

## Dear Form 2s and parents and guardians

### Items needed for *Nyatsele*

As promised, here is a discussion of the bigger items that your child will need to take on *Nyatsele*, so that you can start preparing over the holidays. We encourage the students to start getting used to walking with the shoes and backpacks from Term 1 next year. We will also be practising the use of certain items, so it will be very helpful to have them by the middle of Term 1 of 2019. Boarders: we will organise a one-stop shopping expedition to Swaziland Supply Centre early in Term 1. Sebbie Dupont from SSC is sourcing well-priced and very suitable items for us.

### No more than about 10kg.

We have listed all the items your child will need. We recommend that they do not take anything extra, as this will add unnecessarily to the weight of their pack. The pack (excluding food and water) should probably not weigh more than about 9 or 10kg, or up to 11 or 12kg if your child is strong.

### Buy, borrow or pass on

There are many ways to procure these items if you don't have them already. We would like to suggest that you can "Buy, borrow or pass on". You might want to buy them and keep them for your child's future hiking excursions. Alternatively, you might know friends who can lend you some of the items you do not have. Thirdly, you might decide to buy the item and then pass it on to next year's *Nyatsele* group for a reduced price. A tent will be provided by the school on a deposit system.

### Financial constraints

We do not want anything to stand in the way of your child walking with us on *Nyatsele*. If you are unable to procure any of these items, please contact the school by the end of February next year.

### Brand recommendations and discounts

We have made some recommendations below, but please note that these are guidelines only. We have looked for 'best value for money' as far as *Nyatsele* is concerned, so we recommend extremely light-weight items with reasonable durability. You might decide that other criteria are more important for you – please feel free to procure the item that suits you best for whatever reason. K-Way products are only available at Cape Union Mart; other products are available locally at the Swaziland Supply Centre, Mica, etc, or in South Africa at various outlets. We are negotiating discounts with all major suppliers, and are working closely with Sebbie Dupont from SSC to ensure that all items are available locally for a very competitive price.

### Clothing

Please note that you might have much of this clothing at home already. There is possibly no need to buy anything new, but you might consider the weight and practicality of the items and decide that it is worth procuring something more light-weight, washable and durable than your present items.

### Helpful?

It is hoped that this letter will be helpful. Please remember to approach the school (you may speak to Elinor Lowry) if you have any questions, concerns or difficulties. Please note that this is not an official packing list – that has been given to your children in hard copy ([link available here](#)).

## The items you might need to procure – available locally or regionally

- backpack (for most people a 50-litre or 55-litre backpack is suitable but will require tight packing; stronger people could manage a 60-litre to 70-litre backpack.)
- sleeping bag (e.g. First Ascent Amplify Down Light for R1999 – only 710grams; or Makro CampMaster Expedition 300 – 1.6kg – for R499)
- camproll (roll-up hard-foam sleeping mattress) – R150-R250
- towel – a lightweight hiking towel, or any towel, will do
- cooking equipment – this will be organised in “working groups” of 4 or 5 which will be established later in 2019. Each group will need to have one or two hiking stoves and about 4 gas canisters, and two pots (hiking pots or lightweight ‘Hart’ pots) of about 1-litre capacity. We will organise a shopping outing for this later for those who wish.
- hiking stick – spend a bit of time over the holidays selecting a good stick to walk with, if you want to. You can buy one, or you can pluck a dead stick from a tree, and you can spend time carving it lovingly if you wish! It will be a good companion over the three weeks!

### **CLOTHING (see note on previous page; also remember to check packing list for other items)**

- shirts x2: You will wear one shirt to walk in every day – you will wash it every evening to wear again the next day. The shirt should therefore be easy to wash and dry – maybe a sports shirt or high-tech walking shirt. Fair-skinned students should consider wearing a breathable long-sleeved shirt. Camping stores have high-tech wear very suitable for hiking, but they are fairly pricey – R600 for the long-sleeved shirt and R900 for the zip-off trousers/shorts. You can less expensive options which are slightly heavier, etc.  
\*\*The second shirt can be a T-shirt (for wearing in the camp at night, and for sleeping in).
- shorts x1 or 2: one is for walking in; must be easy to wash & dry (see note under ‘shirts’); second pair should be light and very comfortable, suitable to sleep in and wear around camp.
- long pants x1 or 2: one is for walking in; must be easy to wash & dry – NOT jeans (see note under ‘shirts’); second pair should be warm, and suitable to wear around camp.
- jersey x1: should be lightweight but also warm; Cape Union Mart has a lightweight fleece for R250 which is very suitable. Tracksuit top or other fleece also suitable.
- jacket x1: should be lightweight but also very warm (e.g. loose, padded jacket).
- raincoat x1: It is useful to have a rain-poncho which will cover your child’s pack as well as his/her body. Otherwise, bring a raincoat and a big, strong plastic bag for the pack.
- hat – this is absolutely essential – something that covers neck and ears is good.
- sunglasses – optional (can help prevent headaches from glare)
- socks x2 – wash one, wear one – can get fairly thick but ‘breathable’ socks for comfort
- underwear – 2 sets (comfortable, and easy to wash and dry)
- swim-wear – a one-piece swimming outfit
- walking shoes – These are obviously essential. They do not have to be hiking shoes or hiking boots; you can get running shoes, which are very comfortable and practical, for about R1000, and other sports shoes for less. It is very important to wear your shoes OFTEN before the hike, so if you are getting new shoes, get them soon so that they are well worn-in.
- plastic shoes (i.e. slip-slops, crocs or imitation crocs) – great for walking through rivers and for wearing at the camp when the day’s walking is over!