

Trip Guidelines:

The walks/tramps of the club are selected in planning meetings which are conducted a couple of times a year. Where possible we select a walk for every Sunday of the year and on some public holidays. One overnight tramp is also programmed per month, usually within the Tararua, Ruahine or Rimutaka Ranges.

Each year the Club will also endeavour to plan a long weekend trip for Wellington Anniversary, Easter and Labour Weekends. We will also plan a trip to complete one of the Great Walks around New Zealand eg Heaphy Track, Kepler, Routeburn or similar well known walks. Costs associated with these trips will be shared and may include group transport, accommodation, meals etc. Members are also welcome to make their own arrangements.

All Sunday walks and overnight tramps are graded according to the track conditions, level of fitness required and anticipated duration.

The grades are - Easy, Medium, Fit or may fall in between, eg Easy-Medium, Medium-Fit.

Day Walks/Tramps:

Easy - Relaxed pace with plenty of rest stops.

Tracks are well formed, some sections may be steep, rough or include steps. Duration varies depending on the track, but is usually no more than 3-5 hours walking time per day. Generally suitable for low to moderate fitness. Walking shoes or tramping boots required. (eg Mt Kaukau in Wellington or Cannon Point in Upper Hutt)

Medium - Steady walking pace with regular breaks.

Terrain may vary from flat river valleys to trips above the bushline - some sections are likely to be uneven, steep, rough and include steps. Tracks have signs, poles or markers. Major water crossings are bridged but may involve stream crossings. Duration varies but is usually no more than 4-7 hours walking time per day depending on conditions. A moderate level of fitness is required. (eg Colonial Knob, Elsdon, Porirua). Tramping boots are required.

Fit - Brisk with fewer breaks.

Terrain may vary from flat river valleys to trips above the bushline and will be rough or steep. Tracks may be unformed, have markers, poles or rock cairns. Expect river/stream crossings. Duration varies but may be up to 8 hours walking time per day. A moderate/high level of fitness is required. Tramping boots are required.

***On day trips, the trip leader must carry a whistle.
A personal first aid kit is also highly recommended.***

The Trip Leader for Day Walks will:

- Send out an email about his/her upcoming walk.
- Arrange meeting times and location/car pooling.
- If they are going to an area that's out of cell-phone range – ensure that they have the Club Personal Locator Beacon and a Club First Aid Kit with them. **If in doubt take it with you.**
- Before leaving on the walk inform the club's Chief Guide, **(Lynda Mountfort, 04-528-4252 or 027-298-8928)** of how many people are on the walk and the estimated time the walk is to finish.
- Ensure there is a 'tail end Charlie' (**see "**Extra Information**" below).
- When the walk is completed, advise the Chief Guide of safe return.

Overnight tramps:

Will generally involve 4-8 hours walking per day.

In winter, trips may be of a higher grade than the equivalent trip undertaken in summer, depending on conditions. Snow is likely on most overnight tramps during winter months.

Choose a grade to match your skills, fitness and the experience you want. You must be well prepared with suitable clothing and equipment for all weather conditions. In advance of the day, anyone uncertain of their fitness, track conditions or equipment required, should contact the trip leader.

Participants must comply with the trip leader's instructions or reach group decisions. For safety reasons, no one shall walk off by themselves without telling the group leader. Generally the group should stay together at all times on the track. If there are mixed abilities within the group some participants may go ahead. However, an agreed meeting point and/or time must be clearly communicated to the group. If there is any doubt as to the direction of the track or condition of any participants, everyone shall re-group.

For all overnight trips each individual **must** carry a whistle. Three short blasts indicates an emergency. On hearing the emergency whistle you are required to whistle back to acknowledge the emergency and re-group as soon as possible.

A personal first aid kit is also highly recommended..

At the start of the walk/tramp it is the individual's responsibility to declare any pre-existing medical conditions that may require specialist first aid, and advise of the treatment required (eg epilepsy, diabetes, allergies etc).

We try to keep costs down by car pooling where possible. A reasonable contribution towards petrol, particularly on long drives, will be expected when car pooling.

Generally overnight tramps will leave Upper Hutt by 8am or at a time arranged by the trip leader/co-ordinator. Times will vary depending on the travel distance and departure times may be earlier than 8am.

In order to return to Upper Hutt at a reasonable time on Sunday (or last day of the tramp), participants should be ready to leave the hut and start walking by approximately 8am. This may vary depending on the anticipated walking times, opportunities for side trips along the way etc.

Meals and personal equipment shall be the responsibility of individuals. Shared meals may be arranged between participants but group catering will not be provided.

In the unlikely event of an emergency, all trip members will be expected to share carrying gear, provide first aid, set off the Personal Locator Beacon or accompany an injured person.

Children are encouraged to join day walks and overnight trips. All those under the age of 15 must be accompanied by an adult.

Overnight tramps may be co-ordinated by a club member who may or may not be the trip leader.

The Trip Co-ordinator/Leader will:

1. Send out emails about their upcoming tramp and seek volunteers for a trip leader.
2. Arrange meeting times/car pooling/food and equipment requirements as appropriate.
3. Ensure the Personal Locator Beacon and First Aid Kit are available for the trip.
Carrying these items shall be shared between trip members.
4. Before leaving, the trip leader shall inform the Club's Chief Guide (**Lynda Mountfort, 04-528-4252 or 027-298-8928**), of how many people are on the trip, their names, and details of the intended trip, eg what hut(s) the group will be staying in and on which days they intend being there, estimated time/day they are expected out.
5. Before starting the tramp the trip leader shall have a discussion with new members to check they have the correct gear for the conditions.
6. Put in place a 'tail end Charlie' (**see "**Extra Information**" below).
7. When the tramp is completed, advise the Chief Guide.

Phone numbers for the Chief Guide and other key contacts in the case of emergencies, are printed on a laminated card inside the Personal Locator Beacon container.

****Extra Safety Information for every level of tramp**

Always:

- There needs to be a person in front (if not the tramp leader, then someone nominated by them). This person is not to be overtaken;
- There needs to be a person at the back (again nominated by the tramp leader), who is "**tail end charlie**";
- If some peoples' speed is vastly different from the rest, waiting points are to be agreed with the leader if necessary, where those in front are to stop and await the rest of the party. Normally this would be at a fork in the track where the possibility of going "the wrong" or a different way is possible.

Also, if any fork in the track is encountered, the leading party should wait for others to arrive. These waiting points are to be adhered to.

Other Things to note:

- Plants are not to be collected.
- Dogs may be permitted on some tracks – check with the Councils where dogs are permitted and any requirements.
- Dogs are not permitted on overnight tramps