

INFORMATION FOR NEW HVTC MEMBERS



Welcome to the Hutt Valley Tramping Club. This information sheet has important information about how we organise our trips and what you need to know about when going on trips.

TRANSPORT

Trip transport for weekend trips leaves from the Clubrooms, in Birch St, Lower Hutt.

Tramping trip transport usually departs at 6.30 pm on Friday evening. Trips to more distant locations e.g. Ruahines or South Island, may leave earlier – check with your leader. Please arrive early to load up. Other pickup points along the route may be possible, for example Dry Creek Quarry on Haywards Hill, or the Plimmerton Bowling Club. Discuss this with your leader beforehand.

Sunday day trips and bike trips have different transport departure points and times. Check these with the leader.

BOOKINGS AND FARES

Weekend trips - If you intend to go on a club weekend trip you book a place by putting your name and telephone on the trip list at the clubrooms. If you are a new or a non-member you need to put your address as well on the trip list.

For North Island trips booking should be done at least two Wednesdays and for South Island trips at least four Wednesdays before the trip. If you have booked and do not go, for whatever reason, you may be liable for the fare.

We use club transport for club trips. Private vehicles may be used for weekend trips when the van is full or otherwise unable to carry the passengers; the trip leader will discuss the use of private vehicles with the Transport Officer.

Non-members – A surcharge for non-members of \$4 for local trips (Tararua, Rimutaka and Haurangi Ranges) or \$8 for longer trips may be charged. Check with your trip leader what the exact charge will be.

Students – Student fares are available to members and non-members attending a secondary or tertiary institution full time.

Typical Weekend Trip Fares (Return)

Roadend	Distance	Adult	Student
Catchpool Valley	56 km	\$12	\$ 8
Kaitoke	80 km	\$14	\$ 8
Otaki /WallsWhare	175 km	\$22	\$14
Holdsworth / Ohau	200 km	\$22	\$14
The Pines	200 km	\$22	\$14
Kiriwhakapapa	230 km	\$24	\$14
Putara/ Mangahao	280 km	\$30	\$18
Ruapehu	700 km	\$58	\$40

Information about other fares are available from the Transport Officer and are usually specified by the trip leader prior to trip departure.

Sunday and weekday trips – The transport arrangements are announced the Club night before the trip. It is advisable to contact the leader to check the meeting point for shared transport. Private vehicles are typically used instead of the van, and a contribution towards fuel costs is expected unless otherwise advised by the vehicle drivers.

GEAR FOR WEEKEND TRIPS

It is important for your safety and comfort that you are well prepared for a trip and you pack carefully. Discuss any queries about appropriate gear, clothing and food with your trip leader beforehand. You will need the following.

Clothing and footwear: parka; waterproof over-trousers; suitable boots; change of socks, shorts made from quick-drying fabric. The following in wool, polypropylene or fleece: tee-shirts (a long and a short sleeve); jersey or fleece jacket; trousers or long johns, mittens or gloves; a warm hat or balaclava. Also sunhat or cap. Do not wear cotton tee-shirts or jeans – they are hopeless when wet. Light shoes or sandals to change into at the hut or campsite are useful.

Extra warm clothing may be necessary above the bush line or in winter. Winter alpine trips require snow goggles, snow cream, gaiters, crampons and ice axe.

Gear: A proper tramping pack and large plastic bag to line it; a good sleeping bag (and inner sheet/liner); a plastic ground sheet or waterproof sleeping bag cover; thermarest or closed cell foam sleeping mat; torch, matches in a waterproof container, candle, map, compass, plastic bowl, mug, knife, spoon, water bottle. Your copy of Safety in the Mountains manual.

The trip leader will also ask you to carry an item of shared party gear such as a billie, the party emergency locator beacon or party first aid kit.

Personal items: toilet kit, sun cream and insect repellent are useful on summer. A personal first aid kit should be carried on all trips. Women – an extra plastic bag for used sanitary items.

DOC hut tickets – your trip leader will advise you have many hut tickets you will need. These may be purchased from the Transport Officer – (the trip leader does this) or at a DOC office.

SUGGESTED FOOD FOR A WEEKEND

Two breakfasts - muesli/porridge/noodles or other cereal (100g). **Two lunches** - bread and/or biscuits (450g), cheese, jam, honey (200g). **One dinner** - the trip leader will advise that to bring for the shared evening meal (remember to only take single portion sizes). **Plus** – your choice of tea, coffee, milo (50g), milk powder (100g), sugar, salt, and snack food such as muesli bars, chocolate, dried fruit, sweets, scroggin (250g).

If you are carrying more than 3kg of food and containers – reconsider!

Your total pack weight with clothing, gear and food should not be more than 12-15kg for a summer trip.

SUNDAY TRIPS

Weather in the hills can change quickly so it is advisable to be well prepared, even in summer. In your day pack include some warm clothing, parka, over-trousers, hat – as well as sun hat and sun screen. Take lunch, snack food, and water. Also a torch, map and compass – if in doubt, consult the trip leader.

BIKING TRIPS

You will need comfortable biking clothing, a rain and/or wind jacket, pump and puncture repair kit, lights, small first aid kit, hi-visibility items if road biking is included (e.g. hi vis vest, jacket and/or pack cover). Wearing a helmet is compulsory.

CLUB EQUIPMENT

The following equipment is available to members for use on club and private trips: tents, flies, billies, axes, ice axes, crampons and first aid kits. These are available for loan to members every club night.

DOGS – are not permitted on Club trips.

FIREARMS – are not permitted on Club trips.

HEALTH AND SAFETY

The trip leader will give instructions to the group about the route, the pace, taking breaks, crossing rivers and such like. Please follow these.

You are responsible for taking care and not placing yourself or the group in danger. If at any

point you feel unsafe, feel unwell or have other concerns talk to your trip leader. Let your trip leader know beforehand if you have any medical conditions the leader should know about (e.g. asthma, allergies) and where your medication is in your pack.

CARING FOR THE ENVIRONMENT

Our Club adheres to the **FMC Minimum Impact Code:**

- Plan your trip to minimize rubbish.
- Carry out what you carry in – carry out all unburnable rubbish.
- Keep to formed tracks where provided – avoid taking short cuts or trampling vegetation next to the track.
- Keep party size reasonable – large groups create degrading pressure on the environment, particularly at camp sites.
- Minimise camp site construction:
 - Carry your own tent poles or use only dead wood for poles.
 - Don't cut vegetation for mattresses.
- Respect the privacy of others when selecting camp sites and if possible locate them away from tracks and huts.
- Activities should be carried out without undue noise or disturbance to others.
- Toilet wastes:
 - Dig a hole within the topsoil layer well away from open water.
 - After use, cover with soil and tramp sods in.
- Streams and lakes are everyone's water supply – avoid polluting them with detergents, wash water or food scraps.
- Use portable stoves rather than fires – dead wood is an important part of nature's cycle and is scarce in many places, particularly in sub alpine areas.
- If you use a fire:
 - Keep it small, to conserve wood.
 - Use only dead wood.
- Completely extinguish your fire after use and bury the ash.
- Dismantle your fire place after use, returning rocks to their natural place.
- Do not blaze trees.