

WESSA EDUCATION CENTRE

Adventurous Journey (Hiking) – Kit list

To make this an enjoyable experience ever, please ensure that students come prepared with the appropriate clothing attire and equipment.

What to expect on the Presidents Award Hikes. Participants are to be prepared for rough terrain and have the fitness and stamina required to complete the Silver hike. It is a self-sustained hike, so every participant is responsible for carrying their own equipment, preparation of food, fire making, and camp set up. We also suggest a medical kit is carried in case of minor injury. We ask that participants are careful when packing their back packs, taking the absolute minimum to eliminate extra weight which will be personally carried along the route by the participants. **Please bring your portfolio on the hike so the guide can sign off the Adventurous Journey section.**

Here is a list of what they should bring:

Equipment Items	
	Hiking tent
	Backpack
	Torch (Inc. spare batteries)
	Sleeping Bag
	Gas Cooker (Optional – Can Share)
	Matches/firelighter
	Sleeping mat (optional)
	Spoon, Knife and folk
	Mug
	Bowl/plate
Food Items	
	1x Breakfast per day
	1x Supper per day
	1x Lunches per day
	Snacks + fruit
	Water and Juice
	Packet for wet/muddy clothes
Documentation	
	Adventurous Journey portfolio

Personal Items	
	Toilet Paper
	Sunscreen
	Hiking Towel (Optional)
	Sunglasses (Optional)
	Personal Medication
	Personal Toiletries (lightweight)
	First Aid Kit: (Blister plasters and strapping, Disprin or Panado, ant-inflammatory, Rehydrate, other)
Clothing Items	
	Hiking Boots / Sneakers (Beach routes)
	Socks
	Walking Shorts/pants
	T-shirts
	Tracksuit (Evening wear)
	Lightweight crocs/sandals (optional)
	Underwear
	Sunhat
	Swimming costume (Optional)
	Beanie (weather dependant)
	Rain Jacket

- **Bring OLD CLOTHES that you don't mind getting dirty or torn.**
- **Please ensure that the learners' belongings fit into one bag that can be carried on their backs, leaving their hands free.**
- **PLEASE remind all students that they are responsible for their own belongings. The Education center assumes no liability for any loss, damage or theft of items.**
- **Please note that WESSA guides are not qualified life guards and assume no responsibility for anyone swimming.**

Food Suggestions				
Breakfast	Lunch	Supper	Snacks	Drinks
Oat so Easy Rusk Fruit Future Life Muesli Cereal	Salty cracks Provitas Cheese wedges Nutri Bars Biltong Peanuts Mixed nuts Salami	Pasta 'n Sauce 2 Min Noodles Pasta with packet sauce Biltong Tuna	Biltong Dried Fruit Chocolate Chips Energy bars Condense milk Sweet biscuits e.g. Maries Ultramel	Tea, coffee, sugar, etc. Hot chocolate Game Powdered milk Flavoured straws

Items Not Allowed
<ul style="list-style-type: none"> • Cell phones, tablets, iPod, speakers and other electronic devices. • Chewing Gum • No wheely bags • NO STRAPPY TOPS, DRESSES OR SKIRTS FOR GIRLS as this is very poor sun protection and is also sometimes inappropriate for activities and camp life.

We look forward to welcoming you to our WESSA Education center.