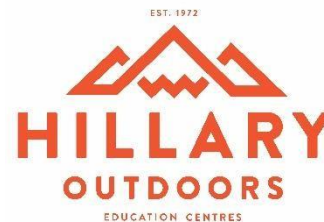


Tongariro Student Booklet



Ensure every student gets a copy

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

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.

Safety

- We have an extensive Safety Management System. For further information go to <http://www.hillaryoutdoors.co.nz/safety>
- The centre also has a current Adventure Mark AAO371 and is registered with Work safe New Zealand <http://register.worksafe.govt.nz> under the name Sir Edmund Hillary Outdoors Education Trust.

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.

Expectations

- School rules apply.
- Follow all safety instructions.
- Declare any medical, or other conditions that could affect your participation.
- Hand in cell phones, iPod, iPad etc.
- Smoking, drugs, alcohol and sexual relationships are all prohibited.

If you are unable to follow the above guidelines you may be asked to leave the course.

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.

What will we be doing?

https://www.hillaryoutdoors.co.nz/wp-content/uploads/2022/06/HO005-Programmes-at-Tongariro_web-version_med.pdf

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.

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.

Catering

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, 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 (Dingle biscuits) and fruit every day for snacks. Dingle biscuits are vegan and nut-free, but flavours include dried fruit, chocolate and raspberry to provide variation for the students.

Timetable

6:30am	Breakfast duty group	9am-4:30/5pm	Out on activities
7:00am	Lunch making duty	5:30pm	Dinner duty
7:30am	Breakfast	6:00pm	Dinner
8:00am	General duties	7:30-8:30pm	Evening activity
8:30am	Teacher’s meeting	10:00pm	To chalets
8:45-9am	Instructor briefing	10:30pm	Lights out

- If a group’s programme contains an overnight journey, students will be away from the Centre, with their instructor, for this whole period.
- Students will be involved in kitchen duties including preparation and clean-up.
- Everyone takes part in housekeeping duties; including cleaning their accommodation, bathrooms and communal areas.

Medical and Consent Information

A PARENT/GUARDIAN 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 complete this on your behalf and give you a hard copy outlining the consent. 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.

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 you have 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

Contacts

Tongariro Centre – 07 386 5511

Hayley Brown (Programme Coordinator) and Julia Rizzo (Assistant Programme Coordinator)

bookings@hillaryoutdoors.co.nz 07 386 5511 extension 214

Other courses

- Attend a Holiday Action Challenge, Leadership course or Duke of Edinburgh's Hillary Award during the school holidays
<https://www.hillaryoutdoors.co.nz/programmes/holiday-programmes/>
- Get your school involved in Hillary Outdoors Events - team adventure run regionally and from our Centres
<https://www.hillaryoutdoors.co.nz/events/>
- Enrol in a skills course, such as Kayak, Rock, Alpine or River Safety
<https://www.hillaryoutdoors.co.nz/outdoor-skills/>
- Want to train as an outdoor educator?
<https://www.hillaryoutdoors.co.nz/professional-training/>

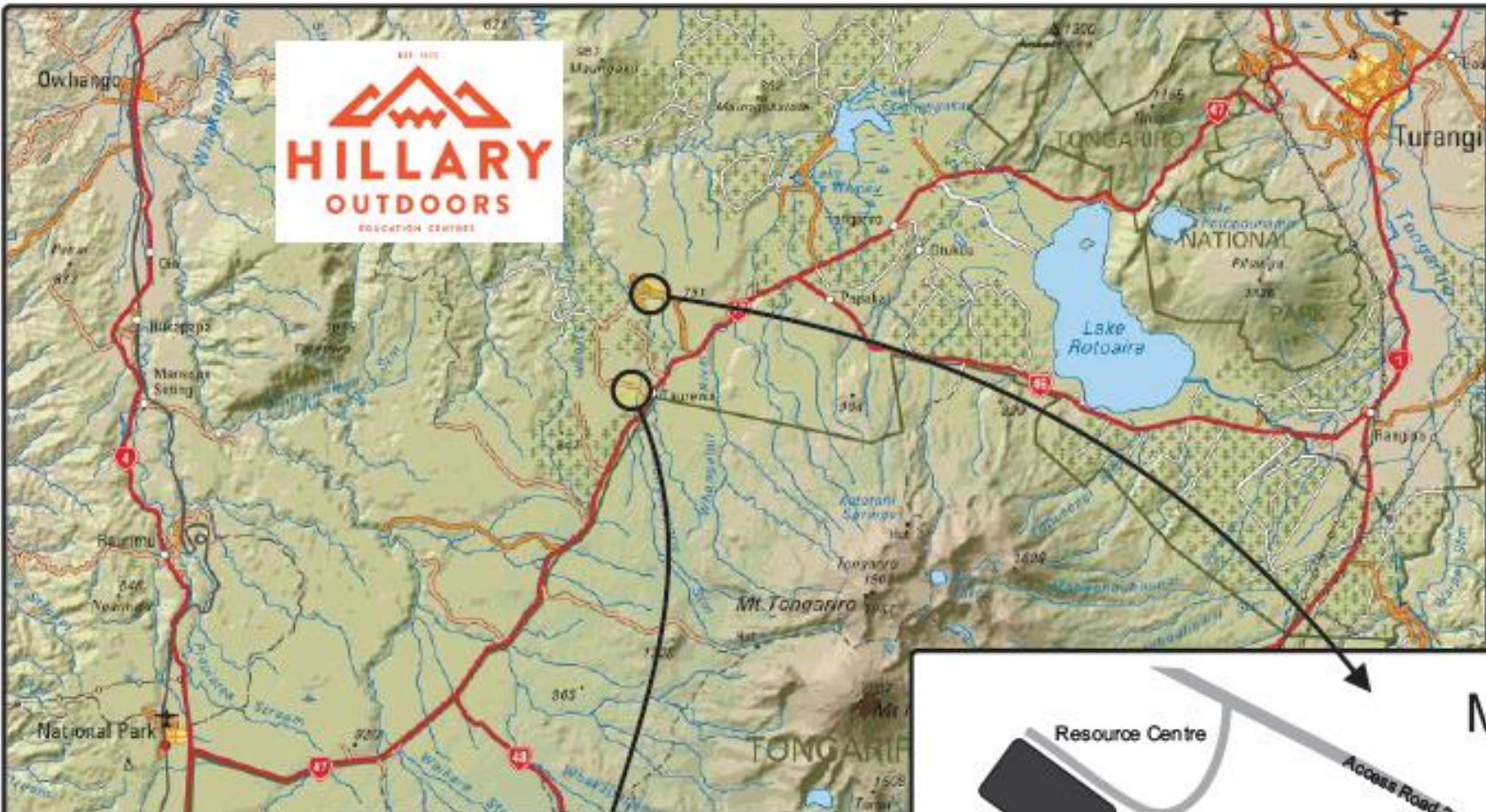
<http://instagram.com/hillaryoutdoors>

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

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

TONGARIRO GEAR LIST

Compulsory Gear	✓	Optional Gear	✓
Tramping pack 65L		Waterproof watch	
Pack liner/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		Scuffs / Jandals	
2x Wool / fleece jersey		Slippers	
1x Fleece pants		Buff (Sun and wind protection)	
1x long sleeve collared sun shirt (summer only)		Cash / eftpos (for hot pools/ chairlift/ huts etc.)	
2x Quick drying t-shirts		<p>Blue text = Gear that can be borrowed from Hillary Outdoors.</p> <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 replacement costs. • All clothing/gear will probably get wet and dirty. • Name all clothing and equipment. If gear is left behind, contact us immediately and we will see if we can locate it. • Please do <u>not</u> bring pocket knives or multi-tools. 	
2x Quick drying shorts			
1x Beanie / balaclava (Nov-May)			
2x Beanie / balaclava (June-October)			
1x Gloves – Wool (Nov-May)			
2x Ski/Snow Gloves (June-October)			
1x Tramping boots / sturdy trainers			
1x Old pants / overalls for caving			
Casual clothes and covered shoes for evenings			
5x 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:

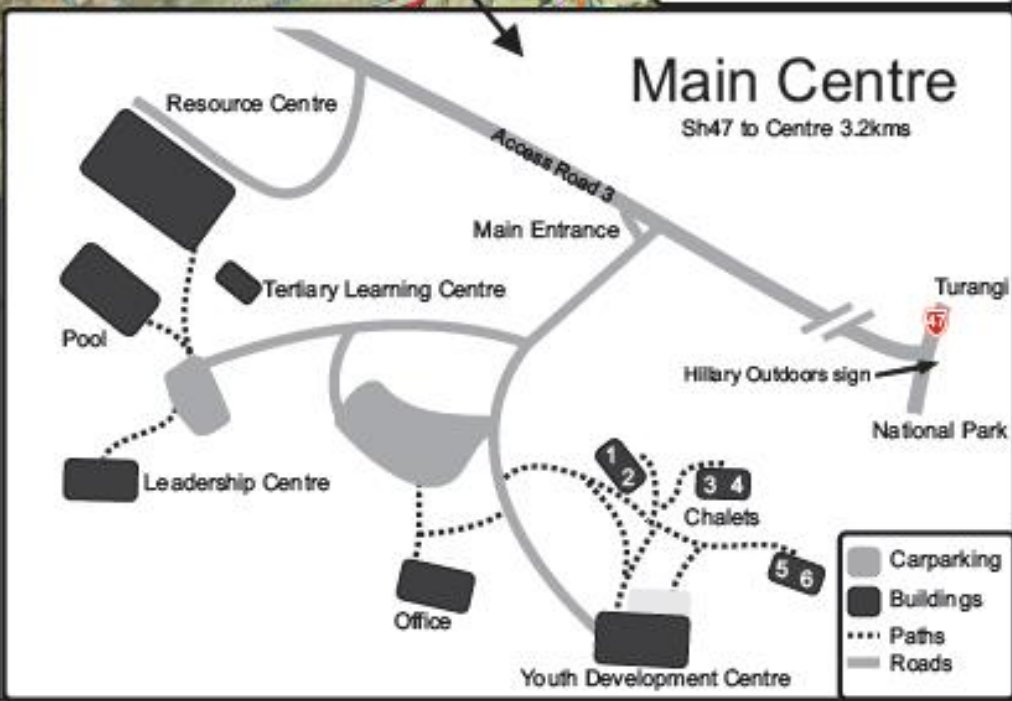
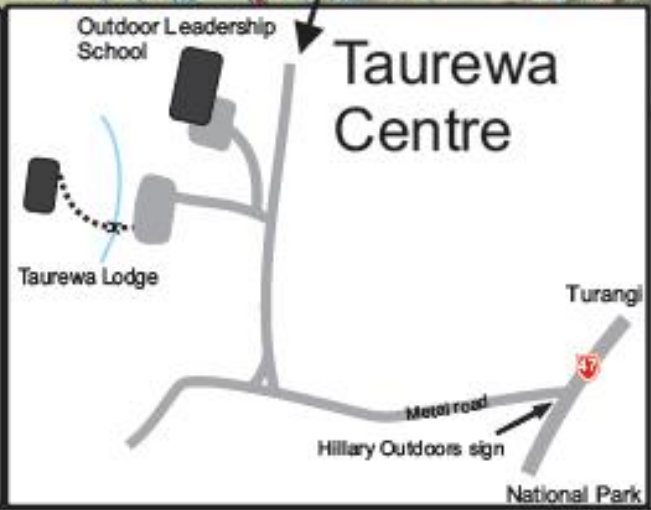
Arriving at night?
 Have a torch handy

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