



Grade 10: "The Way" 21 Day Journey Kit & Equipment List

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

A final list will be provided in 2026 for the 21-day journey

GRADE 10 "THE WAY" - 21 DAY JOURNEY

Kit & Equipment List

"The Way," designed to foster character growth, leadership, and community engagement among our Grade 10 students and a Rite of Passage into the senior years of the school. This 21-day, 385km expedition on foot, bicycles, and canoes through the Baviaanskloof and Gamtoos river mouth marks a pivotal part of our Outdoor Education programme.

KEY INFORMATION

Departure Details:

- First team departs: early **November each year**
- Consecutive team departures follow
- Final team returns on last day of term
- No academic programme during this period
- Boarding house closed for Grade 10 students

Important Contacts:

- **Director of Outdoor Education:** Billy Teeton
 - **Equipment Guide:** [Help with camping equipment](#)
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PACKING REQUIREMENTS

The 110 Litre Black Box System

Important: ALL gear, including your rucksack and helmet, **MUST** fit inside the 110L black box with the lid closed.

1. **Collection:** Friday, before departure from OEHQ
2. **Packing:** Take home to pack over the weekend
3. **Departure Day:** Bring to OEHQ at 8:00 AM, securely strapped (school supplies strap)
4. **Nothing permitted strapped to outside of box**

Packing Guide Video: [How to Pack Your Box](#)

Rucksack Requirements

- **Size:** 60-70 litres (maximum 75 litres)
- **Weight:** Must be less than $\frac{1}{4}$ of student's body weight
- **Contents:** All hiking gear for first 6 days

- **Waterproofing:** Sleeping bag and clothing **MUST** be in waterproof bags
- **Check:** Staff will check and repack with students on departure day

Packing Guide Video: [How to Pack Your Rucksack](#)

Weight-Saving Strategy

Days 1-7 (Hiking Phase):

- Share tent with buddy (2-person tent under 3kg)
- Share cooking stove with teammate
- Pack only essentials in rucksack
- Food for 2 days provided; drops every 2nd day

Day 7+ (Cycling/Canoeing Phase):

- Access black box with remaining equipment
- Can use own tent if preferred
- Keep stove and extra canisters in box

TENT & CAMPING REQUIREMENTS

Tent Selection

Type	Weight Limit	Recommendation
Shared 2-person tent	Under 3kg	Recommended - reduces rucksack weight
Solo 1-person tent	Under 2kg	Acceptable for solo sleepers

Planning Steps:

1. Select tent buddy now that teams are set
2. Decide who brings tent (share weight during hike)
3. Label tent clearly
4. After day 6, can access own tent from black box if preferred

Cooking Equipment

Gas Stove Requirements:

- Small hiking stove (clearly marked with name)
- **MUST have shut-off valve** ✓
- 2 compatible gas refill canisters
- Consider sharing with teammate for first 6 days

Additional Cooking Items:

- 1-litre aluminum pot for boiling water and preparing meals
- Fork/spoon (lightweight)

- Plastic cereal bowl
- Plastic or steel mug (light and compact)

Note: All meals supplied by school. Wayfarers handle meal preparation and cooking. Team cooking equipment carried by backup crew from day 7.

BICYCLE REQUIREMENTS

Bike Standards

Essential Features:

- ✓ Correct size and saddle height ([Video: Saddle Height](#) | [Video: Bike Fit](#))
- ✓ Quick-release mechanisms for wheels and seat post
- ✓ Good quality - serviced by cycle shop before departure
- ✓ Flat platform pedals (NOT cleats)
- ✗ NO bikes requiring size 15 spanner for adjustments

Participation:

- Attend all scheduled group rides before departure
- Bikes stored at school by Friday, 1 November
- Facilitators check bikes over weekend

Bike Protection During Transport

Road Conditions Warning: Poor road conditions cause bikes to shift on trailers, potentially causing scratches.

Protection Method:

- Cut strips from old inner tubes
- Wrap front forks, top tube, and down tubes
- Secure with cable ties
- **Strongly recommended:** Insurance coverage through your provider

Bicycle Equipment Checklist

Item	Quantity	Notes
Mountain bike	1	Must have quick-release wheels & seat post
Helmet (well-fitting)	1	Must fit inside black box
Spare tubes	2	COMPULSORY - even with tubeless tires WITH SLIME IN THEM
Puncture repair kit	1	Patch and glue - COMPULSORY
Spare SLIME bottle	1	Puncture prevention sealant

Item	Quantity	Notes
Tubeless repair kit	1	If you have tubeless tires
Flat platform pedals	1	Not cleats
Bottle cages	2	If possible on bike
Bike combination lock	1	From bicycle shop
Bike multi-tool	1	Optional if available
Mini pump	1	Optional if available

All bike equipment must be clearly labelled

COMPLETE KIT LIST

I. PERSONAL CLOTHING

Note: Many items may already be in your possession. Label all items with waterproof or paint markers.

Item	Quantity	Notes
Good trail running shoes	1	NOT hiking boots. Must be sturdy, not flimsy trainers
Old takkies (backup pair)	1	
Socks (ankle-covering)	3	Wear ankle stockings underneath to prevent blisters
Rain jacket	1	Woodridge type anorak
Warm pullover jacket	1	
Compact puffer jacket	1	Must scrunch small (Mr Price/Pick n Pay)
Disposable rain poncho	1	Crazy Store/PEP
Quick-dry shirts	3	Moisture-wicking
Sleep shirt/cotton T-shirt	1	Only for sleeping
Long sleeve base layer	1	Optional
Lightweight long trousers	1	School tracksuit or hiking pants (NO JEANS)
Quick-dry shorts	2	1 only for sleeping
Athletic tights (short ^{3/4})	1	Optional - helps prevent chafing
Croc-type walkable shoes	1	For around camp
Underwear	3	
Swim costume	1	

Item	Quantity	Notes
Quick-dry towel	1	Travel/hand towel size - compact for hike
Warm hat ('Beanie')	1	COMPULSORY
Buff	1	Optional
Broad-brim sun hat	1	COMPULSORY
Sunglasses	1	Optional (cheap ones acceptable)
Cycling shorts	1	Mr Price has affordable options
Cycling top	1	Optional but useful for hiking/cycling/paddling
Small drawstring bag	1	Shoe bag size - for journal/snacks on short journeys

2. SLEEPING KIT

Item	Quantity	Notes
Sleeping bag (2/3 season)	1	More compact the better
Hiking sleeping mat	1	Foam or compact blow-up (NOT yoga or pilates mat)
Small camping pillow	1	Optional for hike; normal pillow if fits in box
Sleeping bag liner	1	Optional - keeps warm on cold nights, can replace bag on hot nights. Order from Judy: 0846731541

3. RUCKSACKS & BAGS

Item	Quantity	Notes
60-70L hiking rucksack	1	For first 7-day hike. Must have waist strap that fastens tightly. Maximum 75L
15-30L rucksack/hydration pack	1	For lunch/spares while cycling (after day 7)
Spare plastic/shop bags	5	For wet/smelly kit and dividing items
10m polyester rope (2mm)	1	Washing line, tarp ridgeline, box strapping. Available from Coega Leisure or Commercial Marine
Washing pegs	10	

4. HYDRATION & WATER

Item	Quantity	Notes
Water bottles for bike	2L total	Either 1x 2L OR 2x 1L bottles
Hydration system	As needed	Essential for hikes and cycle legs

5. LIGHTING & SAFETY

Item	Quantity	Notes
Head torch	1	
Spare batteries	2 sets	Extra sets beyond the 2 in torch
Whistle on cord	1	
Flint or lighter	1	
Cheap watch	1	Optional. NO smart watches

6. PERSONAL HYGIENE & TOILETRIES

Important: Use small quantities for the hike. Decant into small containers from Crazy Store.

Item	Quantity	Notes
Toothpaste (small tubes)	2	Sample tubes good for hike
Toothbrush	1	
Shampoo bar	1	Alternative to large container. Store in ziplock bag
Sun cream (Factor 50)	3 small	NOT 1 large container
Lip balm with SPF	2	Air is very dry
Insect repellent	1	Roll-on type
Wet wipes (baby wipes)	1 pack	
Girls' sanitary items	As needed	

7. FIRST AID & MEDICAL

Item	Quantity	Notes
Emergency blanket (space blanket)	1	Available at Clicks - COMPULSORY

Item	Quantity	Notes
Blister plasters	Multiple	COMPULSORY (Compeed is example brand, available at Dis-Chem/Clicks - pricey but effective)
3M Micropore medical tape	1 roll	For cuts/blisters/directly onto skin
Physio tape	Small patches	Cut into patches for sensitive foot areas - helps prevent blisters
Rehydrate sachets	12	2 boxes of 6 sachets each
Personal medication	As needed	All medication handed in on departure day

Blister Prevention Tips:

- Wear ankle stockings under socks
- Apply physio tape patches to sensitive foot areas before hiking
- Compeed plasters are difficult to find and expensive but effective

8. WRITING & JOURNALING

COMPULSORY READING SESSIONS: 1 light book for first 6 days – 1 or 2 other books in black box. (we encourage sharing good reads – name books)

Item	Quantity	Notes
Hard cover notebooks (A5)	2	COMPULSORY - Daily journaling opportunity. Past Wayfarers valued looking back at notes
Lined A4 paper	20 pages	For letter writing home
A4 envelopes	2	For letter writing home
Pens and pencils	3	

Note: You'll have daily opportunities to journal/draw/doodle. A good book or two also recommended - reading time available.

9. OPTIONAL ITEMS

Item	Notes
Books	1-2 good reads - you'll be amazed how often there's time to read
Camera	Disposable, battery, or digital
Playing cards	Travel versions: UNO, Monopoly Deal, Poker, Backgammon, Checkers, Chess - lightweight & portable

Item	Notes
Lightweight hammock	Occasionally trees available for strapping

ABSOLUTELY PROHIBITED

NO equipment that requires charging will be permitted

This includes:

- Smart watches
- Electronic devices requiring charging
- Phones (these are collected)

COMPULSORY ITEMS CHECKLIST

Print and check off as you pack:

- ☐ Emergency/space blanket (Clicks)
- ☐ Blister plasters (multiple)
- ☐ 2 hard cover A5 notebooks
- ☐ 2 spare bike tubes (even if tubeless)
- ☐ Puncture repair kit (patch and glue)
- ☐ Broad-brim sun hat
- ☐ Warm beanie
- ☐ Gas stove with shut-off valve
- ☐ 2 gas canisters
- ☐ 1-litre pot
- ☐ Sleeping bag
- ☐ Sleeping mat
- ☐ Tent (or arrange to share)
- ☐ Rucksack (60-70L)

HELPFUL TIPS & REMINDERS

Blister Prevention

- Wear ankle stockings under regular socks
- Apply physio tape patches to sensitive areas on feet before hiking
- Compeed blister plasters are expensive but effective (Dis-Chem/Clicks)

Weight Management

- Share tent with buddy during first 7 days
- Share cooking stove during first 7 days
- Pack only essentials in rucksack for hiking phase
- Store sleeping bag and clothing in waterproof bags

Shopping Tips

- **Crazy Store:** Small waterproof bags, small containers for toiletries, disposable ponchos
- **PEP:** Disposable rain ponchos
- **Mr Price/Pick n Pay:** Affordable compact puffer jackets, cycling shorts
- **Coega Leisure/Commercial Marine:** 2mm polyester rope
- **Dis-Chem/Clicks:** Compeed blister plasters, emergency blankets

Bike Preparation

- Service at cycle shop before departure
- Check and adjust saddle height
- Ensure quick-release mechanisms work properly
- Apply puncture prevention slime to tires
- Wrap vulnerable frame areas with old inner tube strips
- Consider insurance coverage

Packing Strategy

1. Practice packing at home before departure day
2. Use small containers for toiletries (no large bottles)
3. Store items in plastic bags to keep organized and dry
4. Ensure everything fits in black box with lid closed
5. Clearly label all items with waterproof/paint markers

Food & Cooking

- All meals supplied by school
- Food for 2 days provided before Day 1
- Food drops every 2nd day
- Wayfarers prepare and cook all meals
- Team cooking equipment available from day 7

What to Expect: Your child will experience a life-changing adventure focused on character growth, leadership development, and community engagement. The journey involves physical challenge, outdoor skills development, and personal reflection through daily journaling.

Additional Resources:

- Full equipment guide: [Help with camping equipment](#)
 - Packing videos linked throughout document
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FINAL REMINDERS

1. **Label everything** with waterproof or paint markers
2. **Practice packing** your rucksack at home
3. **Check bike fit** and service before departure
4. **Collect black box** on Friday, 31 October
5. **Store bikes** at school by Friday, 1 November
6. **Arrive at 8:00 AM** on departure day with packed box
7. **Hand in medication** on departure day
8. **Ensure rucksack weight** is less than $\frac{1}{4}$ of body weight

Director of Outdoor Education
Woodridge College and Preparatory School

For any queries, please contact the Outdoor Education office