



THE PRESIDENT'S AWARD

ADVENTUROUS JOURNEY ACTIVITY



Date: 06 – 08 September 2019

Venue: Falcon Rock

Leaving Time: 07 September, 9am

WHAT TO PACK FOR THE HIKE ACTIVITY

Completed and signed Indemnity Form

Completed and signed Participation Form

(NB: You will not be allowed to hike without these 2 forms)

Back pack

Sleeping bag

Toiletries

Small towel

Eating utensils (cup, plate, spoon)

Torch (optional)

Sunglasses (optional)

Hat/cap

Two pair of clean socks and clean underwear

2 t-shirts

Windbreaker/long sleeve shirt

One extra pair of trousers/track suit pants

Flip flops/sandals to wear in evening (optional)

Something to sleep in (track suit)

Rain coat/ poncho.

1 x 2L water bottle, e.g. empty Coke bottle or 2 smaller containers are also fine; as long as you have at least 2 Litres of water with you.

And lastly, Good humour and positive attitude



Wear comfortable clothes during the hike with **takkies**/hiking boots that have been worn in. Check the weather the night before to see how hot/cold/wet it will be. Please **do not** bring jewelry or any valuable items (cell phones, money, i-pods) along. We would not want you to spend money on purchasing any gear or clothing; unless you really need to. It is best to hike in old, comfortable clothing.

Contact....

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Or

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