

Hikes and Bush Walks with Students

Part of the Tangihua Lions Lodge Resources for schools

Some suggestions to help prepare for talking students on a hike in the Tangihua Ranges.

What to take

Exactly what you take will depend on where you plan to go, how long you plan to be out and what the weather is doing, or threatening to do.

For individuals

- Reliable sturdy footwear, ideally with ankle support if doing the less well maintained tracks
- Water bottle(s) with plenty of water,
- Snacks, or lunch if out for a ½ day or more,
- Back-pack (could be shared between two if large enough)
- Water proof jacket if rain is a possibility,
- Additional warm clothing (jersey, beanie) if weather or distance requires,
- Any medication that might be required (EpiPen etc.)

If you have a large group, it can be a good idea to split everyone into smaller groups with at least one adult each. That way the leaders of each group only have to keep a close eye on a small number of students.

For each group

- First aid kit,
- Fully charged cell phone,
- Additional snacks,
- Additional water,
- Map

Risks, Hazards and Mitigations

The risks, hazards and mitigations below are suggestions only and not an exhaustive list. Each group needs to conduct their own risk assessment for heading out.

Risk / Hazard	Suggested Mitigation
Hypothermia	Ensure everyone has sufficiently warm clothing and water proof clothing if required. Be aware of the weather forecast and now quickly Northland weather can change.
Getting lost	Groups to ensure they stick together. Have an adult at the back, ensuring no-one falls behind. Some routes intersect with other tracks. Ensure the leader(s) has a map and is confident of the intended route. At each intersection, the group should all come together before proceeding. Ensure everyone knows to ONLY FOLLOW THE ORANGE MARKERS not any other colours. There is a sign at the Lodge that explains this clearly. Adults carry fully charged cellphones (there is cellphone reception along most of the tracks). Ensure those at the Lodge know the route(s) being taken and when everyone is due back. Have a plan in place if anyone gets lost or doesn't return in time.
Slips, trips and fall	Ensure everyone has footwear that is appropriate for the terrain. This should include shoes with a high level of grip and ideally ankle support for tracks like Horokaka.
Minor cuts, blisters etc.	First aid kit with plasters, bandages etc.
Bites and Stings	Wasps can be a big problem in the Tangihua's during warm, dry summers. Ensure you are aware of anyone with allergies. Carry antihistamines and an EpiPen if anyone is known to require one.
Dehydration	Carry plenty of water and keep an eye on everyone to make sure they are drinking enough.
Fatigue	Carry additional sugary snacks to keep energy levels up
River crossing (Kauri Grove Track)	If in doubt, do not cross. If it is raining, be aware that the river is likely to continue to rise and you may find it difficult or impossible to get back.

Risk / Hazard	Suggested Mitigation
Fitness and agility	Be aware of the levels of fitness and agility in the group and the potential difficulty of the tracks you are planning to follow. Don't be afraid to stop and go back if you have underestimated the track or over estimated the students.
Serious injury	Adults carry fully charged cellphones (there is cellphone reception along most of the tracks). Have one PLB available, if possible. Have at least one fully stocked first aid kit between groups. Have an emergency plan in place and ensure all adults know what it is.