



NGĀ WAIRIKI-NGĀTI APA
WHANGAEHU AWA HĪKOI
16-22 December 2016

PLEASE USE BLOCK CAPITALS

First Name

Surname

Address

Marae / Hapū

Date of Birth (DD/MM/YYYY)

Age

M

F

Gender (✓)

Mobile No

Home Phone

Email

Emergency Contact Person (non-participant)

Emergency Phone Number

Doctor Name

Doctor Address

Doctor Phone Number

I am participating in the Awa Hīkoi as a:

Kaihoe Kaitautoko Tamariki

I will be attending the following days:

Fri Sat Sun Mon
 Tue Wed Thur

Please list any **medical/health conditions, prescribed medication** and/or **dietary requirements** that we should be aware of e.g. Diabetic, Asthmatic – Ventolin inhaler.

DECLARATION: I agree that I am participating in this Whangaehu Awa Hīkoi Wānanga of my own free will and agree to participate under the rules that have been provided with this registration form, and any other rules that will further be explained during the course of the Whangaehu Awa Hīkoi Wānanga. In the event of an emergency that may endanger my health, I agree to pay in full, all costs incurred including any costs related to an emergency evacuation. Safety is paramount and the Whangaehu Awa Hīkoi Safety Coordinator will make any final decisions accordingly.

Participant Name: (Please print) _____

Signature: _____

Date: _____



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HĪKOI INFORMATION:

1. There is no cost for this wānanga
2. Registrations close **10 December 2016**
3. All Participants will be expected to participate fully in all Wānanga activities and share group tasks when your allocated group is on duty. This includes the cleaning of all marae and/or camp sites before leaving the site
4. The participants may be required to share preparation and cooking of meals
5. Due to health and safety provisions:
 - a. The age limit to participate as a Kaihoe is 12 years and over. The Whangaehu Awa Hīkoi Safety Coordinator will, at his discretion, consider on a case by case basis, persons under this age being able to paddle on the awa with an experienced supervisor
 - b. Persons under 16 years of age must be accompanied by an adult (adequate supervision is 1 adult:3 Rangatahi)
 - c. The maximum capacity for Kaihoe and Kaitautoko (including tamariki) is 60 persons
 - d. All participants must be reasonably fit and able to swim
 - e. This is an alcohol and drug free event
 - f. All participants are required to bring any prescribed medication they might require
6. All participants will be required to provide their own equipment (please see equipment list below). You will be responsible for your own equipment. Hireage and management of any equipment is your own responsibility
7. The daily programme is subject to change without notice

EQUIPMENT LIST:

It is compulsory for all participants to bring the following items. Please also ensure you name your belongings.

ESSENTIAL ITEMS -				
1x day pack		1x long warm pants		1x pair of sandshoes
1x tent and ground sheet		2x warm jerseys (1x spare for when coming off the awa)		1x pair of water sandals
1x roll mat		1x tracksuit for nightwear		1x rain coat
1x sleeping bag		3x shorts 1X Sun Hat		1 separate rubbish bag for personal wet items/rubbish
1x sheet		3x tee-shirts or singlet (quick dry, not cotton)		1x each of plate, cup, cutlery, bowl, tea towel
1x pillow case		3x thermal tops (woollen)		1x drink bottle
1x small dry bag		2x thermal leggings/long johns		2x towels
1x kayak/canoe (inexperienced and/or between 12-16 years, must have a 2-person canoe/kayak)		1x swimsuit/togs (wetsuit optional)		Sunblock, Lip Balm, Insect repellent, hand sanitiser
Paddle/s		Male – 1x long trousers for whakaeke marae		Environmentally safe toiletries i.e. Eco store body wash
1x plastic water bailer (2L milk bottle)		Female – 1x black skirt for whakaeke marae		Personal First Aid Kit Inc. Diastop, Antiseptic or Iodine and prescribed medications
1x 6 metre rope		2x thick socks		3x toilet rolls
1x life jacket		Underwear		1x torch or head lamp (and spare batteries)
OPTIONAL -				
Mullet or Gill Net (20-30m)		Spear or gaff		Hand line or fishing line



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DAY ONE: Friday 16 December – Overnight at Maungarongo Marae

0900-1000	Off-load boating equipment at Mangamahu Hall
1000-1100	Transit to Maungarongo marae
1100-1200	Pōwhiri
1300-1400	Kai-o-te-rā nui
1400-1730	Kaupapa presentation
1730-1900	Kai-o-te-pō
1900-2100	Karakia – kauwhau
2100-2200	Wā Whakatā

DAY TWO: Saturday 17 December – Overnight at Maungarongo Marae

0600-0700	Transit to Tukino Ski Field
0700-0800	Karakia/Parakuihi
0800-1500	Hīkoi Onetapu to Whangaehu head waters
1500-1730	Wā Whakatā
1730-1900	Kai-o-te-pō
1900-1930	karakia
1930-2200	Wā Whakatā

DAY THREE: Sunday 18 December – Overnight at Maungarongo Marae

0700-0800	Parakuihi/Whakapai marae
0800-1300	Site visit – Karioi Forest
1300-1400	Kai-o-te-rā nui
1330-1730	Site visit – Mangawhero head waters
1730-1900	Kai-o-te-pō
1900-1930	karakia
1930-2200	Wā Whakatā

DAY FOUR: Monday 19 December – Overnight at Mangamahu Hall

0700-0900	Parakuihi/Whakapai marae
0900-1000	Transit to Mangamahu
1000-1330	Whakatau Mangamahu – Settle-in (Tent City)
1330-1700	Water Safety Brief & activities
1700-1800	Kai-o-te-pō
1800-1900	Karakia
1900-2200	Wā Whakatā

DAY FIVE: Tuesday 20 December – Overnight at Kauangaroa Marae

0700-0900	Parakuihi/Whakapai marae/Pack up
0900-1500	Transit Kauangaroa marae
1500-1700	Arrive Kauangaroa/Whakatau/Settle-in (Tent City)
1700-1800	Kai-o-te-pō
1800-1900	Karakia
1900-2200	Wā Whakatā

DAY SIX: Wednesday 21 December – Overnight at Whangaehu Marae	
0700-0900	Parakuihi/Whakapai marae/Pack up
0900-1500	Transit Whangaehu marae
1500-1700	Arrive Whangaehu marae/Whakatau/Settle-in (Tent City)
1700-1800	Kai-o-te-pō
1800-1900	Karakia
1900-2200	Wā Whakatā

DAY SEVEN: Thursday 22 December – Return Home	
0730-0900	Parakuihi/Whakapai marae/Pack up
0900-1300	Transit Whangaehu marae to Harakeke
1300-1500	Māripi Tuatini graduation/Kōrero Whakamutunga/Kua mutu

**** Programme is subject to change without notice**