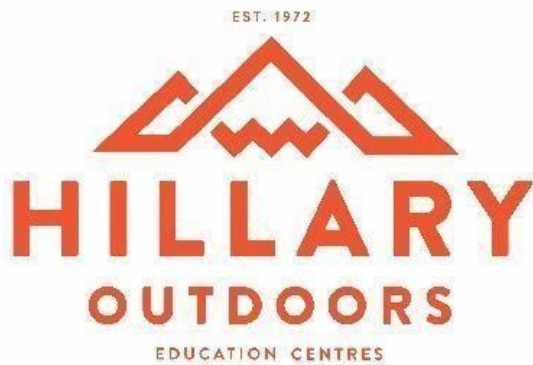


EST. 1972

HILLARY
OUTDOORS
EDUCATION CENTRES

TONGARIRO





Student Booklet

TONGARIRO

Please Ensure every student gets a copy of this information.

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

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 50 years, Hillary Outdoors (formerly OPC) has been fulfilling Dingle's vision and helping thousands of young people learn through adventure.

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 you 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, you will learn about yourself and others developing lifelong skills.

Individuals work together in teams to explore the alpine and bush environment and learn skills such as rock climbing, caving, bush skills and kayaking.

What will you be doing? To find out about the activities follow this link:

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 due to the changeable nature of our environment. Activities are selected each morning to suit both the weather forecast and group interests and learning styles.

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 you about any hazards or risks you may come across and how to manage them. You are also welcome to ask them any questions if you feel unsure during the week. Hillary Outdoors works with 'Challenge by Choice' as its ethos, where the instructor encourages you to participate, and set your own level of challenge within activities. You as the student play a major role in keeping yourself safe, so it is important you understand and respect the boundaries set by the instructor and school staff during your time here.

Our Expectations

When you visit Hillary Outdoors, we welcome you all as 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**.

- School rules apply while you are here.
- Follow **all** safety instructions.
- Declare **all** medical, or other conditions that could affect your participation. This is high priority for your safety and the safety of the group.
- Hand in any cell phones, iPod, iPad etc, so that you can get the most out of your programme with us. Please let people at home know (before you come) that you will not be answering your phone.
- We recommend that if you have any valuables, that you leave them at home, as it is very easy to lose them and hard to find again.
- **Smoking, vaping, 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.

Catering

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

The 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.

We provide special meals for vegans, coeliac, and others with dietary requirements when required. However, 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. Dietary information is provided to Hillary Outdoors on the Medical Consent Forms filled in by all clients. Please make sure you complete this before arriving.

As part of our aim to provide healthy options, we provide homemade 'Dingle Biscuits' and fruit every day for snacks. As always, there are gluten-free options available too!

Daily Routine

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

This is the usual timetable which sometimes needs to be adjusted. In this case your Instructor in Charge would inform you.

6.30am	Breakfast set-up
7.00am	Lunch Making Duty and chalet clean-up
7.30am	Breakfast
8.00am	General duties Packing for the day
8.30am	Instructors meet teachers (teachers meeting)
8.45am	Instructors meet students
9.00am	Out for the day
4.30-5.00pm	Come back
5.30pm	Dinner set-up duty
6.00pm	Dinner and clean up duties
7.30pm	Evening Presentation until 8.30pm
9.00pm	All students to go back to their rooms/ chalets
10.00pm	Lights out

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

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 the 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.

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. We ask to be notified of ALL medical information so that we can provide the best programme for your needs.

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.

TONGARIRO GEAR LIST

You can shop our Gear Lists at Torpedo7. Every purchase made via [this link](#) means proceeds from your purchase will go to Hillary Outdoors and support getting more youth into the outdoors.

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			

Love the Outdoors? Take a look at these other courses

- 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 Centers <http://www.hillaryoutdoors.co.nz/events/>
- Enroll in a skills course, such as Kayak, Rock, Alpine and River Safety. <http://www.hillaryoutdoors.co.nz/skills-courses/>
- Want training as an outdoor Instructor? <http://www.hillaryoutdoors.co.nz/tertiary-programmes/>



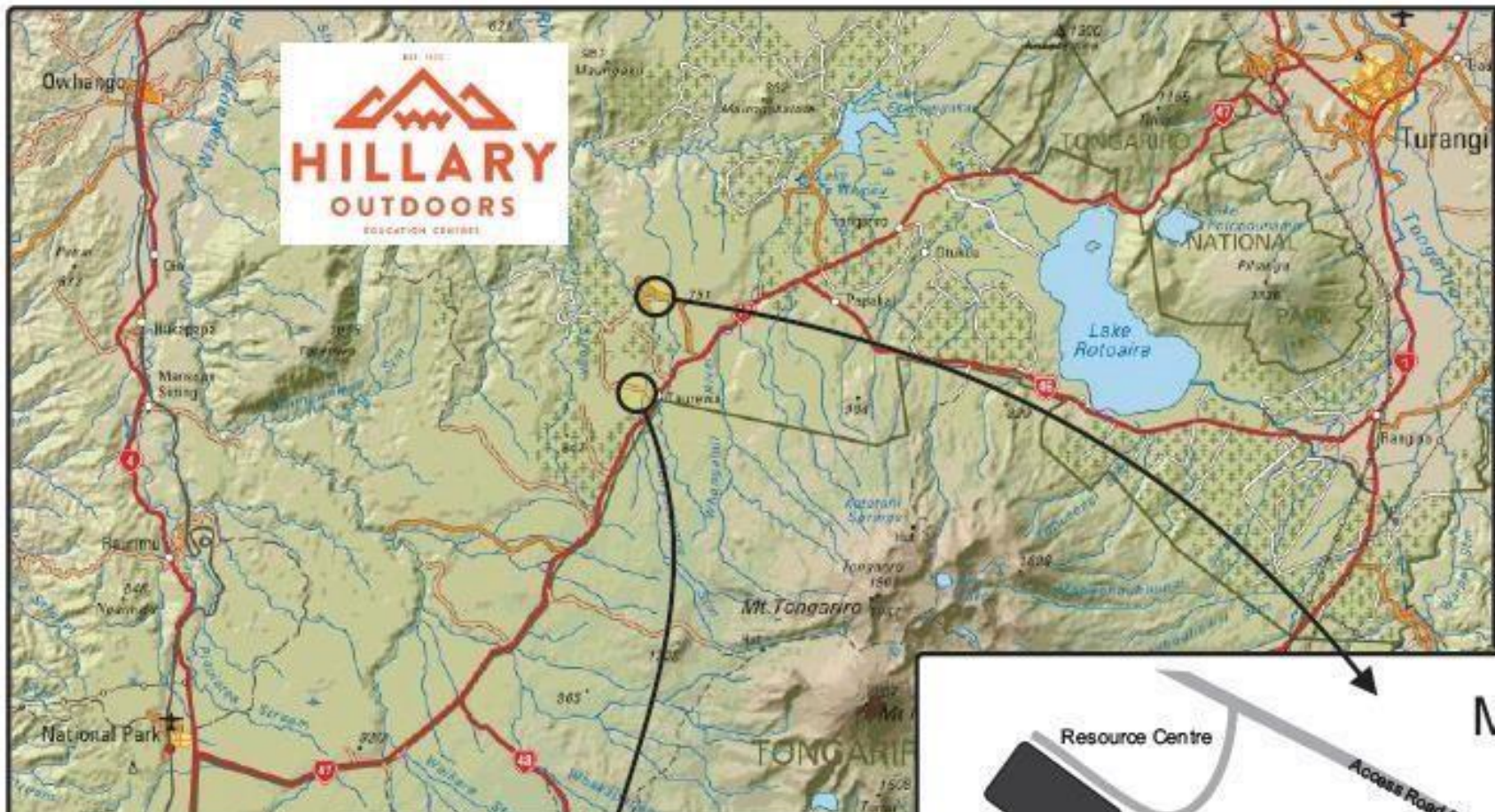
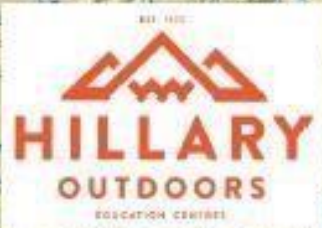
<http://instagram.com/hillaryoutdoors>



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



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



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

