

**GREATER WELLINGTON REGIONAL COUNCIL
IN ASSOCIATION WITH MOUNTAIN SAFETY COUNCIL PRESENTS:**

TAKE A KID TRAMPING!

The purpose of this programme is to educate adults and young people in how to participate in tramping safely whilst providing them with the opportunity to have a shared experience in the New Zealand back country in a safe and supervised environment.

Created for any adult who has a young person aged 10 + that they would like to introduce to tramping and the outdoors generally

PROGRAMME OVERVIEW

The programme consists of two mid week evening sessions followed by a weekend camping in the backcountry. All activities will be supervised and tuition delivered by qualified and experienced Mountain Safety Council instructors. Topics covered at a very basic introductory level include:

- ▲ Trip planning
- ▲ Clothing & equipment
- ▲ Food
- ▲ Reading a map/ Basic navigation
- ▲ Environmental care code
- ▲ River Safety
- ▲ What to do if lost

TIMINGS

- ▲ Dates and times as per flyer

COSTS

- ▲ Cost of \$20 covers both adult and child
- ▲ Can register for the course as per flyer

VENUE

- ▲ Venue for tramp Kaitoke Regional Park.

BOOKINGS

- ▲ **Greater Wellington Regional Council**

Email: bookings@gw.govt.nz

Ph: 04 801 1041

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