



Palmerston North Tramping and Mountaineering Club

www.pntmc.org.nz

PO Box 1217, Palmerston North

Newsletter August 2024



Lunch break in sunny clearing near end of Mikimiki Walkway

Pic: Warren Wheeler

Club Nights

Club nights are generally held on the second and last Thursday of each month at the Quakers Hall, 227 College Street, Palmerston North. Doors open 7.15pm for meeting start at 7.30pm. All welcome.

8 August 2024 Hiking in the Philippines Cordillera Mountains Dave Middleditch

The Philippines is a diverse archipelago of 7600 islands in the South China Sea. In the north of Luzon, the Cordillera mountains offer wonderful opportunities for tramping, and to experience the cultures of the many tribal groups living there. This talk will include insights into parts of Mountain Province, Ifugao and Kalinga provinces.

29 August 2024 PNTMC Photo Competition Martin Lawrence

Our annual photo competition is open to all members. Entries close Friday 16 August. Placegetters will be entered in the Interclub Photo Comp. See Notices for categories and other details.

Upcoming Trips

3-4 August 2024 Alpine Skills #3 - Pinnacle Ridge FE/T Grant Christian 021 117 6921

This trip will be a chance for people to practice their new skills or use their old skills for an exploration of Pinnacle Ridge next to Whakapapa ski field. We will explore the lower Pinnacles. Ropes can be used by those wanting to test the steeper slopes. I am hoping we can stay in a lodge on the mountain. If conditions are not suitable I will postpone this trip to the following weekend. Please contact me as soon as possible but no later than 19 July.

3 August 2024 Moonlight Manawatu Gorge E Verity Elder 021 260 1885

Saturday Moonlight walk. Following the Gorge Walk Track from the Woodville end we make our way to Centennial Lookout in the last hour(s) of daylight. The aim of this trip is to gain some experience walking in moonlight and or with headlamps. We return via the Ballance Bridge road (a short section of the old gorge road). Bring supper instead of lunch and don't forget your headlamp. Depart from Milverton Park at 4pm. Contact Verity no later than Friday 5pm.

8 August 2024 Manawatu Gorge Walk E Robyn Wheeler 0210 748 129

A Thursday morning walk (0900 to 1300) on the Gorge track to Sentinel Lookout or as far as we like. Option of coffee at Ashhurst afterwards.

10 August 2024 Toe Toe Loop M David Soong 021 722 358

This regular Saturday Toe Toe Loop walk usually departs from the Summerhill New World car park at 8am. Please text David before Friday to check if the walk is on and for further details.

11 August 2024 Maharahara Crossing M Martin Lawrence 06 357 1695

This west-east Ruahine crossing follows a well defined track from Opawe Road that climbs steeply through forest up to Maharahara (1091m), then a bit of down and up across the leatherwood tops to Matanginui (1074m) before carrying on down to the Mangapuaka Stream and coming out at Kumeti Road end. Hopefully there will be enough of us for a group to come in from either side and do a key-swap.

17 or 18 August 2024 Ruapehu Climbing FE/T Grant Christian 021 117 6921

Best weather day but preferably Saturday. Options are Tahurangi or Girdlestone or Paretaitonga. These Ruapehu peaks require good fitness and take 6 - 8 hours. Let me know which you would like to do. The most votes will decide where we go. We will stay in Ohakune the night before. Please contact me as soon as possible but no later than 2 August. Contact Grant Christian 021 117 6921 or email gpc374@gmail.com

17 August 2024 Toe Toe Loop M David Soong 021 722 358

This regular Saturday Toe Toe Loop walk usually departs from the Summerhill New World car park at 8am. Please text David before Friday to check if the walk is on and for further details.

18 August 2024 Tunupo Applied Tramping M Janet Wilson 06 329 4722

Applied tramping = social trapping trip. Destination this time is up to Tunupo peak and the associated trapline.. May go on Saturday if weather suits. Also can contact Janet 027 341 8945.

24-25 August 2024 Cattle Ridge Hut M/F Richard Lockett 06 323 0948

A Tararua trip to enjoy the tops above Roaring Stag Lodge, high above the Ruamahanga Valley.

25 August 2024 Rangi Snowballs E/Family Doug Strachan 06 353 6526

Join us for an exciting trip up to the snow at Rangiwahia Hut. Will there be snow in the trees? Will the waterfall be frozen? Will it be clear of totally clagged in? Suitable for the whole family, no ice axes required. Depart PN 8.00am.

31 August 2024 Toe Toe Loop M David Soong 021 722 358

This regular Saturday Toe Toe loop walk usually departs from the Summerhill New World car park at 8am. Please text David before Friday to check if the walk is on and for further details.

1 September 2024 Deerford/Knights Track M Robert van Bentum 027 491 1205

A long day hike (8hrs +) starting at the end of Limestone Road climbing steeply via the left side of the Deerford Loop and Knights Track to the tops of the Ngamoko Range at 1,500m. If the weather is kind and there is time we will walk south along the range and back via Shorts Track or return the way we came. Depart Milverton Park slightly earlier at 7am to get back before dark.

8 September 2024 Billy Goat Track E Verity Elder 021 260 1885

We make our way up the farmland from the Coppermine Creek Road end and into the bush. We then drop down to Billy Goat Creek and Managaatua Stream, a steep 350m descent with some delightful mossy sections. Return via the same route.

14-15 September 2024 Applied Tramping M Janet Wilson 06 329 4722

Applied tramping = social trapping trip. Destination TBA. If interested, please get in touch with Janet early in the week as plans can be very flexible so a weekend trip may become a day trip or vice versa. You can contact via the landline or 027 341 8945.

Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient trampler should expect to do the trips in the following times:

Easy (E):	3-4 hrs	Other Grades:
Medium (M):	5-6 hrs	Family (Fam)
Fit (F):	about 8 hrs	Technical skills (T)
Fitness Essential (FE):	over 8 hrs	Inst (Instruction)

BWD = Best weather day of a weekend

Trip participants

Contact the leader at least 3 days in advance. Trips usually leave from Milverton Park. A charge for transport will be collected on the day.

Gear for trips

Minimum gear for day trips is appropriate footwear, pack, lunch and snacks, waterproof jacket, over-trousers, gloves, warm hat, torch, toilet paper, matches or a lighter, sunblock, first aid kit, and a survival bag or space blanket. Each person needs to be equipped to survive overnight.

Overdue Trips

If a club trip is late returning, please do not worry as there is probably a good reason for the delay. If you are in any doubt, please phone Martin Lawrence 357 1695 or Graeme Richards 021 149 8267.

Notices

PNTMC Photo Competition 29 August 2024

Taken any good photos lately? Enter them in our annual photo competition and let our expert judge decide the best three images in each category - an audience vote (show of hands) will then determine first, second and third places. Placegetters in each category will be entered in the Interclub Photo Competition on 3 September 2024 and the FMC Photo Competition.

Categories are:

- ABOVE BUSHLINE (With no Human Element)
- ABOVE BUSHLINE (With a Human Element)
- BELOW BUSHLINE (With no Human Element)
- BELOW BUSHLINE (With a Human Element)
- NATIVE FLORA & FAUNA
- LONG EXPOSURE
- OVERSEAS
- TOPICAL

Photo competition rules are consistent with those of FMC – winners of our competition are automatically entered into the FMC competition. Entries for all categories must be taken after 1 Jan 2023.

The definition of a “human element” is flexible but the general intention is: Where the photo contains as anything other than as a very minor feature: people, a hut, a track sign/marker, bridge, ice axe and anything else that has been introduced by humans into the environment, then we would define that as having “a Human Element”. But if a photo has what could be called a Human Element but that element is very small, inconsequential, and not a feature in the photo then you could count it as “No Human Element”.

Definition of “Long Exposure”: The intention of the long exposure category is for photography of scenes that the naked eye cannot normally comprehend. These shots would require a very long exposure and the use of a tripod. The category is intended for highly technical images of shots taken at night, (including star trails), or in extremely low light situations such as caves or canyons. The category is not intended for normal dusk/dawn photography, or images where a long exposure is used to ‘blur’ the image (such as

flowing water, or movement of the subject). This category is intended to encourage more entries, by separating such highly technical photos into their own category. We hope to get more participation from entrants who are not put off by the thought of having to compete with such highly technical photos.

Definition of “Topical”: People in tramping related activities.

PNTMC photo competition entries need to be given to Martin Lawrence via email or on a USB stick on or before Friday 16 August 2024.

Interclub Quiz 3 September 2024

MTSC are the hosts this year for another fun evening of tramping-related trivia as they try to win back the coveted “Battered Billy” from PNTMC (Palmerston North Tramping and Mountaineering Club). We also expect teams from MUAC (Massey University Alpine Club) so come along and help us to defend the honour of our club! Teams of 4 to 8 people, nibbles at each table and lots of prizes. No need to pre-enter, just turn up and get a table of friends together.

7.30pm at Rose City Aquatic Club (right hand side of the Lido Pool Complex), Park Road, PN.

Snowcraft Skills with MTSC

Did you miss our earlier Alpine Skills trips? MTSC welcomes PNTMC members along.

31 August - 1 September, MTSC Snow Skills 2024

Trip Leaders: Howie Nicholson, Ken Mercer – register your interest at snow.skills@mtsc.nz
Backcountry travel above the bush line in Winter often means travelling in snow. This course is an introduction to basic snowcraft, including travelling in an alpine environment, use of an ice axe and crampons, arresting a fall, navigation, and more. We will be based at the Manawatu Lodge, which is an ideal launchpad for each day’s activities. We will travel to the lodge on Friday evening, so that we may make the most of the time available over the weekend. More details to follow on the MTSC website.

New Members

Welcome to Callum Taylor, Virginia Thomas and the Bill Norris family, all from Palmerston North. We wish you happy tramping with us.

Trip Reports

22 June 2024

Mikimiki Walkway

Report by Anne Lawrence

Hills glimpsed through thick fog,
Redwoods lit by afternoon sun,
Perfect walking day.

Four of us travelled from Palmy, meeting 2 coming from Pohangina at the Kiriwhakapapa Road end. Usually we'd park here to go to Blue Range Hut and/or Cow Creek Hut. But on this day, we followed the old tram line along the tree left of Kirowhakapapa Stream. The track then climbs up and over the 'pass' and down to the Mikimiki Stream and along what turned out to be another old tram line along the Mikimiki to the road end. Both streams were lovely to walk beside and the bush was lovely. There is one unbridged river crossing but it was pretty easy going.

On the way back we followed the short loop which crosses to the true right of Kiriwhakapapa Stream and after a short climb emerges amongst glorious redwoods. Highlights of the day for me: good conversation, interesting bits of history, going somewhere new, the weather and the redwoods looking stunning. I didn't quite meet the challenge to write a haiku for the trip report as there seemed more that needed to be said...

We were Anne, Martin, Grant, Nicola, Robyn and Warren

28-30 June 2024

Matariki Weekend: Mānawatia a Matariki

Report by Nia Thomas

Pics by Warren Wheeler

Thank you so much to Anne and Marty Lawrence for organising and hosting an incredible Matariki trip to Kuratau. Thirteen of us converged in Kuratau for three days of walking, biking, kayaking and swimming. Anne, Marty, Janet, Graham and Richard led the vanguard, heading up from Palmerston North on Thursday and doing a reconnoitre along the shores of the lake. Woody, Ernie, Nia, Warren and Robyn followed on Friday and Grant, Vicky and Anna rolled across from Taupō on Saturday.

Friday morning was an early start from Palmerston North for Woody, Ernie and Nia but meant a beautiful drive up with amazing views of the mountain from the Desert Road. The fire was burning and the kettle was boiling when we arrived in Kuratau for an amazing morning tea of carrot cake brought along by Ernie (thanks Annemaree). Suitably fortified we headed out along the shores of the lake again towards the Kuratau river, turning inland to walk back to basecamp through the bush. In the afternoon we divided depending on activity, either kayaking on the lake or cycling along the Tongariro River (we might have seen a whio but then again we might not). In the evening we definitely saw glowworms, stumbling along in the dark to a mossy, water dripping bank festooned with constellations of larvae.

Saturday morning dawned cold but fine enough when the fog lifted from the lake – the perfect day for a short drive to the walk around Rotopounamu. Another opportunity for group division with the clockwise versus anticlockwise teams engaging in a bit of competitive robin spotting (I like to think we anti-



clockwisers won) before rendezvousing back at the start point and heading back to base camp. Again, the afternoon activities were kayaking and cycling (this time along the Great Lakes Trail – a great little 13k blast each way from the Western Access Road along the Waihāhā River). We all regrouped in the evening for a fantastic meal – we were too big and too merry a group to fit around the little table so we sat around the fire comparing trail tails and war wounds (well mostly just trail tails).



Keen to make the most of our weekend we were all up bright and early in the morning for a local bush walk, passing the sleeping glowworms and the sleepy inhabitants of Kuratau. Passing most of the views too since they were veiled in mist but by the time we were making our way back to base camp the sun had burnt off enough of the fog for the lake to look sufficiently enticing for Warren and Nia to brave a 'swim'. Dip might be a more accurate description given the length but it was, nonetheless, an excellent start to the new year and a great way to round off a brilliant trip.

13 - 14 July 2024

Jumbo

Words by Blair Petersen

The trip was advertised by Warren as 'An overnight Tararua trip along the easy Atiwhakatu Track, up to Jumbo Hut and the snowy tops to Jumbo Peak for the views. Ice axes recommended but likely not required'. What he didn't say was that raincoats and leggings were also recommended and would be required, and the views were of the inside of a cloud.

It was just the two of us on this trip and it was raining lightly as we left the Holdsworth car park. This didn't last long, but the overcast sky was with us the whole weekend. An uneventful trip up the track to Atiwhakatu Hut, 1st lunch at the hut and then up the hill towards Jumbo. On the way up we passed two guys coming down who had spent a cold night at Jumbo after not being able to get a fire going. After about two hours we reached the hut and met another group who had come over from Powell Hut in the ice and snow.

Thanks to Warren's persistence and the dry kindling and fire starters that I brought with me, we soon had a warm hut and screaming smoke detector. A good tip here is when you put wood on top of the firebox to dry out, don't forget to remove it before it starts smoking.

With snow-melt flowing down the track from above the hut, we had the Amazon flowing past the hut and a small lake to be negotiated to get to the toilets. Thanks once again to Warren's persistence, the water was diverted away and access to toilets was reinstated.

Another two groups arrived from Holdsworth road-end, so that's 11 in the hut for the night.

At about 5am, one group left, heading back to the carpark, having to be back in Wellington for work early afternoon.

After breakfast we went up to Jumbo peak and enjoyed the 'views' from inside the clouds. The ice formations on the tussock and leatherwood were really neat. Ice on the ground also, but didn't cause too many issues.

Back to Jumbo for a hot drink then down that steep, rooty and slippery track to Atiwhakatu. Over lunch we talked with what I thought were an ambitious couple and three young children who were heading up to Jumbo for the night. I hope they were able to get the fire going.

On the way out we passed a group of about 15 young children and their accompanying adults, and enjoyed another chance to test out our wet weather gear. I was quite surprised by the number of people out in the hills, despite the not-summer-like weather

If you're going up to Jumbo anytime soon, the gas cookers aren't working. There is plenty of firewood, but most of it is wet. There's an alert about this on the DOC website.

Thanks Warren for organising this fun mid-winter trip.

14 July 2024 Piripiri Caves Pohangina Valley Words by Monika Coles, Pics by Chris Parker

There was a light steady drizzle on Saturday morning at Pohangina Valley, while in Palmy was not even a drop of rain. Up in the hills, Sunrise Hut hikers were waking up to a dumping of snow on that morning. Funny to find that out, as when we were bracing the cold wind at the carpark before Piripiri Caves, Janet said in passing 'there'll be snow up in the hills' and it was!

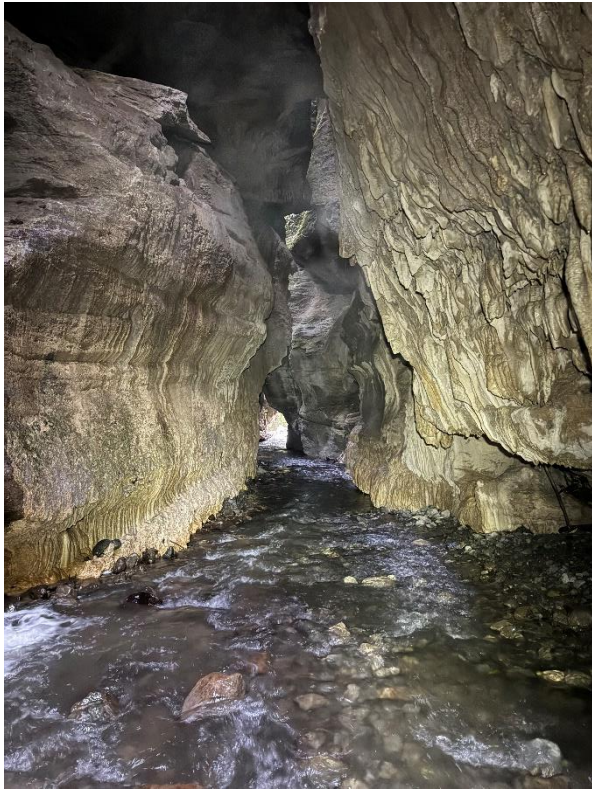
To go caving in this area, you need to have a permission to go. The caving club had the permission and Janet and Graham have been kind enough to extend the invitation to the PNTMC as an introductory trip to caving. I was really keen to take up the opportunity to find out what local caving treasures we have and I was not disappointed.

Four people signed up and together with the caving community members it was about 12 of us ready to go exploring. We split into two small groups. One group was the easy exploring/introduction, not getting wet group, while the second group was being more adventurous, lets climb some waterfalls type!

Adele and myself were happy to stay in group one with Janet and Graham, while Chris and Mike were keen and ready to go on high adventure with group two.

Our first cave was nice and easy walk. We've seen some glow worms, spider making an amazing web, good numbers of cave Weta and we started to notice all the cave formations around us. Once we got to a spot where we would need to crawl through a tight space getting fully wet to go further, and not much further for that, decision was made that it is too early in a day to get fully wet for not much of a gain and it would be best to turn back.

Our next challenge was to find the entrance to the second cave. After a while, we came to a spot with a tricky tight entrance. After a bit of figuring out if it is even possible to get through that way, the people 'in the know' revealed to us, that in a spot that looked like nothing, apart from a bush and some more ongaonga, that there was another way in. It was a mud drop between rocks and some roots down into the



cave, but with plenty of handholds to make the mud slide down safe and fun. That section of the cave was nice and easy with some small walking negotiations to avoid getting wet. There was a spot that I've found interesting. The spot was where the cave narrowed a bit and you could hear gushing water, but could not see it. The water was there, concealed in the limestone full of seashells somewhere above or right to us. You could only listen and engage your imagination to find out where it is or what it could look like. Very cool. After that, we moved on and came to a spot where you could squeeze between two rocks and lower yourself down with stretched legs finding your footing somewhere on a side of a deep pool of water underneath you to get into the next section, or backtrack and enter backwards on your tummy down the rocks through an upper entrance. It was a bit tricky to get into that space through either of the two entrances. There was also a way to get out of the cave at that spot too. Three of us managed to get through the tricky part into the next section and the others decided to take the exit out.



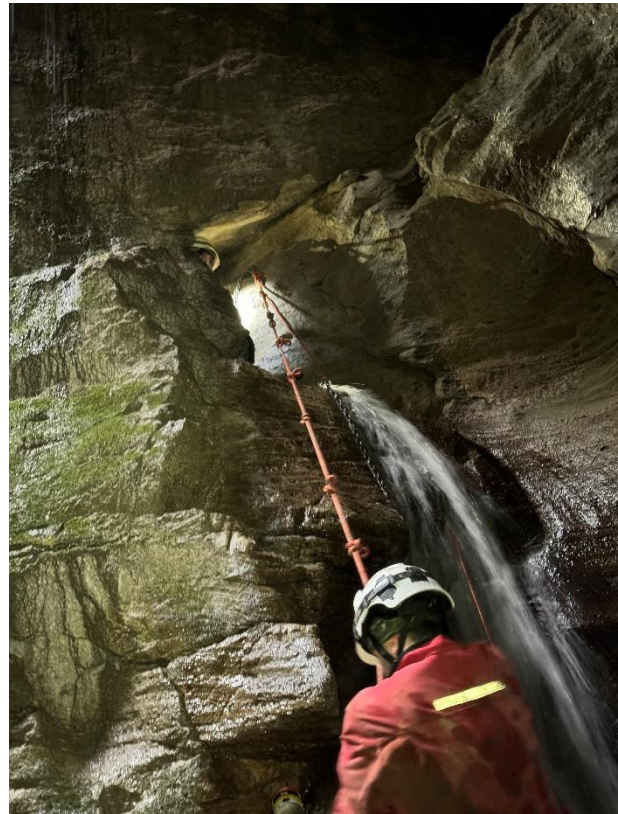
Two of us and Graham, who had with him a bag with all the necessary safety gear, committed going through the next section together. The motto was 'stay high stay dry'. This was something new to me. This section was reasonably narrow, quite tall section with running water and deep, water filled pools, underneath us. So, how do you get through something like this? At that moment I understood what 'stay high stay dry' meant. The width of the cave was changing from shoulder width to stretch your arms out to touch the sides. Some parts opened up even wider, especially above the deep pools. To start with, it was a bit daunting for me to be up high as I felt that with gumboots and my arms, I might not have enough firm footing and I was thinking I rather get wet and get through staying low. That was OK for the next 5m and then I was like, OK, the water looks really deep, let's see how to do this and I was learning by following the people in front of me. We were all in the same boat, so to speak, we all were looking where the next best foot and hand placement can be to stay above the water. About half way through the cave, there was a small,

about my height, vertical water cascade fall that we needed to get down through. Again, I was watching how people in front of me managed to do it and I followed. We all needed to get our bums wet by sitting in the water channel and sliding down it while having your arms stretched to the side holding on and slowly lowering yourself down while your right foot is trying to find a footing to the side of the deep pool below you, deeper and deeper in the water until you have it. Then you can switch your left hand hold to something further down and in front of you starting to make your way against the wall and edge of the pool until you get to the next section, where you have to go high again to get through that one. That was tricky. Graham was great. First, he asked me, 'can you feel the dry air on your face?' I'm like, no, I can't. I

realised, that my brain was occupied by focusing on getting through the cave and was not aware of signs like that. Once Graham told me though, I stopped, stood still, positioned my cheek sideways and waited if I could feel something. It took another two steps forward and repeating the position to feel it. It was good to know, that an air opening or a way out is near. Second, Graham went slowly through small high sections at the time, each time stopping, turning back to face me and guiding me through. That was very helpful and I really appreciated the guidance. What a great tip. One more squeeze through a tight spot and there we were. Big ground opening and Janet waiting for us. Wow. What an awesome experience that was! It was lunchtime, so we made our way back to the cars to have something to eat. We were all hungry.

Once refreshed, and after a chat with the local farmer, we made our way down to the last cave for the day. Steep section, but mostly assisted with fixed ropes, takes you down to the water. After a very short, but wet walk, we got to a waterfall. The adventurous group have been down there for a while now and had ropes in place to help the climb up the waterfall. We stayed there for a while just watching others attempting and succeeding getting up that waterfall.

After the route and the rope was clear, I wanted to have a go. Not to climb up the waterfall, that was to be left for another day for me, but to try to get up to the lower ledge below the waterfall. And I did! That was a great feeling that I could do it. For the viewers below me it was not a gracious look by no means, but I didn't care. I was just stoked that I managed to get up there by myself and didn't care what it looked like.



The feeling of making it there was amazing and was stoked to stand there, reach out and feel the waterfall.

I made my way back down and we headed back. Once out of the water we've stopped to empty water from our gumboots as not to have that extra water weighing us down on our climb up to the cars.

What a day! It was about one o'clock when we got back to Pohangina Base, got changed to dry clothes, had a hot cup of tea and warmed up by the fire.

The day had everything that I could ever wish for. Met new amazing people, went to local caves, learnt new caving skill, seen and went part way up a waterfall that I've only heard about before. The length of the day was just right for me and I really enjoyed the lovely and welcoming people in the caving community.

Thank you so much to Janet and Graham for extending this opportunity to the club members, what a great way to spend a day.

We were: Janet and Graham (trip leaders), Adele, Monika, Chris P. and Mike.

14 July 2024

Platinum Mines

Report by Sally Hewson

We met at Milverton Park at 8am, and drove to the Kahuterawa Rd end in Nicola's car. The car park was almost empty, and the weather was a bit bleak.

We set off along the Sledge Track to the swing bridge, then turned up hill towards the ToeToe Loop. Low cloud obscured everything at the first viewpoint. It was very enjoyable walking through the lichen and moss draped trees on the Toe Toe Loop Track. The Platinum Mines are located on a small circuit at the end.



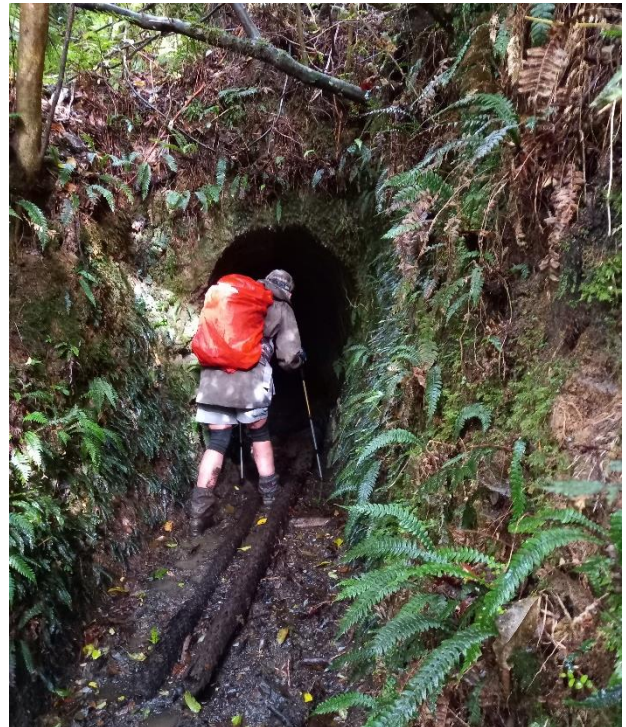
stepped on it. Roxanne declared she had met a lady cave weta. I had seen a lot of small ones but didn't know if they were male or female. It had an ovipositor she said.

A bit further on there was another vertical shaft to check out, then a horizontal one.

Back at the junction we had lunch.



The first shaft was about 10 or 12 feet deep and you could access it via an aluminum ladder. We took turns to go down as the ladder was only chained on one side and thought it would swing out once you



By then it was completely clear, and we had great views of the wind turbines and Palmy in the distance. The access roads for the turbines were quite close. That, and the whump, whump, whump of the turbines destroyed the illusion of being a long way from anywhere. We headed back down the shorter side of the loop then saw the second horizontal mine shaft. A sign above the tunnel said A. Menesdorffer 1875. We marveled why anyone would come to the middle of nowhere and hack huge holes in the ground using hand tools. This one had water in it that was more than ankle deep, so we gave it a miss. We trudged back

on down – it was a bit muddy and slippery in places and we hadn't seen a single soul. There was also very little bird song. We were back at the car by 2:45pm and all agreed it had been a very enjoyable day.

Back home I did some Googling. Hungarian born Alexander Menesdorffer had prospected in the area between 1875 and 1927. Assays from labs in Melbourne indicated that platinum was in the samples, but it was never mined commercially. It seemed an awful lot of work for no return,

On the trip were Nicola (trip leader), Roxanne and Sally

19-20 July 2024

Iron Gates Hut Applied Tramping

Report by Janet Wilson

The forecast looked pretty dodgy leading up to the weekend so Blair and I decided to take advantage of the fine Friday to head in to Iron Gate Hut, servicing the traps along the way. It was a lovely calm day and we didn't need to rush, but all the same arrived at a very civilised 2.30pm. Time for afternoon tea then, while Blair worked on cutting up some firewood, while I took a short exploratory trip further up the true left of the river to service a couple more traps. As often happens, doing that little bit extra pays off, and I was rewarded by the call of a male whio not far up river. On my return to the hut we found the male and his mate hanging out nearby.

As forecast it started to rain overnight and this got heavier on the walk out so by the time we were back we were well soaked. So much for modern raincoats. Thanks to Blair for helping out with the traps - it is always nice to have a night at the lovely Iron Gate Hut.



I admit that at first I wasn't keen on doing another first aid course, as I've done many throughout my life. However I was told that as a trip leader (occasional I must say) I should do it, and so I signed up.

I'm very glad I did it, as it was more interesting, comprehensive and so unlike any other course I've done.

Ten club members met at Pohangina Hall on a clear and frosty morning, met our instructor for the day, Russ (Russell Garlick) of Peak Safety & Emergency Management, and straight away we headed outside for introductions. Who were we, what was the next adventure we were looking forward to, and what was one thing we wanted to learn from the course? Different answers all round, and we headed inside.

Russ informed us that there would be plenty of brain work throughout the day, and of course he was right. Having split into small groups, we were each presented with an emergency scenario, complete with photo to make it real. My group's was a canyoning accident, a patient injured down the bottom of the canyon. Immediately the emphasis was on assessing the scene and its dangers (slippery rocky ground) and keeping other participants safe before proceeding with an attempt at verbal patient contact. A problem with outdoor accidents is that the patient may be inaccessible, so we looked at ways to seek urgent help. We proceeded to learn primary and secondary patient assessment, and practiced splinting and bandaging skills before heading outside to practice these, as tramping accident scenarios. There was an emphasis on introducing ourselves to the "patient" and asking their permission before assessing their condition and conducting a head to toe search to look and feel for hidden injuries. More splinting and bandaging followed inside. We had the use of a brilliant new type of flexible splint which could be carried in a First Aid kit, but also learned improvisation e.g. using a tree branch to splint a broken leg.

We viewed slides of patient injuries (real life stuff alright) and discussed first aid treatment. The one I remember was of an MTB brake lever through the rider's hand. These slides were not compulsory viewing, and we could take time out if the photos were too graphic.

From there we proceeded to illnesses, and a very sensible suggestion from Russ for all trip leaders: We should check with our trip participants if they have any medical conditions that we should know about, and about any medication they may need. (e.g. EpiPen for allergies to prevent anaphylactic shock).

Before lunch we covered Shock (loss of effective blood circulation) in detail as this could be a problem arising from a tramping accident, before covering heart conditions and CPR, practicing on the ubiquitous "CPR Family" (sadly minus a female)!

During the morning we were each issued with a First Aid Guide, a small pamphlet printed on waterproof and rip proof paper. This can easily be carried in your first aid kit, and contains reminders of accident site and patient assessment, as well as various first aid treatments. I used it throughout the day, and it now lives in my pack emergency bag and goes with me on every tramp, day and overnight.

Most of the afternoon was given over to practicing all that we'd learned in group emergency scenarios on the lawn in front of Pohangina Hall. These involved tramping accidents, a road crash, a climbing accident with a succession of injured climbers roped together, and a trampler with a medical condition sustaining a fall and losing consciousness before I could find out about his medical condition. Patient assessment skills came to the fore, along with the recording of details which can prove invaluable. Russ wrapped Janet up in sleeping bag and tarp to demonstrate how a hypothermic patient can be warmed up without shelter. There was much questioning, head-to-toe injury searching, splinting, bandaging, and reporting patient condition to the roving recorder.

Russ had delivered a lot of information over the 8 hours of the course, and the hands-on practice had been really valuable. At the end of the day we were each issued with an Outdoor First Aid manual, but not a certificate. These came a few days later, by email.

Receiving the manual was essential for me, as I couldn't remember all that I'd been told, so in the 2 days following the course I read the manual from start to finish. It was a great memory prompt as well as being a valuable reference.

Everyone with an interest in any outdoor activity should go on this course – it really is tailored to outdoor emergency situations, and how often do any of us practice first aid in an outdoor situation? I highly recommend this course and look forward to renewing my certificate in 2 years time.

Thanks to Robyn for organising this, and encouraging me to do it. Thanks to Russ for his friendly and expert instruction.





PNTMC Newsletter August 2024

- Upcoming Trips and Club Nights
- Notices: PNTMC Photo Competition, Interclub Quiz and Photo Comp
- Trip Reports Mikimiki Walkway, Matariki at Kuratau, Jumbo Hut, Piripiri Caving, Platinum Mines Loop, Iron Gates Hut social trapping, Outdoor First Aid Course.

Send articles to

the newsletter editor at pntmci@gmail.com

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