

Leading a club tramping trip



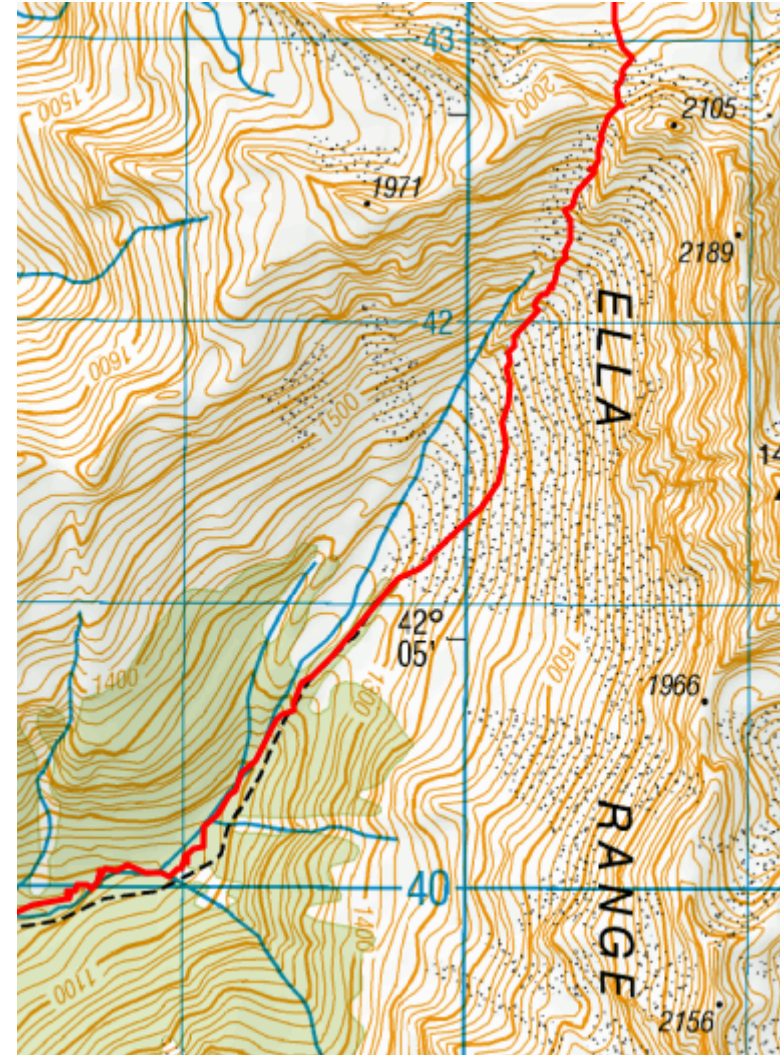
Presentation outline

- Before the trip
- During the trip
- After the trip

Before the Trip

Lots of planning:

- The route
- People
- Gear
- Weather



Before the trip - planning the Route

Identifying potential challenges/risks

- River crossings vs bridges/no crossings
- River travel
- Tops travel vs below tree line
- Off-track vs on-track travel

Daylight hours:

Av Hrs	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
	09:31	10:33	11:55	13:19	14:31	15:06	14:47	13:47	12:28	11:03	09:51

Before the trip - planning the Route

Travel times*

Well-formed tracks	4-6 km/hr
Tramping tracks	2-3 km/hr
Off track, open bush	1-3 km/hr
Off-track, scrub	100-400 m/hr
Off-track, rugged country	6-10 km/day
Climbing on tracks or open country	300-350 m/hr
Descent, on tracks	300-600 m/hr
River travel	1 km/hr

*Use these timings with discretion, considering factors such as experience, group size, weather

Before the trip - planning the Route

Other factors to consider:

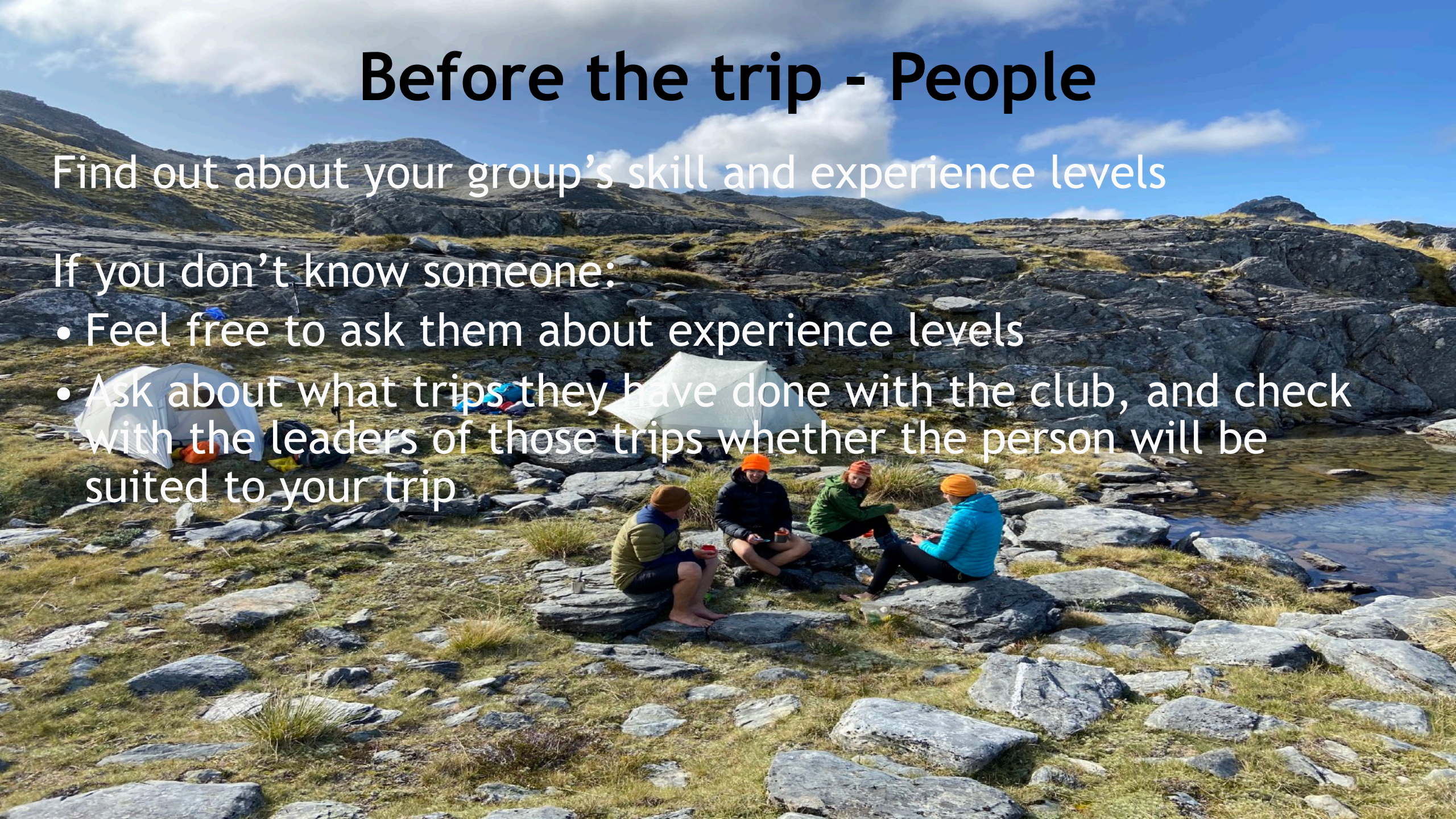
- Access: Check the Walking Access Mapping System www.wams.org.nz. If your route crosses private land you need to contact the land owner to obtain permission.
- Check with DOC who can tell you and who usually hold landowner phone numbers.
- Escape routes and options for alternative routes in case the weather closes in.
- Where you will stay i.e. in huts or campsites (+ beds/sites available).
- Check with DOC or people who have been there recently for the latest info.
- Don't always assume that just because a structure (e.g. bridge or hut) is on the map, it will be there.

Before the trip - People

Find out about your group's skill and experience levels

If you don't know someone:

- Feel free to ask them about experience levels
- Ask about what trips they have done with the club, and check with the leaders of those trips whether the person will be suited to your trip



Before the trip - People

Group Size

- Keep in mind the number of bunks in your destination huts (and whether there is camping space near the huts)
- Small groups are easier to plan for and manage (e.g. setting up and leaving camp, cooking)
- Small groups can move relatively quickly with shorter delays at rest stops and obstacles.
- A large party requires more checks and more conscious supervision.
- With large parties of inexperienced individuals, a lot of time can be taken up negotiating obstacles such as swing bridges, which slows progress.
- Large parties also more difficult for the leader to gauge how people are feeling.
- For large parties, a ratio of one experienced person to about four others who have much less experience is advisable.

Before the trip - Gear

You should always carry:

- PLB (required on WTMC trips)
- First aid kit (required on WTMC trips)
- Sufficient emergency shelter for the group
- Topographic map and compass (everyone in the group should carry a map and compass)
- Make sure everyone in the group has a ground sheet and sleeping mats in case huts are full or you have to camp out in an emergency

Before the trip - planning meals

Options include

- Everyone takes all their own food (easier to organize)
- Everyone takes their own breakfast, lunch and snacks and someone (not necessarily the trip leader) organizes the food for a communal dinner (more efficient in terms of carrying cookers, gas, billies)
- When you are allocating communal food, feel free to give heavier items to fitter members of the group.
- Take into account the expense of items and the cost of cooking fuel (for those people bringing gas).
- Pack a big, light weight plastic or wooden spoon for stirring and serving. Nobody really likes their cup returned to them with dinner dripping off it.

Before the trip - Watching the weather

Lots of resources available for watching the weather:

- Metservice (rural and mountain forecasts)
- MetVUW (forecast charts)
- Windy.com
- yr.no
- Regional council rainfall and river level data



Trip Intentions

Leave the following information with a contact person:

- Group members' names, experience, relevant medical conditions and contact person phone numbers
- A description of your vehicle and where you will leave it
- Your planned route and possible alternatives
- Gear being carried, including shelters and communication devices
- Your expected return time and date

When you get out from a tramp, remember to get in touch with your contact person to let them know you are out ok.

During the trip

- At the start of the day/trip
- During the day
- When you get to camp
- At the end of the trip



During the trip - At the start of the day/trip

- Make sure everyone knows who is carrying the emergency equipment (PLB and 1st aid kit)
- Outline the plan for the day
- Remind people about waiting at junctions or what could be a junction. Not everyone will know basic rules so just go over them.
- Tell the group your expectations for keeping together (e.g. do you want everyone to stay within eyesight, or are you happy for people to go at their own pace but stop and re-group after a certain time) - this may vary depending on terrain or weather
- Remember, as leader you set the mood for the trip

During the trip - keeping the group together



VS



During the trip - During the day

- Keep an eye on fatigue, dehydration, hunger etc.
- Talk to your group and ask if they're ok with the pace, if they are feeling happy.
- Some people won't want to say they're struggling in front of others - so if someone does look like they are struggling, talk to them away from the group
- Don't be shy to take heavy items off struggling trampers.
- Don't be afraid to change route plans if weather changes, people aren't feeling great, etc
- Ideally, you should discuss any change of plan with the group - but there may be occasions when you have to make a decision to change plans for safety reasons

During the trip - When you get to the hut/camp

- Make sure everyone has a bunk or somewhere to sleep for the night
- It's usually a good idea to get a billy on soon after you arrive for a cup of tea / hot drink
- Make sure everyone helps out in some way with the evening meal, either cutting/chopping, cooking or doing the dishes
- Fill in the hut book, and remind people to deposit hut tickets or put their hut pass details into the hut book
- During dinner, outline the plan for the next day (including the departure time)
- When you leave the hut the next morning, make sure you take your rubbish, tidy the hut and close all the windows and doors (if you are the only occupants or the last to leave a hut)

At the end of the trip

- Debrief with the group - ask their highlights and lowlights.
- It's a nice idea to stop for a food stop on the way home.
- Remind people to return club gear (in a clean and dry condition)
- For a WTMC trip, ask someone to volunteer to write a trip report for the newsletter

And remember to enjoy the trip!

