

Information for students and parents/guardians

Please ensure every student gets a copy of this information

HILLARY OUTDOORS TONGARIRO

Nau Mai Haere Mai ki te Whare Wananga o Hillary Outdoors
Greetings and Welcome to the Learning Facility of Hillary Outdoors

Youth Learning Through Adventure...

In 1972 Sir Graeme Dingle had a vision to create an Outdoor Education Centre where young New Zealanders would have the opportunity to learn more about themselves while adventuring in the outdoors. This vision was supported by Sir Edmund Hillary who became the Centre's first patron in 1973. For over 40 years Hillary Outdoors (formerly OPC) has been fulfilling Dingle's vision and helping thousands of people grow.

Location, Facilities and Activities

Hillary Outdoors Tongariro is located adjacent to the Tongariro National Park. The park is located in a beautiful wilderness area of the Central North Island. Tongariro is New Zealand's oldest national park and a dual World Heritage area.

This status recognises the park's important Maori cultural and spiritual associations as well as its outstanding volcanic features. Tongariro National Park offers an infinite variety of natural environments providing life-changing experiences that are fun and expertly managed.

Activities run by Hillary Outdoors are based around the pristine mountain, river and bush environments. This location is the perfect place for students to learn the dynamics and benefits of team work, gain a great understanding of roles they play in teams and be given the opportunity to express and develop outdoor skills.

For the duration of the programme students will work in a small group with one main instructor. This creates strong bonds essential to developing trust, self-belief and compassion. During the Hillary Outdoors programme students will learn about themselves and develop tools which will support a lifelong adventure.

Individuals work together in teams to explore the environment, and learn skills such as kayaking, abseiling, rock climbing and caving. To see activity options and descriptions go to <http://www.hillaryoutdoors.co.nz/education/> and follow links from here.

There is no pre-set activity schedule included in this information owing to the changeable nature of our environment. Activities are selected each morning to suit both the weather forecast and group interests and learning styles.

Catering

At Hillary Outdoors we give students the opportunity to experience the wilderness and to develop as people through challenging themselves in unfamiliar environments. To achieve this successfully they need to be well-nourished.

Our catering department provides food on the basis that “healthy food creates healthy people”. Our evening meals are made from wholefoods, where everything is cooked on the premises, and the recipes and menus are created by our qualified Catering Manager to cover the nutritional needs of the clients. Breakfasts are predominantly carbohydrate-based to provide energy for the day.

The menus are designed around the client’s needs, taking into account such things as age, sex, religious requirements, moral and ethical choices etc, and are based on the information provided to Hillary Outdoors on the Medical Consent Forms filled in by all clients. We provide roast dinners, curries, casseroles, nachos, pastas and more, all made from scratch by our trained cooks. The majority of meals are gluten-free and dairy-free, and we provide special versions for vegans, coeliac, and others with dietary requirements when required. We prefer to offer meals where everyone eats the same thing to foster inclusivity and reduce the feeling of alienation that can come about through allergies and other dietary requirements.

Every week we try to include a delicious and nourishing vegetarian or vegan meal to show that it is a healthy and environmentally friendly option in a regular diet, and can provide all the nutrients required for a challenging environment like the Central Plateau.

As part of our aim to provide healthy options, we include homemade oat slice and fruit every day for snacks. The oat slice is vegan and nut-free, but flavours include dried fruit, chocolate and raspberry to provide variation for the students. As always there are gluten-free options available too!

We aim to make the catering an integral part of the Hillary Outdoors experience to support the wonderful contribution made by our instructors in the field.

Merchandise



Hillary Outdoors merchandise can be purchased from the on-site shop
<http://www.hillaryoutdoors.co.nz/merchandise/>

Timetable and Meals

- Students can expect to be out in the wilderness with their instructor from 9am to 5pm each day and will take water, lunch and snacks with them
- If a group's programme contains an overnight journey students will be away from the Centre, with their instructor, for this whole period
- Breakfast will usually be at 7.30am and the evening meal at 6pm
- Students will be involved in kitchen duties including preparation and clean-up. Lunches are usually prepared before breakfast, so be ready to wake up at 6.30am
- Everyone takes part in housekeeping duties; including cleaning their accommodation, bathrooms and communal areas.

Keeping Students Safe

Hillary Outdoors has an extensive Safety Management System designed to keep everyone safe. You can have a look at parts of this system on our webpage: <http://www.hillaryoutdoors.co.nz/safety>

Our instructors are trained to put this system into action during activities. They will tell students about any hazards or risks they may come across and how to manage them. Students are also welcome to ask them any questions if they feel unsure during the week. It is up to individual students whether they take part in an activity, however Hillary Outdoors staff and team mates will support and encourage students to participate to a level which challenges each individual. Students play a major role in keeping themselves safe, so make sure students understand and respect the boundaries set by the instructor and school staff during their time here.

During programme activity time Hillary Outdoors take responsibility for student's safety, however at all other times (or if a student cannot participate in activities for any reason) the accompanying adults (including teachers and other adults accompanying on behalf of the school) are responsible. This includes supervision between 5pm and 8.40am (with the exception of Year 9-13 overnight expeditions). Accompanying adults have been provided their own Hillary Outdoors information pack outlining their role and responsibilities and it is up to the school to ensure they are fully briefed and adhere to the expectations.

What we Expect

When students visit Hillary Outdoors they are welcomed as a part of our **community**. We expect everyone in our community to **make a positive contribution** and to do their best to **live within our values**.

We also ask students to:

- Follow all safety instructions
- Not act in any way which puts themselves or others in danger
- Declare any medical, or other conditions that could affect their participation

Additional expectations for youth and school groups:

- Programmes at Hillary Outdoors are a fabulous opportunity to live for a short time without the trappings of modern technology. When students arrive they will be required to **hand in cell phones** if they have brought them along. These will be safely locked away until the end of the programme. Students should let people at home know that they will not be answering their phone and get ready to revert to good old fashioned talking!
- **Smoking, drugs, alcohol and sexual relationships are all prohibited.**
- **School rules apply** whilst students are here.
- There will be **consequences** to breaking any of the stated rules, or to behaving in a way which is not aligned with the Hillary Outdoors values or safety standards. Some consequences will be agreed by a student's group and their instructor. Sometimes a student's accompanying adults, or the Hillary Outdoors management may be involved in defining the consequences, which could lead to being excluded from an activity, or being asked to leave the programme.
- If students think they have been treated unfairly, we recommend they ask to meet with the Hillary Outdoors Duty Manager.

Medical and Consent Information (for parents/guardians to complete)

A PARENT/GAURDIAN SHOULD RECEIVE A LINK TO A MEDICAL AND CONSENT FORM TO COMPLETE ONLINE. THIS MUST BE COMPLETED BY THEM IF THE PARTICIPATING STUDENT IS UNDER THE AGE OF 18

If you are not able to complete the form online please let teacher in charge know so they can give you a hard copy to complete and return to them. **The form must be completed in detail.** The information will be collated by your school (the teacher in charge of your trip). You cannot attend the trip without this information being complete.

Hillary Outdoors wants everyone to enjoy and benefit from their stay and to ensure this happens we need to know if your son/daughter has any special needs or conditions. For example, they may have dislocated their knee last year and it has never felt 'quite right'. Or they may suffer from chronic fatigue, etc. Please do let us know and we can work around it. This is vital. We've had examples in the past where a student's undisclosed condition has recurred during participation in Hillary Outdoors activities, and this has resulted in the safety of the student and their group being compromised.

Please make sure you put everything down on the medical form and if you have any concerns let your teacher know; they will either discuss it with us or may get you to talk to us directly.

If your son/daughter has an injury or illness after filling in this form, again let the teacher know. We can then provide the best possible week at Hillary Outdoors, whilst looking after any individual needs. It is our policy not to exclude students with injury as we can adapt the programme to suit.

However, in order to ensure the wellbeing of all our visitors, please do not send anyone here who is or may be ill, in particular if they have had vomiting or diarrhoea in the last 48 hours. To prevent the spread of illness, sick visitors will be sent home.

Love the Outdoors? Other activities to do at Hillary Outdoors

- Attend a Holiday Action Challenge or a Leadership course in the school holidays. You may be able to get a scholarship for this. We also run The Duke of Edinburgh's Hillary Award Intensives during some school holidays <http://www.hillaryoutdoors.co.nz/holiday-programmes/>
- Get your school involved in Hillary Outdoors team adventure Events run regionally and from our Centres <http://www.hillaryoutdoors.co.nz/events/>
- Enrol in a skills course, such as Kayak, Rock, Alpine and River Safety. <http://www.hillaryoutdoors.co.nz/skills-courses/>
- Want training as an outdoor educator? <http://www.hillaryoutdoors.co.nz/tertiary-programmes/>

 | Instagram

<http://instagram.com/hillaryoutdoors>



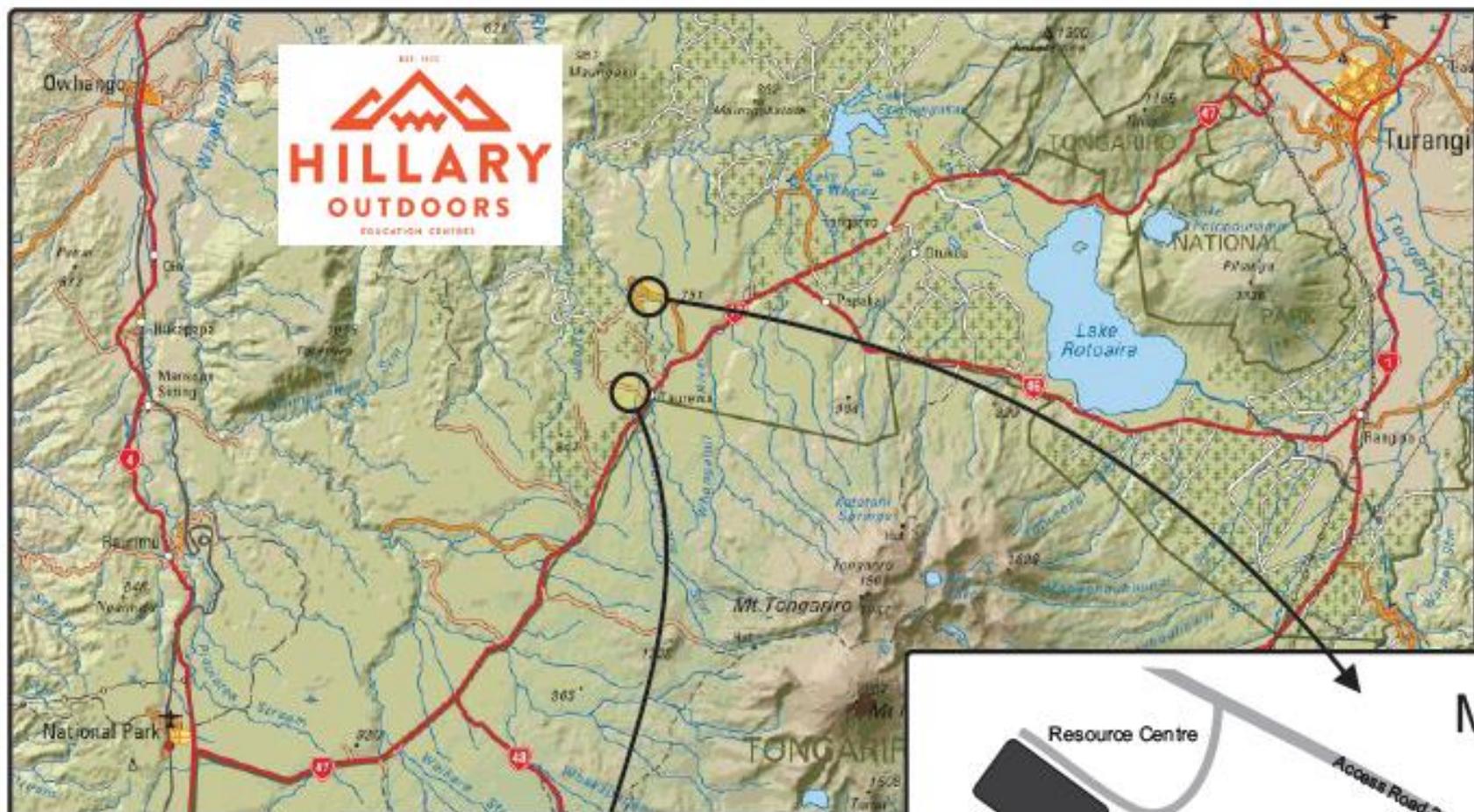
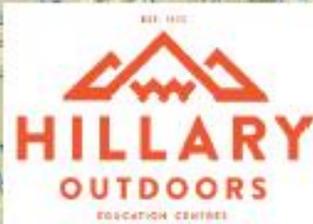
<https://www.facebook.com/hillaryoutdoors>



<https://www.youtube.com/c/HillaryoutdoorsNz>

TONGARIRO GEAR LIST

Compulsory Gear	✓	Optional Gear	✓
Tramping pack 65L		Waterproof watch	
Packliner/rubbish bag		Camera	
2x Thermal tops (wool or polypro)		Snacks (Muesli bars and fruit etc.)	
2x Thermal pants (wool or polypro)		Full length wetsuit	
1x Raincoat (Seam sealed with hood)		Gumboots (good tread)	
1x Rain pants		Cash / eftpos (for shop/hot pools/ chairlift etc.)	
2x Wool / fleece jersey			
1x Fleece pants		Scuffs / Jandals	
2x Quick drying t-shirts		<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Blue text = Gear that can be borrowed from Hillary Outdoors</p> </div> <p>PLEASE NOTE:</p> <ul style="list-style-type: none"> • Bring as much of your own gear as possible as our gear department supplies are limited. • “Cotton is rotten, it must be forgotten” – Bring alternatives to wear instead of cotton e.g dry fit material, polypro. • If students lose items/damage our gear through misuse, they will be responsible for payment of replacement costs. • All clothing/gear will probably get wet and dirty. • Label all clothing and equipment with student’s name. If gear is accidentally left behind, contact us immediately and we will see if we can locate it. • Please do not bring pocket knives or multi-tools. 	
2x Quick drying shorts			
1x Beanie / balaclava (wool/polyester)			
1x Gloves (wool/polyester)			
1x Tramping boots / sturdy trainers			
1x Old pants / overalls for caving			
Casual clothes/covered shoes for evenings			
4x Long woollen / polypro socks			
Underwear			
Swimming togs			
Towel			
Sunglasses			
Sunhat			
Sunscreen			
Single fitted sheet, Sleeping bag & pillow			
Head / hand torch & batteries			
Camping bowl, cup & cutlery			
2x 1 litre Drink bottles			
First Aid Kit (Personal medication, plasters and strapping tape)			
Notebook and pen			
Toiletries including insect repellent			



Hillary Outdoors
 Hydro Access Road 3
 State Highway 47
 07 386 5511

Distance and Driving Time

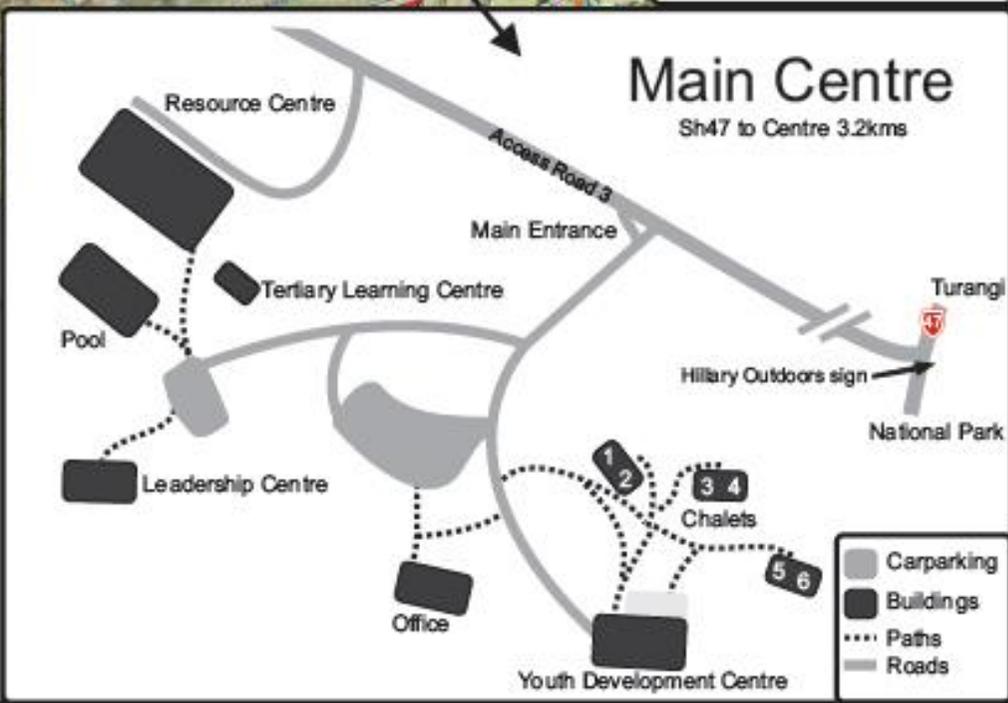
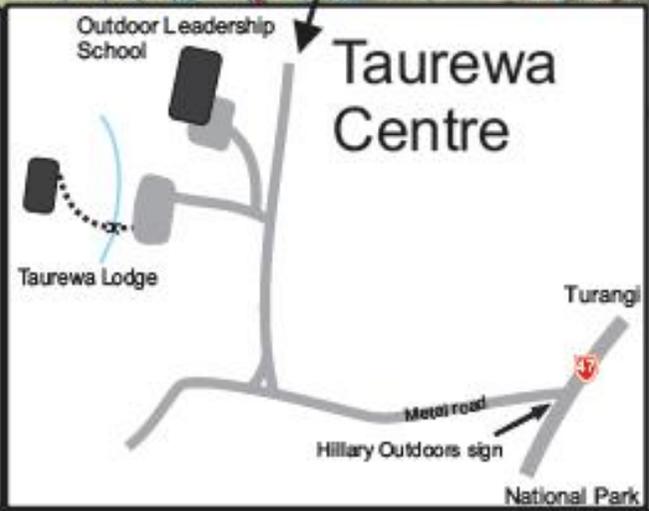
Turangi to Hillary Outdoors
 30 kms
 20 minutes

National Park to Hillary Outdoors
 23 kms
 20 minutes

Auckland to Hillary Outdoors
 350 kms
 5 hrs

Wellington to Hillary Outdoors
 340 kms
 5 hrs

Notes for arrival:
 Arriving at night?
 Have a torch handy
 Winter arrival?
 Have warm clothing ready
 Which centre are we at?
 In your booking information
 Last fuel?
 Turangi or National Park
 Running late?
 Call 07 386 5511



- Carparking
- Buildings
- Paths
- Roads