

Women's Hinchinbrook Island Pre - departure Information

Hello ladies,

Your sea kayaking expedition is approaching, and we thought we would take this opportunity to provide you with some pre-departure information concerning your trip.

Please find below some basic information that will ensure a smooth transition into your kayaking holiday.

Please note, this trip is not escorted by one of our Team guides. We are very good friends with the guides at Coral Sea Kayaking who are incredible and are looking after your adventure.

Getting to Mission Beach

As you may be aware from previous correspondence when booking; all women are responsible for their own transport and accommodation prior to and after the completion of the expedition.

The closest Airport to Mission Beach is Cairns (2 hrs drive). Possible transport options include: Car rental, MissionLink bus service, Greyhound bus service, Premier bus service. We recommend Mission Link as they have a direct service from the airport to your accommodation in Mission Beach.

Pre-departure meeting

The evening prior to your expedition departure a meet and greet will be held to discuss the expedition itinerary, meet the rest of the ladies and your guides and answer any last-minute questions. Your guides will supply you with complimentary dry bags for packing your personal gear into as well as a sleeping mattress and any other gear necessary to be supplied and packed prior to departure. Your guides will also bring waiver forms which will need to be filled out before participating in the trip.

Your guides will outline the expedition proceedings and inform you of a pick-up time from your accommodation in the morning. This time can vary due to tidal movements and so your guide will let you know at the meeting.

On day 1 of the expedition guides from Coral Sea Kayaking will pick you up from your accommodation and on the final day will drop you back at your accommodation or another location if required. We finish the trip in Mission Beach at approximately 3- 4pm on the final day.

Pre-departure meetings will be held at **Mission Reef Resort where you are booked at 7:00pm** the evening prior to departure, please meet your guides in the front lobby.

Gear

Our partners at Coral Sea Kayaking will provide all specialised kayaking equipment and basic camping equipment (including tent) for the trip. We also cover all National/Marine park entry and camping fees and all food on tour. Personal clothing for kayaking, camping and all other specific personal camping gear is the responsibility of the customer. Please see a list below outlining the basic items a customer must provide.

On all our trips we are totally self sufficient so space is limited, it is therefore necessary to pack light. We provide 2 waterproof dry-bags for your personal equipment and clothing, the larger drybag (40 Litres) is not accessible whilst paddling. We will also provide a smaller deck drybag (10 Litres) for items that need to be accessed whilst on the water.

As part of our upgraded Covid 19 safe practices we are no longer providing sleeping mattresses for customers from late 2021 onwards. Due to the increased hygiene risk of sleeping on used mats we would ask that customers provide their own sleeping mats for the trip. To allow mats to fit in our tents we require sleeping mat dimensions to be less than 200cm L and 90cm W per mat. Please also keep in mind that all mats must be small enough to be rolled and stored in a kayak hatch. If you do not own a mat and cannot borrow off a friend or family member, then we do have a selection of professionally laundered mats which include a hygiene barrier that can be rented off Coral Sea Kayaking for a small charge. Please contact our office for further details about sleeping mat rental.

The list below is a basic list of suggested items. Not all items are mandatory and by no means is this an exhaustive list, so common sense with your interpretation is essential.

Packing List

- Lightweight and compact sleeping bag and inner-sheet (for warm climates)
- Sleeping mattress; less than 200cm L and 90cm W inflated dimensions (please contact us if you wish to hire one)
- Small travel pillow
- Travel towel or sarong
- 2 shirts to wear whilst paddling (please avoid cotton, long sleeves advisable)
- 2 pairs of quick-dry shorts/boardshorts/swimwear/underwear
- Sandals, reef shoes, runners or other suitable footwear for watersports and island environments
- Lightweight pair of trousers (to wear around camp)
- 1 – 2 lightweight shirts (to wear around camp, long sleeves recommended)
- Lightweight warm jacket or jumper (to wear around camp)
- Lightweight thermal top (polypro, smart wool or capilene)
- Lightweight waterproof rain-jacket
- Lightweight socks
- Small torch and batteries (a head torch is handy for camping)
- Minimal toiletries (biodegradable soap/shampoo) toothbrush/paste
- Medications/ personal medical supplies (see section on medical matters)
- Plenty of sunscreen, zink and lip balm
- Insect repellent (we provide some group supplies)
- Sunglasses with retainer
- Wide-brim hat or cap for sun protection is essential
- Water bottle 1 to 2 litres minimum
- Gloves for blisters and sun protection (sailing and cycling gloves work well)
- Neck buff

Optional Extras

- Camera Binoculars
- Small fishing rod or handline
- Book/magazine or writing journal
- Personal snorkelling gear (otherwise we have generic masks/snorkels)
- Pack of cards/games
- Lightweight hammock
- Device/phone and small battery pack for charging.

Gear We provide

- Comfortable quality tents
- Camp chair
- Dry bags for personal gear
- All kayaking specific equipment
- Safety equipment, expedition medical kit, Sat phone, PLB/EPIRB
- All camp kitchen equipment and shelter
- Appropriate toileting facilities including toilet paper.

Dietary requirements and medications

All relevant dietary requirements and pre-existing medical conditions should have already been outlined on your booking and medical forms when first making the reservation on the kayak trip. If this is not the case or if your situation has changed please contact our office as soon as possible.

Luggage and car storage during the trip

Mission Reef Resort where you are staying under Women Want Adventure will store your spare luggage that you are not taking on the kayak trip for you.

Beverage Service

This trip provides a basic complimentary alcoholic beverage service of a house red wine and house white. With most size groups the provisioned volume usually equates to 1 standard drink per evening. If you prefer to drink more than this quantity then we recommend that you provide some of your own beverages to supplement the expedition stocks. When buying alcohol please keep in mind that you are on a sea kayaking expedition and all beverages must be stored in a kayak that has limited storage space, so please consider volume. Lower volume beverages like wine, port and spirits are easier to store and take up less room in the kayaks than beer, ciders etc. Also, excessive drinking is not advisable whilst on expedition.

If you have any questions about your upcoming trip with Women Want Adventure please don't hesitate to contact us.

Ph: 0403918346

E: womenwantadventure@outlook.com