



**WOODRIDGE**

COLLEGE AND PREPARATORY SCHOOL  
*more than a school...an experience*

## **PREP OUTDOOR EDUCATION** **(PLEASE MARK ALL KIT)**

### **Kit List**

#### **What we recommend:**

- ✓ **Tent** – small TWO PERSON tent **WITH A FULL FLY SHEET**. Please **ABSOLUTELY NO 'pop up tents'**, as they are too difficult for children to pack up.
- ✓ **Sleeping bag** – as small and lightweight as you can afford – one that can be stuffed into its bag and **NOT** rolled.



- ✓ **Sleeping mat** – no blow up mats – preferably a short high density foam, 1cm thick, roll up mat.

#### ✓ **Ruck Sacks**

- A small 10 to 20 litre DAY PACK
- A larger 35 to 55 litre HIKING BACK PACK – MAY be required.



- ✓ **MUST** have waist straps that fit tightly above the hips!

#### ✓ **Head lamp**

- LED – best for camping



#### ✓ **Water bottle/Hydration pack**

- Either 2 x 750ml bottles
- OR a 1 ½ to 2 litre HYDRATION PACK



#### ✓ **Bicycles**

- The best place to find a bicycle is a good cycle shop (not a supermarket or furniture store). There they can make sure you have a **MOUNTAIN BIKE** that fits you and most importantly, a bike that is put together well and will not the first time you use it. From Grade 4 we recommend a mountain gears. These best suits the type of riding the children do.

- **PLEASE** – always get puncture sealant/SLIME put in your tyres bringing it to school as the many thorns result in numerous punctures, otherwise.



properly  
break  
bike with

before

- You will only be allowed to ride at school **WITH A HELMET**.



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

- You will only be allowed to keep your bike in the bike shed if you keep it locked with a **combination lock** (bike shops).



- Make sure the bike is in good working order (the bike shops can help you).

- Use **BIKE WAX LUBRICANT** on your chain (not Q20 or WD40)

#### ○ **Recommended bike shops:**

- *Cyclo Pro – Elliott Centre – William Moffett – Port Elizabeth*

- *Wayne Pfeiffer Cycles – next to Spar in Linton Grange*
- *Coimbra Cycles – Villiers Road, Walmer*
- *Action Cycles – Heugh Rd – Port Elizabeth*
- *Penford Cycles – Uitenhage*
- *Custom Bikes – St Francis Bay*

- *SHOPS IN PORT ELIZABETH WILL DELIVER A NEW BIKE TO THE SCHOOL and we can assist you in ordering a suitable bike from these shops.*

<b>Grade 1</b> Camp twice a year on the school campus (1 night)	<b>Grade 5</b> Camp twice a year in the bush (1 & 2 nights) <ul style="list-style-type: none"> <li>✓ Banks of van Staden's River</li> <li>✓ Berg Rivier Farm near Loerie</li> </ul> Possible voluntary camps and weekend overnights under canvas
<b>Grade 2</b> Camp twice a year on the school campus (1 night)	<b>Grade 6</b> Camp twice a year in the bush (both 2 nights) <ul style="list-style-type: none"> <li>✓ Farfields Farm near Thornhill</li> <li>✓ Survival Expedition – Van Staden's Gorge</li> <li>✓ Possible voluntary camps and weekend overnights under canvas</li> </ul> Woodridge Way 2/3 day Adventure Race
<b>Grade 3</b> Camp twice a year: one at van Staden's Mouth Camp Site (1 night) the other at Wacky Woods	<b>Grade 7</b> <ul style="list-style-type: none"> <li>✓ A 4-Day expedition from Woodridge to Gamtoos River and back along the beach to Van Staden's Mouth</li> <li>✓ Voluntary : <ul style="list-style-type: none"> <li>○ Other possible voluntary camps and weekend overnights under canvas</li> <li>○ Woodridge Way 2 day Adventure Race</li> <li>○ Voluntary 24hr - Solo Survival camp</li> </ul> </li> </ul> South Western Districts Tour - residential
<b>Grade 4</b> Camp twice a year, once being off-campus (1 & 2 nights) <ul style="list-style-type: none"> <li>✓ Loerie Rest Camp and Falcon Rock</li> <li>✓ Possible voluntary camps and weekend overnights under canvas</li> </ul>	

ESSENTIAL KIT PER GRADE							
KIT	GR 1	GR 2	GR 3	GR 4	GR 5	GR 6	GR 7
2 Person Tent	√	√	√	√	√	√	√
Sleeping bag	√	√	√	√	√	√	√
Sleeping mat	√	√	√	√	√	√	√
Head torch	√	√	√	√	√	√	√
Day Pack				√	√	√	√
Ruck Sack						√ only when needed	
Water Bottle	√	√	√	√	√	√	√
Hydration pack					√optional	√optional	√optional
Bike	√	√	√	√MTB gears	√MTB gears	√MTB gears	√MTB gears
Helmet	√	√	√	√	√	√	√
Combination Lock	√ when bringing your bike to school for a day or keeping it there for longer						
Tarp/Bivi sheet						√ when needed	
School Adventure Shirt (cycling shirt)				√ when competing for the school or taking part in expeditions			
Whistle							√
Bowl/spoon/fork, cup				√	√	√	√

***It takes a little sweat to reach place truly extraordinary***

***From a pupil's perspective: Anja Cronje - Grade 7 - Woodridge Preparatory School Adventures (Outdoor Adventures)***

*Beautiful places are not only found in books. Believe it or not, this world is not only concrete. The beautiful places are hidden and difficult to find, because if they were easy to find there would soon be a car park there, then a shop, then no more beauty. But you have to have the look properly to see it.*

***The Thrill***

Coming down that hill on the cycle race, zip lining across the trees, jumping off the cliff into the water. They all give you the same feeling. The minute your feet leave the ground, the minute the back wheel of your bike passes the hill your heart leaps

into your throat, all your worries fade away, you relax and you just enjoy it. You get that feeling in your stomach and you wish it could last forever, but it's over so quickly, but at least you end it with a smile. Your cheeks hurt because you can't make your smile broad enough or last long enough. This new feeling overwhelms you, it's a feeling of success, delight and satisfaction but only better. The next time you hear the word cycle or hike your ears prick, your eyes twinkle and you're the first to ask, "Can I come?"

### **Past Adventures**

Woodridge Way: Hate the training, but it's worth it. Most of you haven't seen half of it. It's not just to get there-it's the journey. The tough patch where you want to give up, but your team keeps you going. The easy patch where you help your team. At the end of the day, unlike most sports, it's not, "Ha, ha. You came last." It's, "What did your team do?"

### **Finishing**

Most people will tell you when you've finished a cycle race you feel confident, good and 'up to it'. It's all true but there's more: the minor pain from your scratches fade away, your knees feel weak but stronger than before, your throat feels sticky but you can smile better and eat food faster, but best of all you're exhausted and you want to flop down on the floor but you would rather stay standing and tell everyone your adventure and congratulate the others. Now I could tell you that I tasted the best water at a pure waterfall in the Baviaans, that the Alexandria Trail is the most fun hike I've done in my life so far, I could tell you that the pool at the end of the Groendal day hike is the best place to swim in, and that during the 1st Woodridge Way ever I learned the most important things. Those experiences I've had and I can't get back, and I can't show you them, but I can make new ones. But I won't tell you all those things because I can't explain to you how it really was like. So now I end my speech like I started it, with a statement:

A picture tells half the story, your words tell a quarter. But being there tells it 100%.

### **What is OUTDOOR EDUCATION?**

The Preparatory experience begins in the Foundation Phase, on the 240 hectares of the Woodridge Campus and culminates with the Woodridge Way 2/3 day adventure race, beyond the boundaries of the school. Between these two lie many opportunities, some compulsory, some voluntary. Outdoor Education encompasses adventure, experiential learning "Green Periods" and class camps, environmental education (Eco Schools – WESSA programme) and conservation activities. **This is what OUTDOOR EDUCATION is about!**

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