



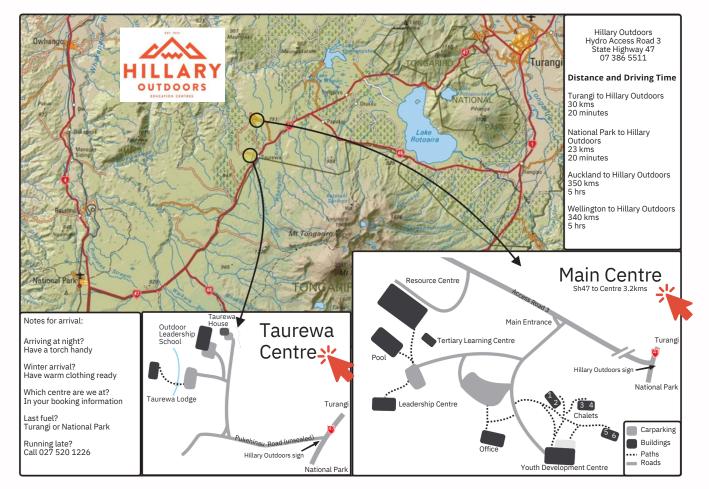
HOLIDAY PROGRAMMES PARTICIPANT INFORMATION BOOKLET



Nau Mai Haere Mai ki te Whare Wananga o Hillary Outdoors Welcome to Hillary Outdoors Education Centre

Hillary Outdoors has been delivering outstanding outdoor education and training in Aotearoa New Zealand since 1972.

LOCATION



TRANSPORT

Book your own transport to and from Hillary Outdoors. You can arrive either in a private vehicle or by public transport to Turangi Bus Stop, transport information specific to your programme will be provided in your booking confirmation email.

CONTACT

Programme Coordinators: 07 386 5511 ext 214 or bookings@hillaryoutdoors.co.nz
Office: 07 386 5511
Duty Manager: 027 520 1226 (emergencies only) via call or WhatsApp if service is poor

CONSENT FORM

Participants complete this consent within their enrolment form. If participants have a new injury, illness, medication, or dietary requirement after completing the form, please let us know.

CATERING

All meals are provided for the duration of the programme.

Dietaries - we can cater for vegetarian, vegan, gluten free, halal, and other requirements.

Allergies - we are not a nut free site. We do our best to minimise any cross contamination in our kitchen. If you have a severe allergy and need to bring some/all of your own food, we can provide fridge/kitchen space for this.

Snacks - we provide homemade Dingle Biscuits and fruit each day. Participants are welcome to bring their own snacks as well.

DAILY ROUTINE

6:45 a.m. Breakfast prep and set up

- 7:00 a.m. Make lunches, get ready for the day and clean cabins
- 7:30 a.m. Breakfast
- 8:00 a.m. Community duties and packing for the day
- 8:30 a.m. Instructors meet with accompanying adults
- **8:45 a.m.** Instructors meet with participants
- 9:00 a.m. Out for the day until around 4:30-5:00 p.m.
- 5:30 p.m. Dinner prep and set up
- 6:00 p.m. Dinner and clean-up
- 7:30 p.m. Instructor/overnight supervisor led evening activity until 8:30 p.m.
- 9:00 p.m. Get ready for bed
- 10:00 p.m. Lights out

Participants will be involved in kitchen duties including preparation and clean up, as well as community duties including cleaning accommodation, bathrooms, communal areas etc.

If your programme contains an overnight expedition, you will be away from the Centre with your instructor and activity group for the duration of the expedition.

TONGARIRO GEAR LIST

- Please bring as much of your own gear as possible as our gear department supplies are limited.
- Bring alternatives to wear instead of cotton e.g dry fit, quick drying material, polypro.
- All clothing/gear will probably get wet and dirty.
- Items in <u>blue text</u> can be borrowed from our centre. Borrowed items that get lost or damaged will be invoiced to the group/school.
- We do not need to know prior to your arrival what gear you need to borrow.

Compulsory Gear - minimum quantities required:

- □ Tramping pack 65L+
- Pack liner/rubbish bag/dry bag
- Day pack (backpack for carrying gear on single day activities)
- □ Thermal tops (wool/polypro) x2
- □ Thermal pants (wool/polypro) x2
- Raincoat (seam sealed with hood) x1
- □ Rain pants (seam sealed) x1
- Wool/fleece jersey x2
- □ Fleece pants x1
- $\hfill\square$ Long sleeve collared sun shirt x1
- Quick drying t-shirt x2
- Quick drying shorts x2
- Beanie/balaclava (wool/polyester/fleece) x1 during November to May, x2 during June to October
- Gloves (wool/polyester) x1 during November to May
- □ Ski/snow gloves x1 during June to October
- □ Tramping boots/sturdy trainers with good tread x2 (for tramping and water use)
- □ Long thick socks (wool/polypro) x5
- Old pants/overalls for caving
- $\hfill\square$ Casual clothes for evenings
- □ Casual covered shoes and slip on shoes for evenings (e.g. slides/crocs/etc)
- Underwear
- □ Swimming togs
- Towel
- Sunglasses
- Sunhat
- Sunscreen
- □ Sleeping bag
- $\hfill\square$ Single fitted sheet & pillow
- Head/hand torch & batteries
- □ Camping bowl, cup & cutlery (for overnight expedition)
- □ 1+ litre drink bottle x2
- Personal medication (if required)
- □ Toiletries including insect repellent
- Notebook & pen

Optional Gear:

- □ Waterproof watch
- □ Full length wetsuit
- Camera
- Snacks (museli bars, fruit, etc)
- □ Slippers
- Gumboots
- □ Buff (sun and wind protection)
- $\hfill\square$ Personal first aid kit, plasters, strapping tape
- □ Cash/eftpos (may be required if your groups wants to use the huts, chairlift, etc)

PARTICIPANTS AND PARENTS/GUARDIANS

- **Phones**, iPads, etc will be handed in to the instructor in charge on arrival or left at home. Hillary Outdoors programmes are an opportunity to connect with peers and the natural environment. Let friends/whānau know in advance that you will not be contactable by mobile phone for the duration of the programme.
- In the event of an emergency at home parents/guardians can contact the Duty Manager.
- **Cameras** (e.g. digital camera, not a phone) are allowed, ensure you bring a case/dry bag.
- Activity groups are made of up to 10 participants in each group. These will be allocated according to age of participants.
- **Other groups** there may be other groups/schools onsite during your visit which you may see at meal times, mornings/evenings and you may even cross paths in the field.
- Accommodation will be allocated to each participant. Rooms will be shared with other holiday programme participants. Overnight supervisor accommodation is next to the participants' accommodation.
- **Duties** kitchen prep, cooking, cleaning your cabin, bathrooms and communal areas are all part of the programme.
- **Medication** if medication needs to be stored in a fridge, let the overnight supervisors know. If medication carried in the field needs to be stored in a dry bag, let your instructor know.
- **Behaviour** acceptable school behaviour is what we expect on our programmes. Smoking, vaping, drugs, alcohol, sexual relationships, pocket knives and/or multi tools are strictly prohibited.
- Leaving the programme if you need to leave the programme due to injury/illness or behaviour, this will be at the cost of parents/guardians.
- Joining late or departing early let us know prior to arrival.
- **Clean, check, dry** ensure shoes and gear are clean and dry prior to arrival and are cleaned again before departure. This is to minimise the risk of spreading didymo or other environmental hazards.
- Lost property email <u>bookings@hillaryoutdoors.co.nz</u> with item description. If item is located, you will be informed of the postage process. We recommend labelling items.