrying at least 5kg (bottled water in a back pack) to build strength and gain an understanding of the group pace and capabilities.
- I understand that I am responsible for packing my own pack and bringing _____ for the group.

Signature (student) _____ Date _____

Caregiver Consent:

- I give permission for _____ to participate in this tramp.
- I understand that this is not a school trip.
- I understand that this tramp may be cancelled at any time for safety reasons, and that the student may not be permitted to proceed if any tramp requirements are not met.
- I believe the student will be physically able to meet the challenges of this multi-day tramp with a 15kg backpack over hilly terrain.
- The student has participated (or will participate) in practice walks with the group in the weeks prior to the departure date (wearing tramping boots and carrying at least 5kg weight) to ensure physical capability.
- I acknowledge there are risks involved in this tramp and while the group is expected to take reasonable safety precautions it is impossible to eliminate or evade all elements of risk.
- While I acknowledge that the student is responsible for packing their pack, I will ensure the student has all essential equipment and clothing available to pack.
- I will be available for emergency pick-up at any time during the planned tramp duration.
- The tramp fee of \$_____ has been forwarded to the assessor to cover associated costs.

Signature (parent/caregiver) _____ Date _____