



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

Information and Food for Silver Qualifying Trip.

Tuesday 2nd June

Come to school in the clothes that you will travel in. Bring sensible clothes and footwear. You will be taking these clothes on the trek.

Leave your rucksacks in a sensible area. Go to period 1 and 2 classes as per normal.

9.45am meet at the front of school. 10am depart school. The group will have lunch on the road (included) and arrive in São José do Barreiro at approximately 3:00 pm. From there we will take hired vehicles up the mountain range to Pousada Lageado (2 hours). The pousada is located near the entrance of Parque Nacional Serra da Bocaina, where the trail starts. The group will camp and have dinner at the pousada.

Wednesday 3rd June

7:00 – Breakfast at the pousada. (included) Depart at 8.00 am walking.

Lunch for the day. Snacks, sandwiches (made from pita bread), fruit, dried nuts/fruit, cereal bars, dried bananas, cheese, salami, cucumber, apples, etc.

Dinner prepared by students; (as before, this will be cooked, planned and brought by the students.) **Include a hot drink.** (Pasta, tuna, vegetables, soup, tomato sauces, cheese, tinned food, fruit, etc.)

Cook in your tent/ walking groups (3 or 4 people)

Thursday 4th June

6.00 – 7.30: Breakfast prepared by students, take down tents, organise kit and rucksacks.

Lunch for the day. Snacks, sandwiches (made from pita bread), fruit, dried nuts/fruit, cereal bars, dried bananas, cheese, salami, cucumber, apples, etc.

Dinner prepared by students; (as before, this will be cooked, planned and brought by the students.) **Include a hot drink.** (Pasta, tuna, vegetables, soup, tomato sauces, cheese, tinned food, fruit, etc.)

Cook in your tent/ walking groups (3 or 4 people)

Friday 5th June

Need to have food for breakfast and snacks for the morning. We will have about a 6 hour walk. After, we will have lunch (on the trail) and on the way back to Sao Paulo we will stop for an early dinner. We will arrive in Sao Paulo at 10.30 approx.

NOTES:

Please make sure that you plan your food carefully. You should plan your evening meals as a group. I would suggest in groups of 3 people. Two groups per walking group. You will have one stove and one large plan to cook with. Two stoves per walking group. You need to make a combined meal which will feed your entire group. Do not bring food for the final day that will not keep well. E.g. Ham sandwiches. Bring foods that will keep.



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LIST OF CLOTHES AND EQUIPMENT: SILVER QUALIFYING EXPEDITION

For the return journey:

One small bag to be left in the bus with clean, dry clothes to be used on the way back: 1 shirt, 1 pair of trousers, tennis shoes, socks and underwear, 1 sweater/jacket.

For the expedition:

- 1 sweater or polartec jacket
- 1 anorak / rain coat (good quality - breathable). Bear in mind that those plastic covers used in football stadiums, called "capuchas" are of very poor quality while hiking.
- 2 trousers for hiking: tactel, lycra (no moleton or jeans). Girls may use leggings down to the ankles but trousers are preferable.
- 1 pair of water resistant trousers to wear on top of trousers (not essential but welcome if it rains)
- 1 pairs of shorts or swimsuit
- 3 t-shirts for walking (one per day), preferably dry fit (dries quickly, better than cotton)
- 1 long sleeved t-shirts for the night (or day) + comfortable clothes for sleeping, that should always be kept dry (it will be cold at night!)
- 3 pairs of socks for hiking
- 3 pairs of underwear
- 1 pair of hiking tennis shoes or boots (with thick soles and good grip for hiking – good quality). Do not bring brand new boots (may cause blisters) neither very old boots, older than 3 years (the sole may detach from main body).
NB: this item is extremely important – we have seen on trips that at least once per trip someone loses their hiking boot's sole. If the hiking shoe or boot is destroyed the student most likely will have to be evacuated (if he / she does not have a spare one).
- 1 extra pair of shoes (could be sandals - preferably Crocs – or a very light running shoe)
- 1 Cap
- 1 woollen hat
- 1 wash bag with soap, toothbrush, tooth paste, alcohol gel, cleaning tissues and other toiletries (tent teams should organize a toiletry bag for common use, to carry less weight)
- 1 small towel for camping

Sleeping and Eating

- 1 sleeping bag for cold weather (very important)
- 1 plastic bowl (could be Tupperware), to eat
- 1 plastic cup or mug
- 1 fork and spoon (metal or hard plastic)
- Food – organised by tent groups
- Treehouse will supply tents and sleeping mats, stoves and pans.

Other Equipment

- Plastic bags for dirty laundry and garbage
- Sun protection lotion (minimum Factor 30) and mosquito repellent (walking teams should organize themselves to carry only one of each)
- Lip balm
- 1 expedition backpack (minimum 50 litres – ideally 60 to 75 litres for boys, 50 to 65 litres for girls) – do not bring smaller or larger packs than suggested.
- 1 waterproof cover for the backpack
- 2 one litre water bottles
- 1 good quality electric torch / headlamp with spare batteries
- Essential medication if appropriate (please advise teachers)
- Small waterproof bag to carry papers and documents, batteries, camera, etc.
- Portable camera (optional)
- A pair of trekking poles (optional)
- Sunglasses

Treehouse will supply large resistant plastic bags to cover the inside of the backpack in case of rain

All other items (maps, compass, purifying water drops, lighters, etc.) will be supplied by Treehouse

Please do not bring items of value.

Portable electronic equipment may be damaged by damp weather and rain.