



Paarl / Wellington Section of the Mountain Club of South Africa

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Welcome! To the Paarl/Wellington Section of the Mountain Club of S.A.

- The Paarl/Wellington Mountain Club is a section of the national Mountain Club of South Africa, and has approximately 123 members of all ages.
- MCSA is a volunteer organisation that was founded in 1891. The club is a public, non-profit organisation established for the sole object of promoting the interests of mountaineering, primarily in South Africa, as a recreational pastime and on a non-professional basis conducting all its activities in a manner that is for the benefit of, and widely accessible to, the general public.
- MCSA consists of various divisions across South Africa, which forms one big family. (Amajuba; Cape Town ; Eastern Province; Free State; Hottentots Holland; Johannesburg ; KZN; Magaliesberg; Namibia; Paarl Wellington; Southern Cape; Stellenbosch; Tygerberg & Worcester) Main website: <http://cen.mcsa.org.za/>. A Central Committee (CENCOM) represents all the sections and has regular meetings with National Parks Board and Nature Conservation and other organisations.
- The Objectives of MCSA are: to further the interests of mountaineering in S.A. and elsewhere. Organize and facilitate mountaineering and climbing. Procure and protect real rights in and access to mountains and mountain areas. Initiate and support the protection of the natural beauty of mountains and to ensure effective conservation management. Provide for the safety and training of mountaineers. Organize search and rescue. Promote scientific study of mountain environments, the preservation of their historical and archaeological sites and the dissemination of information on mountains and mountaineering
- A committee is responsible for running the affairs of Paarl/Wellington MCSA and manage the club's affairs on a voluntary basis in their spare time.
- Membership to our club gives you access to all club facilities, club huts, hiking routes on property owned by MCSA
- You will experience new hiking and climbing routes under the leadership of experienced and trained leaders which are all members of our club.
- We would like you to enjoy your hiking and feel safe and secure at the same time.
- We have a program for day and weekend hikes and informal socials are part of our program. Choose from our day and weekend hikes; check the grading system to ensure that you are capable of completing the hike. Contact the hike leader in advance (least 4 days before date) to check that the hike is on, as cancellations do happen.
- When you are on a hike please ensure you sign the Indemnity forms before the meet.
- The club has a good relationship with **Cape Nature** and we comply with their rules when visiting their areas, e.g., Limietberg, Jonkershoek, Kogelberg, Cederberg, etc. When hiking/climbing in *Nature Conservation areas*, a permit must be arranged by the relevant convenor.
- **Wild cards** allow *free access* but permits are still needed. (The *Wildcard* is a *smart card*, which you renew annually)
- A member is entitled to bring **1 or 2** non-member guests on a meet, if they so desire. Just check with the convenor if numbers allow this.
- The **rock climbing section** consists of a small core of **sport climbers**. **Climbing and bouldering** are mainly done at the Hut, Silvermine in Cape Town, Paarl Rock, Montagu, Cederberg and Kleinmond. Climbers also utilise a private bouldering wall on a farm in Klein Drakenstein as well as City Rock in Cape Town. . Climbing: official meets are also on the list, otherwise contact Iain Smuts or Bruce Powrie for regular non-official climbs.
- **Fees for 2014** are: R195 per adult, R260 per married couple, R90 per student (18 to 25) and R45 per junior. (Junior members need at least one parent to be a member). There is a once off processing fee of R70 per adult and R10 per junior (if a card is required for the junior).

- Members are required to join at least one **maintenance meet** per year to the **Krom River Hut** above the Du Toit's Kloof pass summit. There are 12 maintenance weekends for this year.
- The club has an **AGM** and **year-end function** during November every year.
- The club has a small **library** and storage area for **club gear** on a private farm in Klein Drakenstein. **Club socials & training sessions** also take place at this venue.
- Procedure for joining the club (much the same as other sections):
 1. Make contact with a hiking or climbing convenor.
 2. Request and fill out an **Application form** for the Paarl/Wellington Section of MCSA and a **National List form** for MCSA head office.
 3. Attend any 2 official club meets and let leaders sign application form.
 4. Snail mail your forms & photograph to the Secretary (or hand to hike leader)
 5. New members are ratified at committee meetings. You will be notified immediately after the meeting. You may pay via EFT (the easiest) or hand cash to the leader who will forward it to the Secretary.
 6. If joining after June, only half the annual fees but the same joining fee.
 7. Your National list form and photograph will be sent to head office and your
 8. Membership card will be mailed to you.

The following items are highly recommended for every hike.

A good pair of walking shoes or boots. They must fit well and be comfortable, waterproof and have non-slip soles.

A good quality daypack. (Take your time to shop around and gather information before you invest in a good pair of boots and day or weekend pack).

Spare socks. A hat (wide brim); sunglasses; Sun block, lightweight slacks (thorn protection and warmth) warm clothing (the weather on the mountains can change very quickly. You can start in sunshine and end rain or even snow)

Handkerchiefs or Tech towels (not tissues- they get soggy and wet and cause pollution) money (for gate fees, car guards etc.)

2 litres of liquid e.g. 1 litre of water and a litre of tea or coffee or an energy drink such as Powerade/Game)

(Enough liquid must be consumed to avoid dehydration. Signs of dehydration are: headache, weakness, nausea, dizziness, muscle cramps and stomach-ache.)

Snacks e.g. energy foods high in carbohydrates that digest quickly such as crisps, glucose sweets, energy bars, nuts and raisins, dates, sandwiches, etc.

Have a high carbohydrate dinner and breakfast before your hike and do not forget to eat breakfast before hiking.

Personal first aid e.g. Sticking plaster, headache tablets, insect repellent, personal medication.

If you suffer from asthma, are diabetic or have heart problems please inform the hike leader in advance.

Inform the hike leader if you start getting a hot spot or a blister on your feet so that it can be treated immediately.

Toilet paper (for in case). Remember toilet paper must be buried or placed under a stone. Your personal veldt toilet must be away from running water and foot paths - imitate the cat family (bury everything). Leave only tracks.

A cell phone is for emergencies only. Please switch it off or on silent and if you need to keep it on use it sensibly and to not disturb the hike with your cell phone manners.

Pets, radios and Mp3 players etc are not allowed on hikes.

Please keep the mountain clean. Do not litter! Take your sweet wrappers, bottles and papers home and dispose of them there. Take only photos and leave only footprints!

NO FIRES! If you are a smoker, put the cigarette butts in your pocket and dispose of them at home. The use of gas stoves is forbidden in Table Mountain National Park with the exception of the MCSA hut and other huts on Table Mountain. Contact the authorities and find out where you are allowed to make fire and use gas stoves.