

# Gait to Gate

*for Drought Relief*

4 May – 8 May 2019

Winton, Queensland



## TABLE OF CONTENTS

|   |    |
|---|----|
| 1. INTRODUCTION TO ADVENTURE EXCELLENCE .....         | 2  |
| 2. GAIT TO GATE FOR DROUGHT RELIEF .....              | 3  |
| 3. ITINERARY SNAPSHOT .....                           | 4  |
| 4. FLIGHTS .....                                      | 5  |
| 5. ABOUT WINTON AND SURROUNDING REGION .....          | 5  |
| 6. ABOUT ADVENTURE EXCELLENCE .....                   | 6  |
| 7. THE ADVENTURE EXCELLENCE WAY OF DOING THINGS ..... | 7  |
| 8. WHY TREK WITH ADVENTURE EXCELLENCE .....           | 7  |
| 9. ADVENTURE WITH A CAUSE – HOW TO FUNDRAISE .....    | 8  |
| 10. CHOOSING A CHARITY TO SUPPORT .....               | 9  |
| 11. YOUR PHYSICAL PREPARATION .....                   | 10 |
| 12. MEDICAL CLEARANCE .....                           | 11 |
| 13. INSURANCE .....                                   | 11 |
| 14. EQUIPMENT AND PACKING LIST .....                  | 11 |
| 15. HEAT ILLNESS .....                                | 12 |
| 16. NUTRITION AND WATER .....                         | 13 |
| 17. REAR LINK CONTACT DETAILS .....                   | 14 |
| 18. PRICING .....                                     | 14 |
| 19. WHAT HAPPENS NEXT .....                           | 15 |

***Gait: noun – a person's manner of walking***



## 1. INTRODUCTION TO ADVENTURE EXCELLENCE

Welcome to Adventure Excellence – we're delighted you are considering joining us for the Gate to Gait for Drought Relief trek scheduled for 4 - 8 May 2019. This Information Pack is specifically for this adventure, and we hope you find the information interesting and informative.

At Adventure Excellence our approach is that we are here to help you prepare for, and then complete, unique life changing adventures. Please remember, if you have any questions or require any assistance at all, with any aspect of your physical or administrative preparation, please do not hesitate to give us a call on 1800 955 228, or email Brad Fox at [brad@adventureexcellence.com](mailto:brad@adventureexcellence.com)

An important difference at Adventure Excellence is that we believe in "Adventure for a Cause" and encourage every trekker to raise money and awareness for a charity of their choosing. Every dollar you raise goes to that charity and we'll provide you with all the tips and assistance to make your fundraising easy and successful. It's not uncommon for our trekkers to raise over \$10,000 and have a heap of fun doing it too.

Gait to Gate for Drought Relief has been specifically developed to help our struggling rural communities that are in the grips of the worst drought for decades in some cases, and since records have been kept for others. Later in this document we list several charities that you are able to direct your contribution towards to help drought relief. We do not take any part of the monies you raise – that is all for charity.

The AFA Foundation is an important supporter of Gait to Gate and we welcome the members, supporters and friends of the AFA to the Gate to Gait community. The AFA Foundation will coordinate your fundraising if that is how you happen to have joined the Gate to Gate adventure.



## 2. GAIT TO GATE FOR DROUGHT RELIEF

Much of Australia is in the grip of the worst drought experienced since intensive farming began over 200 years ago.

*“Drought equals destruction and ruin - of our land, our animals, our income, our families...We hurt together, and hurt with and for our animals, who relied on us.*

*One particularly horrible day, when my husband was away, I found a dead cow in one of our dams. I had to swim out to put chains around her neck, so she wouldn't pollute what little water was left. Swimming back to the edge, I was so sick of the whole situation; I alternated between yelling in fury at Mother Nature and begging her to change these clear blue skies to dark rainy ones. Then, knowing the school bus was due home soon, I climbed into the tractor, pulled her out and buried her.”*

*- Fleur McDonald, Author and Farmer*

You can make a meaningful impact in the lives of the families that are struggling with the realities of sustained drought. Most of those affected are not big business (despite the land area of their farms); they are small-business, they are families, they are unique, small communities and they're doing it tough in every sense of the word.

In May 2019, it's your turn to roll up your sleeves and get your hands dirty on the farm; to give a chop-out to our rural communities in desperate need of a hand.

**This is the first Gait to Gate for Drought Relief** – a 5-day fundraising trek starting and finishing in Winton, Queensland that will cross the paddocks, dried water-courses and billabongs, and go from farm-house to farm-house on foot for over 110kms. The aim: to raise over \$500,000 that can provide water and feed for stock, groceries for families, petrol for the car, money for school fees, counselling and mental-health support, and hope.

Winton in central-west Queensland has a unique place in Australia's history, but today is in the centre of some of the worst affected drought area in our country. Famous as the birthplace of Qantas in 1920, and arguably more importantly, the writing of *Waltzing Matilda* in 1895 by Banjo Paterson with musical arrangement by Christina Macpherson.

The Gait to Gate for Drought Relief will be a trek through farming properties in the district. Participants will see, hear, and feel the reality of the landscape and the community, but importantly will bring distraction, entertainment and joy to the families of the region whilst raising money to support drought relief more broadly across Australia through one or more registered charities that specialize in drought support.

Each day, we will trek 20 to 25kms over a period of 6 to 8 hours. It won't be difficult terrain, but it can be expected to be warm to hot (average day temperature of around 28 degrees with cool nights averaging 13 degrees), and dusty. This is one of the most temperate times in the region with cooler days than the peak of summer, but mild rather than very cold nights.

An essential aspect of the trek is the sense of being a part of a mobile community - firstly between the trekking participants, but equally between them and the communities that we will be passing through. Camp fires, barbecues, story-telling, music, poetry readings – a bit of good old Aussie story-telling around the fire with a drink in hand – it's all part of bringing energy, positivity, but reality to the experience.

A few beers, wines and soft drinks will be available at night around the fire on a user pays basis. They will be at backyard barbie prices, not 5-star hotel prices!

### 3. ITINERARY SNAPSHOT

The indicative itinerary is as follows. Minor changes may be necessary due to land owner negotiations or weather conditions:

| Day             | Itinerary  |
|-----------------|--|
| Saturday 4 May  | Participants make their own way to Winton or fly to Longreach* – return transfers from Longreach are included.<br>Arrival registration and trek briefing with equipment supply 3.00 – 4.30pm<br>5.00pm Sundowner at the Open-Air Cinema with Welcome to Country, Drought briefing and barbecue<br>Accommodation: North Gregory Hotel |
| Sunday 5 May    | First day of trekking<br>Approx. 18kms over 6 hours<br>Game of paddock cricket and touch football<br>Accommodation: Swags under the stars  |
| Monday 6 May    | Second day of trekking<br>Approx. 20kms over 7 hours<br>Sunday Roast for dinner with local community<br>Live music and poetry recital<br>Accommodation: Swags under the stars  |
| Tuesday 7 May   | Third day of trekking<br>Approx. 25kms over 9 hours – The Day of the Long Paddock<br>A BBQ with the locals<br>An early night...<br>Accommodation: Swags under the stars  |
| Wednesday 8 May | Fourth Day of trekking<br>Approx. 20 kms over 7 hours<br>Finish back at the North Gregory Hotel, Winton<br>Celebration dinner, awards and presentations, party.<br>Accommodation: North Gregory Hotel  |
| Thursday 9 May  | Travel Day back home in your own time – drive or fly. Transfer to Longreach included for those flying.   |

\*Flights to Longreach – see next page

#### 4. FLIGHTS

Please note that the cost of your Program **does not include the flight to Longreach** as set out in the itinerary. QANTAS airways operates a flight from Brisbane to Longreach on Saturday 4 May departing Brisbane at 7.30am arriving at Longreach 10.35am after one short stop-over at Barcaldine. We are negotiating with them for a package pricing depending on the number of trekkers intending to fly. If you intend to fly then you should let us know and plan to be at Brisbane airport no later than 6.15am on Saturday morning.

The return flight is at 2.35pm on Friday arriving at Brisbane 4.30pm – this is a direct flight.

Adventure Excellence team members will meet you at the Brisbane Airport prior to departure. Dress for the flight to Longreach is casual - shorts, t-shirt, or whatever you're comfortable in. We suggest wearing your hiking shoes/boots so that if luggage is lost or delayed for any reason you will have your most essential piece of equipment with you!

We will provide bus transfers from Longreach to the North Gregory Hotel. This is a journey of around 2 hours meaning you will arrive in Winton at around 1.00pm to book into the accommodation. Lunch is at your own expense and we encourage you to have a look around Winton prior to the briefing that will take place at 3.00pm.

#### 5. ABOUT WINTON AND SURROUNDING REGION

*Winton has a rich history with links to the Great Shearers' Strike, Waltzing Matilda and Qantas, but today the town is almost as well known for something far more ancient - dinosaurs.*

*The first prehistoric discovery in Winton Shire was made in 1962, on Cork Station – a fossilized footprint. This led to the discovery of the world's only recorded dinosaur stampede, now known as the Lark Quarry Dinosaur Trackways.*

*Later discoveries, of no less importance, were the then largest dinosaur skeleton found in Australia, a 20-30 ton Sauropod, nicknamed 'Elliot', discovered on a property outside Winton in 1999, and his friends, more Sauropods of varying sizes and types.*

*It was not until 1848 that Ludwig Leichhardt is thought to have passed through the area on his attempt to cross the continent. Augustus Gregory followed 10 years later searching for Leichhardt. Explorers John McKinlay, William Landsborough and Frederick Walker also passed through the area in 1861-62, looking for Burke and Wills. European settlers took up land around Winton from 1866 and the first properties were Elderslie, Vindex, Bladensburg and Oondooroo. The town was officially gazetted on 5 July 1879.*

*In 1895, 'Banjo' Paterson wrote Australia's unofficial anthem Waltzing Matilda at Dagworth Station in Winton Shire, and legend has it that it was first performed in public at Winton's North Gregory Hotel. Years later, in 1920, QANTAS was formed in Winton.*

*The region's low annual rainfall made it ideal for sheep and up to 1.5 million sheep have been grazed during past good seasons. However, modern downturns in the pastoral industry have forced residents to consider new economic opportunities.*

*The Waltzing Matilda Centre is a popular tourist attraction and because of its links to Australia's 'national song', Winton now hosts the annual Bronze Swagman Bush Poetry competition. The boulder opal industry has also contributed significantly to the local*

*economy. The resolution of Native Title issues through an Indigenous Land Use Agreement for small mining claims has rejuvenated the industry, which is expected to grow steadily.*

- \*Information courtesy of the Winton and District Historical Society.

Participants may like to visit the Waltzing Matilda Centre in Winton on the Friday afternoon. It tells the story of Waltzing Matilda and the Outback Region. It combines an art gallery, museum, eatery and unique award-winning architecture.

Further information about the region is available from the following sites:

<http://www.matildacentre.com.au/>

[http://www.winton.qld.gov.au/web/experience-winton\\_redundant/history](http://www.winton.qld.gov.au/web/experience-winton_redundant/history)

## 6. ABOUT ADVENTURE EXCELLENCE

Adventure Excellence has been developed by Brad Fox as an independent Australian adventure company that provides life-changing, unique adventures that bring meaning and purpose to life. In short, we create **Adventure with a Cause**. Getting out there and tackling a mountain, the desert, a jungle, or the open water is personally challenging and rewarding, but Adventure Excellence clients' do it with a greater purpose in mind – they do it for charity.

From climbing the high-altitude mountains of the world, bespoke trekking, endurance kayaking, walking safaris through big game areas of Africa, unique corporate Road Trips, to the ultimate adventures covering Australian military history, Adventure Excellence can deliver programs on any continent that are uniquely challenging, safe, high quality, and above all else, memorable. As a client of Adventure Excellence, you will achieve your own ultimate 'dinner-party story'.

The Adventure Excellence team, backed by its alliances and network of elite adventurers and medics, offer industry know-how and a record of accomplishment that is second to none. **Your success and safety are central to our operating philosophy** - that is why we travel with a medic or doctor on every adventure program; it is why we offer detailed training programs in the months leading up to your adventure; and it is why we deliver a superior level of support throughout the program. Your success and safety are paramount and that is why we don't compromise on price or support.

The Adventure Excellence team members have helped raise millions of dollars through their support, ideas, encouragement, and guidance. We pride ourselves on achieving the market-leading level of fundraising per participant, and importantly, 100% of those funds go direct to their chosen charity.

Some of the Adventure Excellence Team Leaders' fundraising success stories include:

- Crossing Bass Strait in Kayaks raising \$250K for charity
- Crossing the Simpson Desert on foot raising over \$1million for charity
- Summit of Mt Kilimanjaro, Africa raising over \$1million for charity
- Delivery of 58 full Kokoda expeditions raising funds and awareness for charities

## 7. THE ADVENTURE EXCELLENCE WAY OF DOING THINGS

Travelling to remote and challenging destinations demands extra attention to detail, on the ground knowledge and experience, seamless operations, and high-level risk management. Adventure Excellence takes every precaution to ensure your adventure experience is memorable for all the right reasons.

Our superior level of personal service and professionalism, team members, alliances, industry know-how and track record allow us to handle every detail no matter how large or how small. What's more, we deliver what we promise. Adventure Excellence understands that **our clients want an adventure experience that ultimately delivers success, within a safe, challenging, and memorable environment.**

**Preparation, planning, safety and success are the hallmarks of the Adventure Excellence Way of doing things.**

## 8. WHY TREK WITH ADVENTURE EXCELLENCE

The Adventure Excellence team's adventure record (safety and success) is second to none:

- Our team leaders have guided more than 2,000 clients safely and comfortably across the Kokoda Trail.
- Our success rate, and safety record, is the single best of all Kokoda Operators.
- Our success rate for climbing Mt Kilimanjaro is World Class, both in terms of successful summits and more importantly, personal health and safety.
- Our team leaders planned, organised and led the first Anzac Day Kokoda Service, which was televised live into Australian homes by David Koch and the channel Seven Sunrise team.
- Our team leaders planned, organised and led the 2011, 2012, 2013, 2014 and 2015 Soldiers Kokoda Programs, taking well over 100 wounded Australian Soldiers, and Parents/Spouses of Soldiers Killed in Action, across the Kokoda Trail.
- Our team leaders were selected as the organiser and leaders of the Humpty Dumpty Foundation Charity Mount Kilimanjaro ascents completed in 2009 and 2010 raising over \$1million.
- Our team leaders successfully led the first Bravehearts Adventures, a 7-day Crossing of Bass Strait and an 86-hour crossing of the Kokoda Trail, raising in excess of \$450,000 for Bravehearts.
- Several unique, safe and successful climbs to Everest Base Camp have been led with the involvement of Jamling Norgay, son of Tenzing Norgay.

Adventure Excellence team leaders have led politicians Kevin Rudd, Joe Hockey, Mal Brough; sporting legends Mal Meninga, Vicki Wilson, Allan Border, Jane Fleming, the Hawthorn and Brisbane Lions Football clubs; as well as John Singleton, Lachlan Murdoch, General Sir Peter Cosgrove, actress Holly Brisley, media personalities Mike Munroe, David Koch and the channel Seven Sunrise team, and channel Seven's "Sunday night" program on adventures. You, like them, are in safe hands.

**Every Adventure Excellence experience is led by a minimum of two Australian adventurers to ensure your safety and success.**



## 9. ADVENTURE WITH A CAUSE – HOW TO FUNDRAISE

People are at their best when they are giving to something greater than themselves.

It is basic human nature to seek connection, belonging and meaning – and when you achieve these three things simultaneously it means you have a true sense of purpose. A reason for being.

Doing the training, the preparation, and ultimately the journey of the Kokoda Trail whilst fundraising for the benefit of a charity will generate this true sense of purpose for you. Whether you raise a little or a lot, you will have the support of others, the sense of belonging to a cause, and the knowledge that what you are doing matters. You can choose to support any Registered Australian Charity.

We will help set you up to succeed in your fundraising endeavour. It's an essential part of how we measure the success of our team in achieving our own Purpose:

***To inspire others to do adventures with a charitable purpose so that they grow personally through making a difference in the lives of others.***

We consistently find that there are three compelling benefits to joining an Adventure Excellence travel experience:

- The feeling of success from achieving a personal goal
- Significantly improved personal mental and physical health and well-being
- A sense of purpose from helping others through charitable fundraising

...not to mention creating your ultimate dinner party story!

We will provide you with the ***Adventure Excellence Fundraising Handbook*** that has all the tips and traps in leveraging your preparation and training to help reach your fundraising goal. It's amazing how much people will support someone who is physically exerting themselves in the name of a good cause!

An on-line fundraising page will make it convenient and easy for you to receive donations and messages of support. It also makes it easy for you to thank and acknowledge those people that are getting behind you.

Adventure Excellence is deeply committed to helping Australian charities. We do not receive any of the funds raised – 100% of the donations go to the nominated charity. We also do not charge the Charity an administration fee, nor do we charge a charity registration fee to you as the adventurer. We only receive the adventure fee which you pay directly to us.

We love adventure and we love seeing the life-changing effect that our adventures have on people. We also love hearing about and seeing the life-changing effect our trekkers have on the people that receive support from their chosen charity. **It moves us all from a 'position of success' to a 'place of significance'.**

## 10. CHOOSING A CHARITY TO SUPPORT

Drought relief is needed in a variety of regions right across Australia and consequently there are numerous charities to choose from that provide support of various kinds to our many drought affected communities.

Choosing the charity to support is up to you. It's a personal decision but it does need to be a Registered Australian Charity for your supporters to get a tax deduction for contributing to your fundraising tally. We don't endorse or suggest any particular charity.

Here are a few that you might like to consider that provide drought relief:

- Australian Red Cross <https://www.redcross.org.au/campaigns/drr-drought-acq-loy-tq>
- Rural Aid/But a Bale <https://www.ruralaid.org.au/buy-a-bale/>
- Drought Angels <https://www.droughtangels.org.au/>
- Aussie Helpers <https://aussiehelpers.org.au/>
- Lions Need for Feed <http://www.needforfeed.org/>
- Salvation Army <https://salvos.org.au/about-us/news-and-stories/disasters-other-appeals/2018-droughts/>

We recommend establishing a fundraising page with [www.everydayhero.com](http://www.everydayhero.com) as your collection engine. They have proven to be effective and good to deal with. We do not have any business association with them. Their service provides a wonderful community aspect for those that support you as you can post and keep them up to date with your training and progress. They do deduct a fee from donations for providing the administration and community platform, however the donor often adds the admin cost to their donation so that your chosen charity receives the amount initially intended.

Our fundraising handbook will assist further with this.

For those fundraising for drought relief through the AFA Foundation, they will provide the links to register you within the AFA Foundation page of the Everyday Hero website.

## 11. YOUR PHYSICAL PREPARATION

As your program involves over 100kms of the Australian Outback you need to prepare physically so that you complete the trek safely and comfortably. We take your preparation seriously.

**The Gait to Gate is rated 3/5 on the adventure scale. This is not a particularly hard or difficult adventure however it does require walking over 20kms on consecutive days, it will be dry and dusty and potentially hot. Most adults and teenage children will have little difficulty completing this adventure. The training we provide will increase your level of comfort.**

Details of our comprehensive 8-week training program will be provided separately to you after your booking is confirmed. We will supervise your pre-trek preparation program. You will receive regular phone calls or emails to guide you through your training and you are very welcome to contact us to discuss your preparation at any time. You will be invited to join a closed social media group to share your training and preparation journey with your fellow trekkers.

The regular contacts are essential and allow us to:

- provide direct and constructive communication
- identify any strengths or apparent weaknesses
- amend or modify your program for travel, illness or injury
- monitor the results and progress of your training, and
- ensure that you are completing the training!

**Your training program is a proven program** that, if followed as prescribed, will ensure you have an enjoyable and successful trek. The program has been designed to identify any potential shortfalls in your preparation at any time throughout the training. You would need to inform us if you have an injury, are unable to train for any reason, or are finding the training too difficult.

We have succeeded in preparing everyone from full-time desk-jockeys, to stay-at-home parents, elite sportspeople, wounded soldiers, and everyone in between. Ultimately though, the amount of preparation that you do will reflect in your level of comfort during the trek.

Most importantly, we will know from the built-in assessments in the program, along with your feedback to us, if you are not completing the training as prescribed.

If this is the case, and we believe you will be below the physical standard required to complete the Gait to Gate safely, or present risk to yourself or your trek team, we will in the interest of all concerned, have no hesitation in recommending you defer your trek to a later date. **If you complete the training as prescribed in the program, you will complete the Gait to Gate safely and comfortably. We have the track record to prove it.**

We do recommend you commence your training **prior** to the 12-week program should you believe that your current fitness level would make it difficult to complete a relatively flat 6km walk in under 65 minutes.

## 12. MEDICAL CLEARANCE

Closer to your trek we will provide you with a Medical Clearance Form for completion by your Registered Medical Practitioner. It is essential that this is obtained and provided to Adventure Excellence fully completed at least one-month before departure, but not more than 90 days prior to the trek. We suggest that you inform the medical receptionist that you are seeking a medical clearance when making the appointment, so they can schedule an appropriate length consultation.

## 13. INSURANCE

Adventure Excellence carries public liability insurance to protect against any negligence only, and 'participation' risk is excluded from cover.

**It is essential that you arrange your own travel insurance policy immediately** after paying your deposit to protect you in the event of sickness, injury, emergency or evacuation. A policy that includes cover for repatriation costs to Australia is recommended.

## 14. EQUIPMENT AND PACKING LIST

All group/general trekking equipment required for the Kokoda Trail is provided by Adventure Excellence, including your short trek shirt, hat, pack, swag, food and water, sleeping bag, and sunscreen. Once you have booked with us we will provide you with a list of the personal items you will need to pack – there are not many as we provide most things for you.

**Your backpack, water-bottle, mug and spork, and sleeping-bag are provided for your use by Adventure Excellence** on arrival in Winton. During the time that you are trekking, you will leave your bag/suitcase and non-essential gear at the hotel in Winton and collect it again upon our return after the trek. Please note that there is no requirement to bring a large suitcase as your clothing requirements will be quite basic. The dress standard at the hotel in is relaxed/casual.

### **Trekking shoes/boots**

We highly recommend that you purchase a suitable trekking boot or adventure type shoe (if you have strong ankles then a lightweight adventure type shoe such as a trail runner may best suit you).

It is important that you get used to walking in the boot/shoe, socks and shorts you are planning to wear on the trek. Once you have booked with us we will provide you with our recommendation on shoes, socks, and getting the right fit.

### **Trek shirts and caps**

You will receive an Adventure Excellence trek shirt and cap when you arrive in Winton.

We recommend you walk in the same shorts (and lycra-pants), your trek shirt and cap each day on the Trail. At night, you we recommend changing into light weight clothing and sandals to let your feet breathe. This is perfectly adequate and reduces any excess weight in backpacks due to non-essential clothing.



### **Trek sandals**

We recommend a pair of lightweight sandals or thongs for the trek. These are worn at night, lunchtime and during breaks.

Most trekkers strap the sandals to the back of their packs for easy access during the day. Using an inexpensive carabiner makes this easy and convenient. You do not need to spend a lot of money on the sandals and you can purchase them from K-mart or Target for around \$20 or less for thongs.

### **Hiking/walking poles**

We don't consider these necessary for this adventure however if you have a personal preference to use them then feel free to bring them with you.

### **Personal first aid kit**

Adventure Excellence carries a comprehensive medical kit on the Trail which alleviates the requirement for you to carry a large personal first aid kit. However, it is recommended that you bring a small waterproof zip lock bag containing a small amount of personal medical supplies.

### **We provide a checklist of recommended and optional medical kit inclusions for you.**

These items will allow you to self-treat any small ailments such as nicks or cuts on the Trail with antiseptic as a preventative measure against infection in the tropical environment of PNG. Please discuss your personal medication requirements with your Trek Leader or Doctor immediately prior to the commencement of the trek (in Port Moresby).

## **15. HEAT ILLNESS**

Heat illness can occur when your body temperature rises above normal, or when your body is no longer able to regulate heat loss. All Adventure Excellence treks include a qualified Wilderness Medic or Doctor to identify, treat and prevent illness. We have the absolute best safety record of all the Kokoda Trekking service providers.

There are four stages we need to consider:

- **acknowledgment** - any form of heat illness will impact on the body's ability to perform. Be aware that it takes time for the body to return to its normal state prior to performing again.
- **dehydration** - this is the initial stage of a heat illness. It's the mildest form of heat illness in which your body simply suffers from a lack of fluid.
- **heat exhaustion** - this is the next step beyond dehydration. If not treated immediately serious injury can result.
- **heat stroke** - this is the worst stage of heat illness. Without proper medical attention a victim can die within minutes.

### **What causes heat illness?**

There are several contributing factors that increase your chances of suffering from heat illness. Some of the factors to be aware of when training and on the trek include:

- high humidity
- high temperatures
- sun exposure
- lack of water and electrolyte consumption
- lack of physical and mental preparation

- lack of observation - from an individual and a collective level
- excessive activity and exertion
- coffee and alcohol consumption
- medications, especially diuretics
- other illness, especially vomiting and diarrhoea.

### **What do I need to look for?**

Firstly, acknowledge that you need to be aware of the warning signs and be content with the fact that your assigned trekking buddy and other trekkers will be looking for signs that dehydration is setting in. As with over-training and overuse injuries, our major concern with the following warning signs is that most people tend to ignore them until it's too late. Catch these signs early enough and you won't have any problems. Ignore them, and you could become very ill:

- thirst
- headache
- nausea
- cramps
- dizziness
- weakness, no energy
- confusion
- hot, dry skin
- weak, but rapid heart rate
- low blood pressure
- rapid breathing.

Another indicator that is so easy to check but often forgotten is the colour of your urine. If it is dark in colour it is a strong indicator of dehydration. When urine is clear or light in colour it is a good indicator that the body is well hydrated.

Training smart would suggest drinking water every 10–15 minutes or as required. Most importantly, be observant of yourself and others around you. Remember, when you hear the words “water up” repeat the words and ensure you have a mouthful of water, at the same time ensuring your buddy has a mouthful as well.

## **16. NUTRITION AND WATER**

### **Post exercise**

Replenishing your energy stores post exercise is integral to your overall performance and subsequently your goal. There is an abundance of research highlighting that rapidly replenishing muscle glycogen stores dramatically reduces the time needed to recover before the next quality training session. The outcome is enhanced performance and reduced risk of injury.

What do you need to do? It's simple - eat carbohydrate rich foods immediately after exercise when the muscles are most receptive. The first two hours post exercise is when muscle resynthesis rates are maximised.

### **On the Trail**

Our catering will ensure you are well fuelled for the task! Three meals a day plus snacks are included.

It is essential you advise us at least one month before the trek if you have any medical dietary restrictions and we will work with you to cater for those.

You are welcome to bring a small amount of personal snacks – a personal favourite is biltong. But it all adds weight in your pack.

You might like to consider using a sports drink powder (such as Hydralyte Sports) to add to the water to aid recovery and improve the taste of the purified water. We recommend at least one litre of rehydration formula to be consumed daily, plus other water as required. Look for brands that have a high count of electrolytes including potassium.

## **17. REAR LINK CONTACT DETAILS**

Adventure Excellence has a reliable and safe link via satellite phone throughout your trek. If at any time during the trek your family or business needs to get an urgent message to you this will be available. Full details of our contact person will be provided prior to departure.

## **18. PRICING**

### **Single registration**

The Gait to Gate for Drought Relief price is \$3,300 if you enrol as an individual. This includes GST. This price includes twin-share accommodation for the first and last night. A limited number of single-room supplements are available at a cost of \$190 per person – this covers a single room upgrade for both nights at the hotel.

A \$1,000 deposit is required to secure your place on the trek., with a further \$1,000 instalment to be charged 30 days later. The balance of your payment is required by 4 April 2019.

### **Team registration**

We are also offering a 4-person team price of \$11,000 including GST. This represents a shared discount of \$2,200 per team. As a Sponsor Support Team you will be recognised in our marketing as a supporter, you will receive an individual certificate of support with your team name upon int, and also have your team name embroidered on your trek shirts.

Teams may be your business name, your family name, or let your own creative thoughts flow in naming your team – but lets keep it clean!

A \$3,000 deposit is required to secure your place on the trek., with a further \$3,000 instalment to be charged 30 days later. The balance of your payment is required by 4 April 2019.

**The initial deposit for Single and Team registrations is non-refundable. We do permit substitutions to attend the trek subject to a medical clearance.**

## 19. WHAT HAPPENS NEXT

- 1) Please read, sign, and return by email the Registration Form – a photo of the completed form is the easiest way to do this for most people. Email the photo of your completed form to [brad@adventureexcellence.com](mailto:brad@adventureexcellence.com)  
For Team registrations please have each individual provide a form.
- 2) Once we receive the signed Registration Form and we have processed your deposit payment, we will confirm your place on the trek and email you the:
  - a) Adventure Excellence Fundraising Handbook to help get you on your way to raising much needed money for drought relief. You will need to choose your charity. The handbook has all the tips and traps to make your efforts successful. Sharing your preparation, training, and motivations are all important ways of enriching your adventure experience and increasing your fundraising.
  - b) Pre-Adventure Health Questionnaire including a fitness pre-assessment task that will determine an appropriate starting time for your pre-trek training schedule.
  - c) Pre-Adventure Medical Clearance for completion by your doctor within 90 days of the trek commencement date.
  - d) The Adventure Excellence Terms and Conditions which will need to be signed and returned within 7 days.
- 3) We recommend you immediately purchase a travel insurance policy once your deposit has been processed.

The trek will be an emotional experience, and some of that emotion will come from the sense of camaraderie that you will find developing with your fellow trekkers. Completing an adventure with a family members or friends can deepen the experience even further so feel free to share these details with them and perhaps they may like to join you on your quest.

Finally, remember that we are here to make your adventure successful, memorable, and life changing so if we can be of assistance, just let us know.



# Gait to Gate for Drought Relief

## PARTICIPANT REGISTRATION

4-9 May 2019



Email your completed form to [brad@adventureexcellence.com](mailto:brad@adventureexcellence.com)

I would like to participate in the **Gait to Gate for Drought Relief 2019** with Adventure Excellence

☐

Individual \$3,300

☐

Support Sponsor Team of Four \$11,000 (\$2,750 each)  
Attach the individual forms for each team member

### REGISTRANT DETAILS

Name (Individual)

Support Sponsor Team Name (if applicable)

Email

Phone (Mobile)

Address

### PAYMENT DETAILS (A Tax Invoice will be emailed upon your deposit payment being processed)

☐

**INDIVIDUAL PAYMENT:** I authorise payment of the initial \$1,000 deposit by credit card to secure a place.  
I also authorise a second deposit instalment of \$1,000 to be charged to the same credit card 30 days from today.

OR

☐

**TEAM PAYMENT:** I authorise payment of the initial \$3,000 deposit by credit card to secure the team's place.  
I also authorise a second deposit instalment of \$3,000 to be charged to the same credit card 30 days from today.

☐

Mastercard (1.05% surcharge)

☐

Visa (1.05% surcharge)

☐

Amex (1.75% surcharge)

Name on Card

Card Number

Expiry Date

3 or 4 Digit Security Number

Signature

Date

**The balance of your trek fee is payable in full by 4 April 2019.**

#### Deposit Terms and Conditions:

You must be over 18 years of age at the time of the trek, or be over 14 years old and accompanied by a parent or adult guardian. Paying the deposit secures your place subject to you achieving a satisfactory medical sign-off from your doctor. If you are subsequently unable to attend for medical or personal reasons, you will be offered a place on another trek date within 12 months of the date of this trek. We recommend that you purchase a travel insurance policy as soon as possible after registering for the trek as this will usually provide you with financial protection in the event that you are subsequently unable to attend for medical or personal reasons. An 8-week training and preparation package will also be provided to you. You will be required to provide your own footwear and shorts. We provide nearly everything for your trek including swag, packs, meals, sleeping bags, hotel accommodation, and transfers from Longreach airport. By signing this form you acknowledge that the initial \$1,000 deposit is non-refundable, that the second deposit installment will be deducted in 30 days time, and that the balance is payable in full on or before 15 March 2019. The full terms and conditions will be provided to you within 2 business days of receipt of this Registration Form. All fundraising is conducted directly between you and your chosen charity. Adventure Excellence does not receive any portion from your fundraising either directly or indirectly. We will provide you with our Fundraising Guidebook to help your fundraising success.



Adventure Excellence Pty Ltd ABN 91 628 065 270  
T 1800 955 228 | E [brad@adventureexcellence.com](mailto:brad@adventureexcellence.com)