

# Routeburn-Caples Tramp

## Mon 19th March - Fri 23rd March

**Tramp Leader:** Tim Mora 768 9605, 027 304 8560, [timmora@ihug.co.nz](mailto:timmora@ihug.co.nz)

**Second Adult:**

**Briefing Meeting:** Wed 14th March 6:00pm at Tim's place.

**Important.** Book early. This is a popular track and places disappear fast. Click on this link to book. <http://booking.doc.govt.nz/Menu.aspx?sg=RBN>

### Day 1 Mon 19th March (8.8km/3hrs)

5:00am - Having slept over at the Mora's, get up, have breakfast, pack cars.

6:00am - Drive 600km to start of Routeburn track. 8 hours driving. Feel free to sleep in the car.  
Lunch along the way.

12noon - Arrive Queenstown. Have lunch. Present your booking confirmation letter and pick up Great Walk tickets from the Queenstown Regional Visitor Centre, 38 Shotover St, Queenstown 9300. 03 442 7935

2:00pm - Arrive track start, prepare to walk. [Trackhopper](#) will pickcar up from here and re-locate to the Caples Track end.

2:30pm - Start walking

5:30pm - Arrive Routeburn Falls Hut.

6:00pm - Enjoy the place, explore, swim, etc.

### Day 2 Tues 20th March (11.3km/6hrs)

7:30am - Get up have breakfast etc.

8:30am - Start walking.

10:00am - Walk up Conical Hill (1.5hrs leave Packs behind take cameras)

12noon - Have lunch

4:30pm - Arrive McKenzie Hut

### Day 3 Wed 21st March (8.6km/3hrs)

8:30am - Get up have breakfast etc.

9:30am - Start Walking.

11:00am - Check out Earland Falls.

12noon - Have lunch.

1:00pm - Arrive Lake Howden Hut.

2:00pm - Side trip to Key Summit, (1 Hour)

### Day 4 Thurs 22nd March (20km/9hrs)

7:30am - Get up have breakfast etc.

8:30am - Start Walking.

12noon - Have lunch.

6:00pm - Arrive Mid Caples Hut.

### Day 5 Fri 23rd March (9km/3hrs)

7:30am - Get up have breakfast etc.

8:30am - Start Walking.

11:30am - Arrive Carpark, pack into car, etc.

12noon - Start driving. Lunch along the way.

8:00pm - Arrive Greymouth.

## Other

- Take food for 5 lunches, 5 breakfasts and 5 evening meals as well as normal snacks etc.
- Have allowed an extra day of food for emergencies.
- Re-pack food into plastic bags to reduce waste, keep instructions.
- Gas is provided at all three Routeburn huts. Only need cookers and gas for Mid-Caples hut.

**Important.** Book early. This is a popular track and places disappear fast. Click on this link to book. <http://booking.doc.govt.nz/Menu.aspx?sg=RBN>

## Cost

\$153.30 for the three Routeburn Huts (\$51.10 each). Free for those under 18. Book your tickets online at <http://booking.doc.govt.nz/Menu.aspx?sg=RBN>

\$15.30 for the Mid Caples Hut for 18+. 5.00 for those under 18. Get your ticket from the Greymouth Information Centre. Used to be the Regent Theatre might be at the Train Station now.

\$60 towards petrol/person if taking 4 people.

\$40 vehicle relocation fee split 4 ways.

## Totals \$268 for over 18, \$105 for under 18

(plus food costs on tramp and lunches on the way down and back.)

**Suggested Food while tramping** (Everyone is responsible for their own food and cooking although we do encourage people to pair up or do it in threes.)

Meal	No.	Suggested ( <i>Non- Italics is what I eat</i> )
Breakfast	5	Museli with powdered milk and a cup of coffee ( <u>180g/600cal</u> ) or a cuppa soup. (I take a shaker for mixing the milk and use it for instant noodles as well.) <b>Alternatives</b> <i>Cereal, 2 x Oaties Servings (100g/550cal), porridge, Milo, hot chocolate, tea.</i>
Lunch	5	Filled Rolls for the first day. On other days I eat half of a One Square Meal pack, a 250ml Up & Go Liquid Breakfast & 1 x Cadbury Crunchie Bar ( <u>470g/750cal</u> ). <b>Alternatives</b> <i>Fruit cake, fruit, crackers, bread, spreads, cheese slices, salami, one square meal packs or 100g tinned Tuna, 200g canned rice, 250ml Up &amp; Go Liquid Breakfast &amp; 1 x museli bars (600g/640cal).</i>
Tea	5	4 serve Rice risotto (200g/300cal) with an added flavoured instant noodles (100g/400cal) made up in my shaker bottle (feeds two) or a Continental Pasta (130g /400cal) with a maggi mash (100g/400cal) (feeds two) or half of a 2 serve Back Country Dehydrated Meal. ( <u>175g/750cals</u> ). (Av <u>375cal/person</u> ) <b>Alternatives</b> <i>Boil in bags, dehydrated packs, pasta.</i>
Desserts & suppers	5	A cuppa soup (75cal) or hot chocolate for supper (200cal) and a Cadbury Crunchie Bar (200cal). (Av <u>300 cal/person</u> ) <b>Alternatives</b> <i>Small canned fruit, rehydrated fruit, biscuits, instant puddings, rice etc.</i>
Snacks	9	2 x Museli bars each break ( <u>300cal</u> ) <b>Alternatives</b> <i>Beef jerky, biltong, scroggin, dried fruit etc.</i>
Hot Drinks		Coffee with sugar (100cal) or hot chocolate, Milo and powdered milk (200cal). <b>Alternatives</b> <i>Tea, cup of soup.</i>
Cold drinks		Water or Electrolyte supplement. <b>Alternatives</b> <i>Sachet Raro etc.</i>

## 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
- The underlined food items are what I choose with a daily calorie intake of around 2325 cal.

## **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 emergency kit (small LED torch, whistle, emergency bivvy, matches)
- Toilet Paper Roll
- Towel, Tooth Brush / Tooth Paste, soap, sunblock, insect repellent
- Personal medication e.g. asthma inhaler (*Must be stored in pack lid top pocket*)
- Bed Roll, inflatable or foam (*If tenting or if hut likely to be full*)
- 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, 150-200gsm*)
- 1 x Polypro, polyester or Merino mid-weight thermal/top (*Alternate Winter Base layer, 260gsm*)
- 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 per 2 days*)
- 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**

- At least one of 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*)
- ✧ Snow shovel

### **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 lose 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

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## Permission Slip

I give permission for/wish (Circle one) \_\_\_\_\_ (name) to go on the Routeburn-Caples Tramp. Please confirm by end of February at the latest with this form. Although if you haven't booked your huts by then they will probably be all gone. 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: \_\_\_\_\_

## Gear List Available for Borrowing

Gear	Borrower	Date Borrowed	Returned ▼
Vaude Pack			
Vaude Pack			
Vaude Pack			
Frame Pack			
Black Ice Sleeping Bag			
Black Ice Sleeping Bag			
Black Ice Sleeping Bag			
Cooker & gas			
Cooker & gas			
Billy			
Billy			
Walking Pole			
Walking Pole			
Walking Pole			
Walking Pole			
Clothing -			
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Clothing -			
PLB			
First Aid kit			
Emergency Bag (x3)			
Emergency Bag (x3)			
Emergency Bag (x4)			

Clothing items need to be written down. They include the following: Thermal top, long johns, hats, scarves, gloves, socks, boots, track pants, rain coats, jerseys, t-shirt/skivvys, over pants etc.