

Lake Angelus Tramp

Thurs 7th October - Sat 9th October

Tramp Leader: Tim Mora 768 9605, 027 304 8560, timmora@ihug.co.nz

Second Adult: Fran Cohen 762 6519

Briefing Meeting: Sat 25th Sept. 7:30pm at Tim's place.

Day 1 Thurs 7th Oct. (12.2km/5hrs)

6:30am - Get up, have breakfast and hop in cars.

7:00am - Leave for Lake Rotoiti

9:30am - Arrive at Mt Robert Carpark. Start walking. Have lunch along the way.

3pm - Arrive Lake Angelus Hut, settle in, enjoy the scenery, have tea later etc.

Day 2 Fri 8th Oct (9.4km/4-5hrs)

7:30am - Get up have breakfast etc.

8:30am - Start walking.

1:00pm - Arrive Lakehead Hut, have lunch along the way

Day 3 Sat 9th Oct (10km/3-4hrs)

7:30am - Get up have breakfast etc.

8:30am - Start walking.

12noon - Arrive Mt Robert Carpark. Head off for home.

1:00pm - Have lunch Murchison.

3:00pm - Arrive Home or 5pm if we hang around a few more hours at Lakehead Hut.

Cost

\$15 for Lakehead hut for 18 and over. \$5 for 11-17. (Free if under 11)

\$15 for Angelus hut for 18 and over. \$5 for 11-17. (Free if under 11)

\$10 towards petrol, extra gas etc. and \$10 for lunch at Murchison.

Suggested Food while tramping (Everyone is responsible for their own food and cooking.)

2 x breakfasts - Museli and a hot drink (Coffee or cuppa soup) = Total cals (600-650 cals)

- Cereal, oaties, porridge, powdered milk (need a mixing bottle)

3 x lunches - 100g tinned Tuna, 200g canned rice, Up & Go milk, 1 x museli bars (650 cals)

- Filled Rolls, etc. first day. Fruit cake, crackers, cheese slices, salami, one square meal pack

2 x tea - Rice risotto and saucy noodles or 130g Pasta, with mash (550 cals)

- boil in bags, dehydrated packs, instant noodles.

2 x dessert/suppers - Instant pudding (400 cals)

- small canned fruit, canned rice, instant pudding, thick cuppa soups

5 x snack food for M.tea, - Museli bars, salami sticks (600 cals)

A.tea & Suppers - jerky, biltong, scroggin, dried fruit etc.

Hot Drinks - e.g. Milo, coffee, sugar, tea, powdered milk, cup of soup (150 cals).

Cold drinks - Raro etc.

Notes

- You'll note that I have allowed for an extra day of food for emergencies.

- Re-pack food into plastic bags to reduce waste, keep instructions

- We're going in spring. It is above the bushline. It is prone to snow and wind. So you must bring the listed warm clothing, hats, gloves and rainjacket etc.

- Stay the night on Wed 6th Oct to guarantee early start.

- Angelus Hut and Lake Head huts are heated, have mattresses and take 28 people each.

- **Buy your own hut ticket from the Regent Theatre. No Hut ticket no tramp!!!**

- The underlined food items are what I choose with a daily calorie intake of (3000 cals)

Gear List (Underlined>=Tramp Category)

=Essential =Winter ✧=Alpine =Optional =Tenting/no potable water

Individual Equipment (Multi-day tramp)

- Tramping Pack and pack liner/rubbish bag if not waterproof
- Sleeping Bag (*At least -5 comfort rating in winter. Optional liner and emergency bivvy*)
- Torch (*Head mounted preferable*) plus spare batteries & 1-2 x bigger candles for lighting
- Sharp knife and a whistle
- Toilet Paper Roll
- Towel, Tooth Brush / Tooth Paste
- Soap, Sun block, Insect repellent
- Bed Roll, inflatable or foam (*If tenting or if hut likely to be full*)
- 2 x tea light candles/Little Lucifer Firelighters for starting fires
- Crampons, Ice axe, rope
- Pillow case or pillow (*Optional*)
- Shampoo, Deoderant, Lip Balm

Clothing (*packed in rubbish bags*)

- 1 x Polypro, polyester or Merino Thermal Top or merino T-shirt (*Base layer*)
- 1 x Merino mid-weight long sleeve top (*Additional Winter Base/Mid layer*)
- Merino jersey or Fleece Top/Jacket (*Mid layer*)
- Water Proof Jacket & waterproof over trousers (*Outer layer*)
- Underwear (*1 pair each day*)
- 2 x Polypro, polyester or Woolen Long Johns (*Long Johns & shorts better than longs when walking*)
- 1 x Shorts
- Fleece Longs for hut/tent site (*optional summer*)
- Tramping Socks – Woolen (*1 pair each day*)
- Boots or solid trainers
- Camp shoes (*Water shoes, jandals or slippers are good*), gaiters/puttees and swimming togs
- Warm Beanie (*Winter*), Sun Hat / Cap (*Summer*)
- gloves
- rubbish bag for dirty or wet clothes

Food/Cooking (*Always take 1 extra day's food for emergencies*)

- Drinking Bottle or a hydration pack like Camelbak for your pack. (*2L/day*)
- tea towel, pot scourer, detergent
- Bowl, mug, cutlery (*Can get by with just a spoon depending on what you cook*)
- Pots / Billy
- Matches / Lighter or magnesium fire steel.
- Cooker and Fuel
- Rubbish bag for food wrappers.

Group Equipment

- Satellite Phone, PLB or Mountain Radio
- First Aid Kit (*Plasters, antiseptic cream, panadol, anti chaffing, etc.*) One kit/8 people.
- GPS & spare batteries, Hand held compass, Map (*laminated?*)
- Tents
- Potable Aqua with PA plus water purification tablets or Katadyn or Pur water filter
- Pruning saw for open fires while tenting and trowel (*Plastic*) for toilets (*optional*)

Other

- Pack of cards, writing pad, sunglasses, pen, camera, book, dice and yahtzee pad
- Cell phone, Walkie talkies, walking poles

Packing Your Pack

Get this right and tramping life will be much more pleasant. Start the first packing session (at home) by setting out all of your gear on the floor and then organising it all into nice little piles.

Sort and separate...

- Things you will need often or quickly (i.e. sunscreen and snacks). Pack these items in side and lid pockets for easy access
- Things you might need during the day (i.e. jacket, fleece and warm hat). Put the stuff you might need during the day near the top of the pack
- Stuff that you won't need until you reach camp (i.e. sleeping bag, tent and stove). Pack these things near the bottom of the pack or on the outside for tents and bedrolls

IMPORTANT. Dense heavy things. Put the heavy stuff close to your back, preferably at or just below shoulder height and aim for 25% of your body weight. Don't take things you don't need. Get rid of excess packaging for food, use light weight gear e.g. plastic cups, bowls etc.

Try these packing tips...

Loosen all compression straps and draw cords on the pack and sit it upright on the ground before you start. Ensure that everything that needs to stay dry is in a plastic bag. Options include lining the entire pack sack with a plastic pack liner or rubbish bag, or individually protecting items in smaller bags. If you are spending time in very wet places, using a pack liner AND smaller bags is a good idea.

Seek to eliminate all dead airspace from the pack. Fill pots and billies with socks, cans etc. Clothing will often pack better loose than it will in a stuff sack (however stuff sacks are useful for organising items in the pack.

Adjusting Your Pack

Hoist the pack a few centimetres up on your back before tightening straps in the following order...

Tighten the waist belt first and let the pack settle back down onto your hips (the belt should be centered over the top of your hip bones). Then tighten any stabilising straps on the hip belt. The waist belt should be taking most of the pack weight

Cinch down the shoulder straps so that they take about a third of the pack weight (or what ever you find comfortable). Then tighten any stabilising straps on the shoulder straps (usually between the pack and the top of the shoulder straps)

Finally, tighten the sternum strap

Recheck the fit after a few minutes walking and each time you put the pack on following stops

Permission Slip

I give permission for/wish (*Circle one*) _____ (*name*) to go on the Lake Angelus tramp. Please confirm by Fri 24th of Sept. at the latest with this form. By signing the form you agree to your name being listed online on the "Future Trips" page, your contact details being listed online on the Tramp Intentions Form, the release of your medical details in an emergency, the use of tramp photos for publicity unless otherwise indicated, a gear check prior to the tramp and you agree to abide by the decisions of the designated Tramp Leader and other designated adult leaders at all times in the interests of your safety.

Address: _____

Contact phone number: _____ Emergency 2nd phone number: _____ (Must be different)

Any Medical issues we need to be aware of including medication: _____

Parent to sign (if under 18) : _____

Tramper to sign: _____

