



Penistone Grammar School

Never Stop Flying

Principal: Mr P Crook (B.Ed Hons)

Huddersfield Road, Penistone, Sheffield, S36 7BX

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Achieving Excellence through a Values Driven Education

Ref: GTE/CWA

Date: 30 October 2024

Dear Parent/Carer of [StudentFullName]

We hope [StudentForename] is looking forward to their adventure in South Africa in 2025.

Please find detailed below important information regarding the trip;

Flight details:

Outbound

QR 028 - 28JUL MANDOH Depart: 1455 Arrive: 2345

QR1363 - 29JUL DOHJNB Depart: 0220 Arrive: 0950

Inbound

QR1378 - 11AUG JNBDOH Depart: 2015 Arrive: 0535+1

QR 027 - 12AUG DOHMAN Depart: 0750 Arrive: 1315

In preparation for the trip, we wanted to share information.

1. Visa

Due to being travellers from the UK we do not need to purchase a visa due to our trip length being less than 90 days.

2. Vaccinations

Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK. These vaccinations include for example measles-mumps-rubella (MMR) vaccine and diphtheria-tetanus-polio vaccine. Before you leave for South Africa, you should make an appointment with your GP or a travel clinic to discuss your individual requirements. You should do this six to eight weeks before you fly to South Africa, as some of the common travel vaccines must be administered over the course of a month.

No yellow fever vaccination is required if you are travelling to South Africa from the UK, as South Africa is not a risk for this particular disease. However, you will need to be vaccinated and present your vaccination certificate if you are travelling into South Africa from a country within yellow fever risk zone.

3. Kit List

We shared the kit list with students but also wanted to share these with parents/carers (see attached) We do have kit in school used by Cadets and DofE which can be loaned out. Please get in touch to discuss further.

4. During the expedition



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Mosquito bite prevention and sun safety should be practised, and care should be taken when eating and drinking in areas with poor sanitation.

5. Mobile Phone

We have made the decision that students should not bring their mobile phones with them on the trip. As trip leader I will have a mobile to keep contact open with parents/carers. As part of the 2025 we may include a WhatsApp group chat to share photos and daily highlights.

We also have a prep weekend coming up in 2025 in which students will prepare their kit bag and go on a mini expedition for a weekend. Further details to follow.

If you have any further questions, please do not hesitate to contact me.

Kind Regards

Graham Teasdale

Assistant Principal – Strategic Lead for Pupil Premium and Head of KS3

World Challenge Co-ordinator

Gteasdale@penistone-gs.uk

LEARN TO LEAD

EXPEDITIONS



KIT LIST – ESWATINI & KRUGER

To get the most out of your expedition, travel light and pack only the essentials. We've provided the below to help you. It's important to consider if your clothing choices are culturally sensitive - for instance your tops should have at least short sleeves to cover your shoulders and shorts should come to the knee. There'll be an opportunity to wash your clothes during your trip. Have you considered [renting](#) your kit? Check out how to pack sustainably on the next page.

CARRY-ON BAG – [DAYPACK](#) MIN 30L (YOU'LL USE THIS MOST DAYS)

- Passport (& 2 passport style photos * needed for in-country documents)
- Visa (if applicable)
- Reusable facemask
- Personal medication (clearly marked with your name)
- Reusable water bottle (1L)
- Money belt (to be worn discreetly under clothing)
- Phrase book & guidebook (can be a shared item)
- Anti-bacterial hand gel/sanitiser (min 70% alcohol content)
- Sunglasses (100% UV protection)
- Fleece
- Reusable shopping bag (not plastic)
- Basic watch with alarm
- Compact camera
- Notebook & pen

CHECKED BAGGAGE – [LARGE BACKPACK](#) – MIN 65L

- [Sleeping bag](#) (Sep-May comfort rating of -5°C, Jun-Aug comfort rating of -10°C)
- [Sleeping bag liner](#)
- [Sleeping mat](#)
- Pair of walking poles (optional)
- Head torch (including spare batteries)
- Plate/bowl fork, knife & spoon
- Water bottles/hydration system to carry 2L of water (you'll have another 1L bottle in your carry-on)
- Wash kit including: biodegradable soap and laundry detergent, shampoo/conditioner bars, bamboo toothbrush & toothpaste tablets, foot powder, wash flannel, biodegradable toilet roll, [sanitary products](#)
- Lightweight travel towel
- Personal first aid kit including: rehydration sachets or tablets, blister plasters, plasters, antiseptic cream, painkillers
- Insect repellent (non-aerosol, 30%-50% DEET or equivalent)
- High factor sunblock (non-aerosol)
- Lip balm with SPF
- Set of [dry bags and/or rucksack liners](#) to protect all your gear
- 1 x Waterproof jacket
- 1 x Waterproof trousers
- 3 x Breathable t-shirts (not cotton)
- 2 x Long sleeved shirt
- 2 x Walking trousers
- 1 x Knee-length shorts (consider convertible trousers)
- 5 x Underwear
- 3 x Pairs of [walking socks](#)
- 1x One-piece swimsuit/knee-length swim trunks
- Wide brimmed hat
- Hiking sandals (not flip-flops)
- [Hiking boots](#) & spare laces (ensure boots are appropriate to the terrain and climate)
- Set of thermals - top & bottoms (if travelling in Jun-Aug)
- Warm hat/beanie & gloves (if travelling in Jun-Aug)
- Insulated jacket/down jacket (if travelling in Jun-Aug)
- Set of old clothing, footwear & work gloves for initiative
- Repair kit (gaffa tape, paracord; these can be a shared items)



HOW TO PACK LIKE A RESPONSIBLE TRAVELLER

Do you know your destination? Do a bit of research before you go to learn about the culture, history, do's and don'ts. Dive into a guidebook or read up online - is there anything to consider when choosing which clothing to pack?

Avoid packing items which will end up in the bin and become the responsibility of your destination to dispose of. Below are a few suggestions to make your packing more sustainable, reducing waste and protecting the environment.

DON'T PACK EXPENSIVE JEWELLERY AND WATCHES, BLEND IN AS MUCH AS YOU CAN!

BRING ALONG YOUR REUSEABLE WATER BOTTLES. WE TREAT LOCAL WATER WITH AQUAPROVE, SO THERE'S NO NEED FOR DISPOSABLE PLASTIC BOTTLES ON YOUR TRIP



REFUSE STRAWS! EVEN BETTER, GET YOURSELF A BAMBOO OR STAINLESS STEEL ONE ON YOUR TRAVELS

BRING YOUR OWN CUTLERY, OR, IF YOU'RE HEADING TO ASIA, PICK UP SOME CHOPSTICKS WHEN YOU LAND, REFUSE THE DISPOSABLE ALTERNATIVES!



DON'T FORGET YOUR TOOTHBRUSH! WHY NOT DITCH THIS PLASTIC TOO? BAMBOO TOOTHBRUSHES ARE ANOTHER WAY TO HELP THE ENVIRONMENT

REFUSE TAKEAWAY CUPS, BRING YOUR OWN CUP



YOU'LL NEED TO BRING BODY SOAP AND SHAMPOO/CONDITIONER. INSTEAD OF BRINGING PLASTIC BOTTLES, HAVE A LOOK FOR BARS. THEY'RE MUCH EASIER TO FIT IN YOUR BAG AND LOADS BETTER FOR THE ENVIRONMENT

WIPES HAVE NO PLACE ON YOUR KIT LIST AS THEY'RE DAMAGING TO THE ENVIRONMENT. IF YOU MUST TAKE THEM, BE SURE THEY'RE BIODEGRADABLE

SUPPORT LOCAL BUSINESSES. NEED GLOVES FOR YOUR COMMUNITY INITIATIVE? SAVE ON PACKING SPACE, BRING CASH AND BUY THEM ONCE YOU GET THERE



DITCH THE AEROSOLS! YOU'LL NEED INSECT REPELLENT, DEODORANT AND SUN PROTECTION. OPT FOR CREAMS, ROLL-ONS OR PUMP BOTTLES INSTEAD (THIS IS A POSITIVE CHANGE TO MAKE AT HOME TOO!)

