



The Young New Zealanders' Challenge
Te Wero Taiohi o Aotearoa

Information Pack for Bronze **Training Camps**



**775 Pyes Pa Rd
Pyes Pa
RD 3
Tauranga 3173
Tel: 07 543 3292
Email: pps@xtra.co.nz**

Welcome to your Young New Zealander's Challenge of the Duke of Edinburgh's Award training with Peak Performance Solutions Ltd. Please find attached all the information you need to make this an enjoyable and memorable learning experience.

When?

Saturday 8.30am – Sunday 4.30pm

Where?

Shakespear Regional Park, Whangaparoa Peninsula.

Shakespear Regional Park is located approximately 50km or 40 minutes drive from Downtown Auckland. Follow State Highway 1 north and take the Silverdale off ramp. Go through Silverdale, turn right onto Whangaparoa Rd and follow the brown signs to the park. Upon entering the park, follow the campsite signs. We are staying at Te Haruhi Bay.



Cost

\$215.00 per student. (Cheques payable to: Peak Performance Solutions Ltd).

This includes training of each of the 14 topics over two days, handouts and other related material. Camp fees, adult supervision overnight and morning tea on Saturday.

Food

You need to bring your own. Please try to use similar food to that which you would take tramping.

Medical Forms

These must be completed prior to the training. It is really important that these are filled in accurately and thoroughly, confidentiality will apply and please feel free to contact us to discuss any concerns or conditions. Please make sure you bring any medications you require with you.

Booking Form

Please submit electronically, as well as printing a copy and posting once signed to Peak Performance Solutions with payment to confirm your place on the chosen programme.

Timetable

The weekend will involve numerous theory sessions, however free time has also been allocated.

Equipment

	Tent – fine to share
	Sleeping mat & sleeping bag
	Pack and pack liner
	Raincoat
	Food & drink
	Toiletries
	Clothing – remember it may be cold
	Pen & paper
	Sunhat, cream & sunglasses
	Insect repellent
	Torch with spare batteries
	Duke of Edinburgh's Award book
	First Aid kit
	Plates, mug & cutlery
	Cooker & cooking equipment ie. pots & lighter
	Rubbish bag
	Washing up gear including tea-towel
	Toilet paper & baby wipes
	Watch
	Compass – if you have one
	Free-time activities – book, ball etc.
	Towel

If you do not have all of the equipment we do have some for hire. Please see below for items and costs. Please fill in the gear hire section of the booking form and add payment to camp fees.

Hire Gear

65litre pack	\$ 5.00
Tent (Two or three person)	\$15.00
Sleeping bag (Three season)	\$10.00
Sleeping Mat	\$ 1.00
Cooker	\$ 2.00
Pots	\$ 5.00
Gas for cooker	\$ 8.00

Damaged or lost items will be charged to the person as a replacement cost per item.

Timetable

The weekend will involve numerous theory and practical sessions, however free time has also been allocated. See back page as an example.

Contact Telephone Numbers

Peak Performance Solutions Ltd.	(07) 543 3292
Mark Noack	027 284 9873 / 021 111 9140
Lisa Weaver	027 459 4844

You need to:

- Complete booking form
- Fill in medical section
- Complete gear hire section if gear required
- Post both with \$215 (plus hire amount) to:

Peak Performance Solutions Ltd.
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Time	Bronze / Day 1	Time	Bronze / Day 2
8:00 a.m.		8:00 a.m.	Breakfast
8:30 a.m.	Arrive at camp	8:30 a.m.	
9:00 a.m.	OUTDOOR FIRST AID	9:00 a.m.	LEADERSHIP
9:30 a.m.		9:30 a.m.	
10:00 a.m.		10:00 a.m.	Morning Tea
10:30 a.m.	Morning Tea - provided	10:30 a.m.	MAP READING
11:00 a.m.	SMALL TRAMP	11:00 a.m.	
11:30 a.m.	CAMPCRAFT	11:30 a.m.	TRIP PLANNING
12:00 p.m.		12:00 p.m.	
12:30 p.m.	Lunch	12:30 p.m.	Lunch
1:00 p.m.	COMPASS USE	1:00 p.m.	FOOD
1:30 p.m.	SURVIVAL / LOSS	1:30 p.m.	
2:00 p.m.	OF ROUTE	2:00 p.m.	WATER SAFETY
2:30 p.m.	ROUTE FINDING	2:30 p.m.	Afternoon Tea
3:00 p.m.	Afternoon Tea	3:00 p.m.	EQUIPMENT
3:30 p.m.	ENVIRONMENTAL CARE CODE	3:30 p.m.	
4:00 p.m.		4:00 p.m.	SUMMARY SESSION
4:30 p.m.	CLOTHING		Dismantle Camp & return home
5:00 p.m.			
5:30 p.m.	STOVES & FUELS		
6:00 p.m.			
6:30 p.m.	Dinner		
7:00 p.m.			
7:30 p.m.	Freetime		

