

# ATC New Member FAQ

## Welcome to the Auckland Tramping Club !

The information in this Frequently Asked Questions document is an extract from more detailed information on our website – [www.aucktramping.org.nz](http://www.aucktramping.org.nz)

Remember that trip organisers and leaders, and anyone you walk with will be more than happy to help answer questions you have – so just ask us 😊

## Day Walks

The tracks & routes we take to beautiful back country locations typically involve track conditions that you may not have experienced before so please read the following guide to familiarise yourself with what to expect and how to prepare for a club day walk. If you would like to progress to overnight tramps then please join us on a few day walks and weekend day walks first so you can get a feel for how the club operates and understand the fitness and equipment you will need to progress to overnight and multiday tramps. This is important for two main reasons.

1. Enjoyment – you will enjoy the trips if you are fit and equipped for the trip conditions
2. Safety - your safety and the safety of the tramping group with you depends on your fitness and having appropriate equipment for the trip conditions.

### Resources

- The club website - [Day Walk Information](#)
- The Mountain Safety Council - [Day Walks](#)
- Sustainability/Leave No Trace - [Leave No Trace](#)

### Fitness & Trip Grading for Day Walks

Grade	Hiking Time	Description
Easy	3 - 5 hours	Slower pace, suitable for beginners with reasonable fitness.
Medium	5 - 6 hours	Suitable for those with some experience and good fitness.
Fit	6 - 8 hours +	Fast pace, experience, and a high level of fitness necessary

### Wondering if you are fit enough?

- Have a go at the [Auckland Coast to Coast walkway](#) including climbing Mt Eden & One Tree Hill.
- This walk is 16 km and around 5 hours.
- It is similar to a typical ATC day hike, so a good pointer for your fitness level.
- But remember, our hikes will be rougher underfoot.

### Terrain

The tracks and routes we take may be different from those you are accustomed to. On any day walk you may encounter hilly terrain, muddy tracks with tree roots and other obstacles, and un-bridged stream crossings – welcome to tramping in New Zealand! Yep, this sort of terrain can be challenging – and tiring!

## Day Walk Equipment

- Equipment for day walks - [Day Walk Information](#)

## What to wear

- Boots or stout shoes
- Shorts or quick dry trousers (not jeans)
- Shirt (wool or polypropylene layers, according to weather, not cotton)

## What to bring

- Daypack
- **A waterproof rain jacket with hood is essential**
- Fleece or wool jumper
- Sunscreen
- Sunhat/warm hat & gloves
- Torch & spare batteries
- Lunch, snacks & water. Bring at least 2L of water. A small bottle is not enough.
- Toilet paper & sanitary items
- First Aid Kit
- Small towel
- Change of clothing and shoes including a plastic bag for your dirty boots and clothes (leave these in the bus or car)

## Basic Rules

- As with all outdoor activities there is associated risk. Your Safety is Your Responsibility.
- It is your responsibility to ensure you have the correct equipment, are fit, and able to undertake the planned tramp.
- It is always best to go on a few day walks with the club, that way you can ask experienced club members questions and tap into their knowledge.
- A leader may exclude a person from a tramp if it is considered they do not have the necessary gear, tramping fitness, or ability to safely complete a tramp.
- No dogs and firearms on any club trips.

# Overnight and Multiday Tramps

## Multiday Tramping

- Auckland Tramping Club - [Multiday Tramping Information](#)
- Mountain Safety Council - [Multiday Tramping Information](#)
- Travelling on the ATC bus in sleeper mode – [ATC Guide](#)

## Other Resources

- Mountain Safety Council - [Digital Resources](#)
- Sustainability - [Leave No Trace](#)

## Tramp Grading

Club overnight and multiday tramps around New Zealand fall into three categories, Easy, Medium and Fit. Keep in mind that the definitions may not reflect the track conditions (or lack of) for a trip, so it is important to check with the trip leader before booking i.e. a Medium trip over flat ground is quite different to a Medium trip over hills on back country tracks.

Grade	Hiking Time	Description
Easy	4 - 6 hours	Usually formed tracks, easy pace, significant hills
Medium	6 - 8 hours	Suitable for those with some experience and good fitness
Fit	7 + hours	Experience and a high level of fitness necessary

## Fitness

Tramping fitness is important to allow you, and your fellow group members, to safely complete and enjoy a tramping trip. You need to have good tramping fitness including the ability to carry a pack while traveling on uneven and hilly ground.

A good rule of thumb for training is:

1. Go for some half day then full day walks
2. Add hills or stairs
3. Add a weighted day pack and then an overnight pack
4. You may wish to do some body weight and gym work to strengthen your legs and core
5. Progressively add more time, distance, speed and climbing

Duration, hills, uneven ground, and weighted activity prepares your aerobic fitness, endurance, muscle, and ligament strength.

- Auckland Tramping Club - [Tramping Fitness](#)

## Equipment

Choosing the right tramping gear is crucial, but with so many options it is hard to know what the “must have” items are, and what gear you might want to take but should probably leave at home.

Plus, you will want your gear to be light. A heavy pack will slow you down and take a lot more effort and energy to haul up those hills. A few kilos of extra weight can make a dramatic difference to your enjoyment of your tramp – especially if everyone around you has a lighter pack and is finding the going easier!

Then there is the cost, lightweight tramping gear can be expensive. Do you want to spend that money, or could you find a cheaper alternative that will still do the job?

- Auckland Tramping Club - [Multiday Tramping Gear](#)
- Auckland Tramping Club - [Tramping Clothing](#)
- Mountain Safety Council - [Equipment Checklist](#)

## Food and Water

'High energy to weight' food and clean drinking water is needed when tramping. You will need to carry everything you cannot find on the way.

### Food

- Carry enough food for your meals (breakfast, lunch, and dinner), snacks and a little extra in case of delays.
- Your food should be high in energy value, quick & easy to prepare, lightweight, and enjoyable.
- Keep food dry in plastic bags.
- Use screw-top plastic containers for liquids and spreads. No Cans or bottles.
- Bring a large ziplock bag to put all your wrappers and rubbish in and take it home.
- Auckland Tramping Club - [Tramping Food](#)

### Water

The NZ backcountry has many good quality water sources like streams and hut water tanks, however:

- Make sure you have enough water carrying capacity e.g. bottles or 'camel backs' to see you from water source to water source. Tramping is thirsty work, gauge your intake on day walks to understand how much you need, but around two litres is a good place to start.
- Have a water treatment solution like 'Aquatabs Water Purification Tablets' or a tramping water filter just in case the stream or hut tank supply is of questionable quality.

## Etiquette and Behaviour

Tramping in NZ has unwritten hut etiquette or rules that it is good to be aware of.

- On arrival at a hut, remove your boots.
- Record your details & intentions in the hut book (so that if you get lost or injured you can be traced).
- Be respectful of the small, shared spaces for preparing food and storing your pack and gear, make room or leave space for others
- If there are drying lines leave space for others

- If you are a snorer, seriously consider tenting to enable those inside the hut a better night's sleep. Or at least remove a mattress to further away from the bunks. (bring earplugs just in case others snore).
- Use the firewood with consideration for those who have supplied it. Use the burner as efficiently as possible i.e. close the door. If you use firewood, then restock it before you leave (if there is a local supply).
- On departure always aim to leave the hut tidier & cleaner than you found it. Sweep the floor, wipe the benchtops, and leave the hut in tidy condition for the next group

## Hygiene

Tramping can have its hygiene challenges! Most huts have basic long drop or compostable toilets.

- Be sure to carry your own hand sanitiser with toileting supplies. Carry toilet paper.
- Ladies, it is sensible to always carry sanitary products, just in case.
- If you desperately need to relieve yourself along the track, and there are no toilets, then tell someone in your group you are 'going bush' & leave your pack on the track so others know where you left the track. Dig a small hole using the heel of your boot and cover over your business afterwards.