

Guidelines for participating in Tramping, Climbing and outdoor activities

Please note that you are responsible for your own safety and to provide adequate equipment for yourself on all club trips. You must ensure that you are fit and capable of undertaking the planned trip and you must advise the leader of any medical conditions or other issues that may affect the trip.

A package of guidelines is provided for all leaders of club trips. This includes a set of guidelines to help ensure that the trip is run as safely as possible and that the correct measures are taken in the event that a trip is late in returning or in the event of a problem. For multi day or for more difficult trips, prospective party members may be required to fill out a Trip Application and Medical Declaration form. The leader's guidelines and application forms are posted to the leaders prior to the trip and are available from the club website, at the Downloads page.

The trip leader will leave a complete list of the party members and their contacts together with all relevant details of the starting and finishing points and the route to be taken with a responsible person or with an officer of the club. In the event that a party is late out or has a problem. This list is intended to be used to help locate the party and to contact the families of the party members.

If either you, or a member of your family, are concerned about a trip that is late returning you should contact the tours officer, the president or a vice president. The contact details for the club's officers are printed in the front of every copy of the club magazine and in the handbook.

In any outdoor activity there is always an element of risk and a key element in risk minimisation is training and experience. Alpine Sports Club runs Bushcraft and Alpine Instruction courses to give members training in important techniques to enjoy the outdoors as safely as possible. The Bushcraft courses are run for people wishing to go on more advanced tramping trips and for those wishing to learn how to lead and organise a trip. They include basic navigation, river safety, weather assessment, gear and food requirements as well as basic Risk Management and Emergency Response procedures. These courses are organised according to demand. It is recommended that all club members and prospective trip leaders attend one of these courses. If you wish to attend you should contact the Tours Officer. Details of the courses are available from the club website.

Trip Difficulty Indicators

Many of the club trips will have short descriptive indicators advising the level of difficulty, the length, the type of terrain and whether special skills and equipment are required, as in climbing or ski touring trips. These will help you to determine if you are capable of taking part.

Trip Difficulty Indicators

Grade	Time	Description
Easy	Up to 4 hrs	Usually on relatively even ground
Medium	4 to 6 hrs	Expect rough or muddy tracks
Hard	6 to 8+ hrs	Expect difficult terrain and river crossings. Good boots and equipment required
Experienced Trampers Only	Over 8 hrs	Rough terrain. Good boots and equipment essential. Prerequisites may apply
Prerequisites Examples: Completed mountaineering course, Competence in skiing, Competence in kayaking, completed approved advanced trips in the past, Alpine Experience Essential, Fitness and experience essential.		

Gear & Equipment

An up to date gear list, food list and recipes are listed on the club website at www.alpinesport.org.nz
Below is a gear list intended as a guide for beginners to tramping and a reminder to others of what is necessary and what is optional if you are prepared to carry it. Keep it in a place where you can use it as a check list each time you go on a trip. Best laminated and kept with your gear.

Day trips in bush (each member)

Small pack	Over trousers	Boots (broken in)
Torch	Waterproof parka	Spare fleece/wool jersey
Survival tube and blanket	Lunch, Drink	Whistle
Fleece/Woolen hat and gloves	Shorts	Matches

Ensure that you have a map and are familiar with the route, ask the leader

Leader has in addition

Map and compass	First aid kit
Paper and pencil	Sleeping bag cover
Cord and pocket knife	Fly sheet / emergency shelter

Overnight trip in bush (each member)

Fleece/Woolen hat	Shorts	Wool socks (2 pairs)
Bowl, Mug	Water bottle	Personal first aid kit
Underwear	Tee shirt	Map and Compass
Polypropylene top layers (2)	Sleeping bag liner	Light over trousers
Sleeping bag	Groundsheet	Personal medication
Fleece/Woolen gloves	Boots (broken in)	Waterproof parka
Torch (& reserve batteries)	Whistle	Cord and pocket knife
Long trousers	Toilet paper	Pack (approx 70 litres) with plastic liner
Polar Fleece or wool jersey	Knife, fork, spoon	Watch
Matches in waterproof container	Survival tube and blanket	Toilet gear, Towel
survival kit	Make sure you are familiar with	the planned route

Party Gear

Tent and/or fly	Stove and fuel	Paper and pencil
Pegs and poles	Closed cell foam pad	Party first aid kit
Maps, compass and permits	Billies	GPS

Optional Extras (to be included as appropriate)

Putties or gaiters	Money	Bathing togs
Camera, spare batteries/film	Pack of cards	Can opener
Rope	Insect repellent	Sleeping bag cover
Light shoes	Axe or bush knife	Binoculars
Snow goggles	Handkerchiefs	Sun hat and sun lotion
Lighters (for stoves & fires)	Mosquito net	Bush craft manual
Cut toenails	Candle or strips of rubber	Personal Toilet Kit
Closed cell foam or a self inflating mattress		

Personal First Aid and Survival Kit

Adhesive plasters	Pain killers	Sterile pads
Glucose lollies	Rubber strips	Crepe bandages
Safety pins	Knife	Candle
Scissors	Sanitary pads	Pencil and paper
Waterproof matches	Pocket knife	Roll non stretch adhesive tape

Food Suggestions (see the club website for suggested food lists & ideas)

Muesli / Cereals / Porridge		Fruit / Dried fruit
Muesli bars	Biscuits	Macaroni cheese
Cheese	Peanut butter / Marmite	Meat / Bacon
Peas / Carrots / Beans	Sugar	Tea / Coffee / Milo
Dates / Prunes / Raisins / Nuts	Salami	Freeze dried meals
Pasta/Spaghetti	Custard	Butter/margarine
Sardines (carry the empty tin out)	Flavour Sachets/seasonings	Scroggin
Eggs	Bread	Jam / Honey
Potatoe flakes / Soups	Potatoes / Rice / Rice dishes	Instant puddings
Milk powder/drink flavouring	Chocolate / Sweets	Pikelet mix

ALPINE SPORTS CLUB INC.

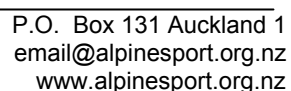
Trip Leaders Guidelines

To : The Trip Leader

- Mobile phones should be carried . Ideally one of Vodafone and one of telecom. Contact 111 if someone is seriously injured and then phone Tours Officer, President or available committee members.
- PLBs should be carried on all trips excluding urban walks. The club owns four. Contact Murray Davidson Ph 5284504 to arrange. These should be activated in an emergency if out of cell phone range.
- When party members book in for a trip tell them it is their responsibility to ensure that they are fit for the trip, properly equipped (including personal first aid, warm and waterproof clothing, spare food and drink) and have told the leader of any medical problems.
- You may refuse anyone on health or unsuitability grounds and you also can limit the size of the party for safety reasons.
- Details of the trip and (in particular any changes to the advertised trip) plus a full list of names and phone numbers should be either left with a responsible person who can be readily contacted or emailed or posted to designated people...(tours@alpinesport.org.nz)
- A comprehensive first aid kit must be carried and on longer trips an emergency shelter. It is recommended that each member includes an emergency blanket and/or a survival bag with their personal first aid kit.
- The party must travel together with an experienced person at the front and at the rear. A general rule is a trumper should be able to see the person in front and the one behind.
- Fill in your intentions in the hut track books.
- On longer trips you should give all members a list of maps and a description of the route well in advance.
- If the party is overdue family members should be asked to contact a committee member. If necessary the Club will contact the police.

On Behalf of the Tours Committee

A.S.C. Trip List 11/2005	Trip.....			Date:	PO Box 131 Auckland email@alpinesport.org.nz
	Planned Route:			Due Out: ____/____/____	Leave a copy with a responsible person or Post or email one copy of this completed list before departing on trip.
	Name	Phone	Email	Other Information (email, car, medical conditions etc.)	
				Include details of cars and the road end they are left at.	
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IF A TRIP IS LATE OUT OR S.A.R. ASSISTANCE IS REQUIRED CONTACT PRESIDENT VICE PRESIDENT OR TOURS OFFICER					

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