

Mphongolo Backpacking Trail Fact Sheet:

Base Camp (depart and ending): Depart from Shingwedzi Camp, Kruger Park

Guests: 4 minimum & 8 maximum (individual bookings can be made but will need min of four guests to confirm the trail)

Duration: 3 Nights & 4 Days

Operational Period: Departures every Wednesday and Sunday between 1 February and 30 November

Location: Mphongolo Wilderness. The area is vast and scenically beautifully with many natural attributes and therefore will ensure a rewarding experience for all participants.

Staff: Trails Ranger and Assistant.

Food: Guests and Guides to provide their own.

Water: Collected from boreholes and natural sources (handheld filtration pumps & collapsible buckets are included as part of the trails rangers' equipment)

Toilet: In the bush – wilderness accepted methods (eg. ogre method - Should you feel nature calling, locate Ogre from your fellow hikers who will take it in turns to carry it. The guide will help you secure a suitably safe place out of sight from the rest of the group and sufficiently distant from any water sources to prevent contamination. Use Ogre to drill a hole and take careful aim. When done, remember to burn the toilet paper inside the hole before you fill it with soil.)

Equipment: Guests to supply their own personal equipment for example sleeping bag, tent, back pack, eating utensils etc.

The Trails Rangers will bring along the following equipment:

- 2 X Water Purification pumps
- 3 x 5l Collapsible Buckets
- 1 x Handheld radio (only for emergencies)
- 1 x Satellite Phone (only for emergencies)
- 1 x collapsible shovel
- 1 x Soil Auger
- 1 x Emergency First Aid Kit

Sleeping at night: Guests and trails rangers to sleep inside lightweight hiking tent

Transport: Group will be dropped off and collected using existing camp based open vehicles (with off road trailer) & guides in the Nxanatseni north region.

Emergencies: Radio & Satellite communications and Section Rangers will be aware in which blocks the trail will be operating.

Age Limit: 12 years - 65 years (Doctors note for over 65's)

Level of Fitness: Guest must be relatively fit

Checklist of What to Bring

Equipment and enough food for the duration of the trail are the hiker's responsibility. It is strongly advised that hikers do not carry more than a quarter of their body weight. As hikers in general tend to overstock, there will be a gear check where you will be weighed with and without your rucksack.

Should you exceed **the maximum weight, the guide may ask you to leave some items** at Shingwedzi Camp.

Remember **what you take along you have to carry - no glass items are allowed on the trail**

Essential Items

- Hiking rucksack
- Lightweight tent
- Lightweight sleeping bag
- Water bottles (2 x 1 litre bottles recommended)
- Cooking and eating utensils
- Small gas stove with spare gas (no cooking fires)
- Comfortable hiking shoes (well used to prevent blisters) and spare laces

- Sufficient clothing & socks, including swim wear and a warm jacket for the cold winter nights
- Food items (lightweight and remember you have to carry all your rubbish out)
- Hat, sun block and sunglasses
- Enviro-friendly toiletries and biodegradable detergent
- Matches or lighter
- Water purification tablets
- Toilet paper
- Plastic bags for refuse and in case of rain
- Insect repellent and malaria prophylaxis
- Own basic medical kit with personal medical requirements (blister kit, allergies)
- Torch with spare batteries (head light is recommended)

Optional Items

- Pencil and paper
- Camera and binoculars
- Isotonic drinks and glucose sweets
- Slip on shoes to wear at night
- Needle and thread
- Mattress pad