



# women want adventure overland track

pre-departure information



## contents

- introduction **2**
- documentation **2**
- trip organisation **2**
- daily routine **3**
- money matters **4**
- destination facts **5**
- responsible travel **5**
- clothing & equipment **7**

this way to adventure  
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THIS DOCUMENT SHOULD BE READ IN CONJUNCTION WITH TRIP NOTES

your notes/check list

## introduction

We are pleased that you are joining Tasmanian Expeditions on our Women Want Adventure Overland Track trip. Your preparations during the lead up to your trip are critical and can affect how much you enjoy your travel experience. The more prepared you are with regards to your fitness, gear and understanding of the nature of the tour, the more relaxed you will be and the easier you will be able to fully participate in the program. These notes have been compiled to help with your trip preparation. All the information has been carefully researched, although you should appreciate that details will change from time to time. Please read the contents thoroughly and if you have any questions, do not hesitate to contact the Tasmanian Expeditions office staff.

## documentation

### visas

- Most visitors to Australia require a visa obtained prior to arrival.
- Passport holders from the following countries can apply for the Australian Tourist Visa online prior to their arrival which allows you a stay in Australia for up to 3 months:
  - Canada
  - United States
  - United Kingdom
- New Zealand passport holders do not need to obtain a visa prior to arrival they will be granted a visa on arrival.
- \*All other nationalities should check with your nearest embassy or consulate.

### travel insurance

Comprehensive travel insurance is a requirement of attendance on all of our trips. The cost of medical and hospital care in Australia can be very expensive. In addition to medical expenses, your insurance policy should also cover cancellation and curtailment, baggage loss or damage, emergency travel, repatriation, personal accident and evacuation from a remote area. It is your responsibility to ensure that you are fully insured before leaving home. Please contact us or your travel agent for details.

## trip organisation

### trip briefing

The Overland Track commences with a **COMPULSORY** pre-departure briefing at Tasmanian Expeditions offices at 3/33 Churchill Park Drive, Invermay. It is **ESSENTIAL** that you make your travel arrangements to enable you to attend this briefing and that you bring along all of the gear that will be used on your trip.

The briefing will be approximately 2 hours in duration and will include:

- Opportunity to meet your fellow group members over a complimentary hot beverage
- Overview of the itinerary and objectives of the tour
- Cross-check of required gear and clothing
- Distribution and packing of all hire gear requested and/or included in the tour price
- Explanation of what is expected from the group and individual participants
- Outline of inherent risks of the trip and our emergency procedures
- Explanation of conservation strategies and Leave No Trace principles
- Forecast weather conditions
- Confirmation of pick up times and locations for the following morning's departure
- Opportunity to pack your backpack and leave it with your guides, ready for the following morning

### our leaders

Tasmanian Expeditions guides are leaders in the field. Well qualified in all aspects of leadership in the wilderness, our guides will enhance your experience by sharing their in depth knowledge of local areas along with their passion for the natural world. The gentle encouragement they provide through each and every day and the careful attention to every individual will ensure you are kept safe, well fed & inspired and ensure you go home with unforgettable memories.

### what happens if I encounter a problem on my trip?

In the unlikely event that you have a problem or complaint during your trip, please speak to your guide or leader without delay. We cannot fix things once you have returned. If after advising your leader or guide the problem is still apparent and has not been resolved to your satisfaction, please explain this to the leader/guide and also contact our office (if possible)



for further advice. Please do not wait until the trip is completed before bringing any matter to our attention as 99% of problems are easily and quickly resolved locally without affecting your enjoyment. Tasmanian Expeditions are committed to ensuring you have the best holiday experience and we will do our best to resolve any problem in a timely manner.

## dietary requirements

Provided we are advised in advance we are able to cater for vegetarian diets, and can assist with food intolerances. Please ensure you discuss your requirements with us at least a month prior to your trip to determine whether we can cater for your dietary needs. Please note that options are likely to be limited in remote locations or alternatives can be more expensive or unavailable and there may be times when those with special requirements need to provide their own food. As we are unable to guarantee a nut-free or allergen-free trip we strongly encourage travelers with severe or life-threatening allergies to take all necessary medical precautions. Guests must travel with all necessary medications for allergies and be capable of self-administration.

## changes in travel arrangements

Once the trip has commenced, should you decide to alter any of your travel arrangements you must make these extra arrangements yourself. They are not the responsibility of Tasmanian Expeditions or our local partners, nor are any associated costs.

Note that while every effort will be made to follow the itinerary provided, in the event of natural disturbances or other unforeseen factors which are beyond our control and prevent our travelling to a particular area, we reserve the right to substitute an alternative activity for that section of the trip. It is unlikely to happen, but itineraries are subject to change and this is all part of the adventure of travelling.

## daily routine

### hiking routine

Each day, each group and each guide can influence details of the itinerary but the following gives you an idea of daily timing:

Mornings start with a hot drink call from your guides. They then prepare a nourishing breakfast whilst you pack up your equipment and prepare for the day. After breakfast and complete pack-down of camp we set off for the day's walk.

The morning walk is usually 3-4 hours with numerous breaks along the way. Lunch is served on the trail which provides the chance to take off your pack, put your feet up and enjoy the magnificent scenery.

The afternoon walk is usually shorter than the morning walk, getting us to camp with time for setting up our tents, exploring, or just relaxing with a hot drink and a chat. Over a scrumptious, hearty dinner your guides will give a briefing on the following day's activities.

## equipment provided

We provide you with good quality equipment however you may choose to bring your own gear.

### equipment provided



## what you carry

For your expedition you will need to carry all equipment in a full trekking backpack that is 75-90 litres in capacity. Depending on the quantity of personal gear and toiletries the average pack weight will be between 14-18 kilograms. This will need to include the following items:

- Sleeping bag
- Inflatable mat
- Portion of the shared tent
- Portion of the group food
- All personal items that you have decide to bring along
- All wet weather gear

## accommodation on the trip

The 5 nights of the tour will be spent camping along the track at designated commercial campsite areas. These areas have timber platforms for our tents to be pitched on and nearby rainwater tanks and composting toilet facilities. Tasmanian Expeditions provides strong, 2 person, bushwalking tents (twin share), which provide each occupant with a personal access door and vestibule for individual use. Our tents weigh between 2.0 and 2.5 kg and this weight is shared equally by

## your notes/check list



each occupant. We use a range of high quality 3-4 season tents which have been trialed and tested to withstand all weather conditions that may be encountered on our adventures.

## camp setup

On our trips we kindly ask for you to 'muck-in' to help our guides keep everything running smoothly. They will teach you how to put up your tent, and then putting up and pulling down your tent will be your job on the trip. You will also be responsible for packing up your own sleeping bag, sleeping mat, and all personal gear. While our guides will prepare the evening meals your offer of help to clean the dishes (if you have the energy) will be much appreciated. Please be prepared to help around camp if needed.

### campsite



## meals

Tasmanian Expeditions aims to provide quality wilderness meals to meet the satisfaction of all our guests. Our guides have remarkable wilderness culinary skills and pride themselves on the variety, quality, nutritional levels and presentation of their meals and their ability to cater to a wide range of dietary requirements. Each guide is able to select their own menu for the destination. Depending on the length of the expedition, some meals will use dehydrated product to lighten loads carried by the group. You will be given your own personal bag of snacks to consume at your leisure throughout the trip so you always have a source of energy ready at hand. Please feel free to bring along your own favourite snack to complement the ample food provided.

- Breakfasts - ranges from cereals to delicious porridge accompanied by a steaming hot pot of 'bush' coffee.
- Lunches - variation each day, wraps, rice cakes or fresh salad rolls with an assortment of cold meats
- Dinners- varies from trip to trip, 2-3 courses, fresh Tasmanian foods where possible.

### meals



## beverages

Apart from hot drinks at meal times (fresh coffee in the morning, tea and hot chocolate in the afternoon) beverages are not included as part of your trip price. Water tanks are provided along the track for drinking water. Please keep in mind that any other beverages you choose to bring will add to the weight of your pack.

## clothes washing on the trip

We want to leave the wilderness the way we found it. For this reason we do not encourage using any detergent for washing clothes on trip. You may be able to rinse them when we have access to enough water, but make sure the weather is in order for the clothes to be able to dry. In short, be prepared. Pack enough to last the trip without having to wash.

## money matters

### currency

- Australian dollar
- Most major currencies are easily changed in Hobart or Launceston although it might be wiser to have them exchanged on the mainland enroute just to be safe.
- Credit card facilities and ATM's are readily available in Launceston and Hobart, however it is not recommended to rely on these solely when travelling in the country regions.
- Traveller's cheques, which are increasingly becoming uncommon to use, can be harder to change in rural areas and will incur a fee.

### your notes/check list



They are a safe way to carry money but not as easy to use as ATM's or credit cards.

## spending money

- You will not need any spending money on the track itself. There will be opportunity to visit a cafe before we start walking, and the Visitor Centre at the end of the track, where you may like to purchase something.

## tipping

- Tipping is not customary in Australia, however in restaurants it would be acceptable to leave 10% of the bill if you are happy with the service provided, although it is not mandatory.

## destination facts

### Tasmania

#### time

- Tasmania observes Australian Eastern Standard Time which is UTC/GMT+10

#### language

English

#### climate

- Tasmania's weather is notoriously changeable.
- Temperatures are among the lowest in Australia, but it's a beautiful place to experience the changing seasons, such as autumn colours, which is not common on the mainland.
- In summertime Tasmanian daytime temperatures can reach the 30°C's, but are more regularly in the 20°C's
- Rain and cool evenings - even snow - are possible at anytime in Tasmania, even in summer.
- In Hobart, average daily temperatures vary, on average, from a minimum of 12.6°C (55°F) to a maximum of 22.2°C (72°F) in January; to a minimum of 4.9°C (41°F) to a maximum of 12.3°C (54°F) in July.
- In Launceston, average daily temperatures vary, on average from a minimum of 12°C (55°F) to a maximum of 23°C (73°F) in January; to a minimum of 2°C (36°F) to a maximum of 12°C (54°F) in July. Unlike

other parts of Tasmania, Launceston rarely receives snow.

## dangers & annoyances

Tasmania has 3 species of snake, all of which are venomous. However bites are extremely rare and medical assistance is available.

A highly aggressive ant, the Jack Jumper, is found across Tasmania. Their sting is very painful & in susceptible individuals medical attention may be required.

## security

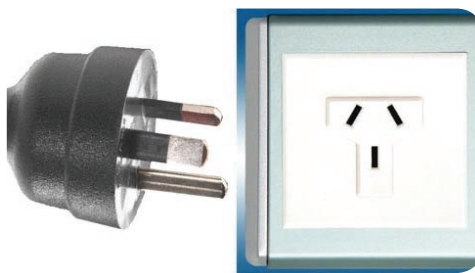
- We accept no responsibility for the loss of, or damage to, any valuables or equipment whilst on the trip. With all adventure travel, it is best to leave unnecessary valuables at home or in a safe at your hotel. We recommend you do not bring any jewellery on this trip. If you depend on glasses or contacts it is a good idea to carry a spare set in case of loss or damage.

## electricity

There are no electrical power outlets on the track.

- Electricity in Australia is 230 Volts, at 50 hertz. The pin type is I (3 flat prong).

### electrical plugs



## responsible travel

### leave no trace

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage Area.

We follow a 'Leave No Trace' policy to minimize the impact we have on these areas. It is our priority to leave these areas unspoiled and as they were for all future visitors to enjoy.

## cultural considerations

- Ask permission before taking photographs of people.

### your notes/check list



## environmental issues

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage Area.

We follow a 'Leave No Trace' policy to minimise the impact we have on these areas. It is our priority to leave these areas unspoilt and as they were for all future visitors to enjoy.

Our environmental policies together with your help and co-operation will ensure that we can safe guard the pristine wilderness areas in which we operate. Our minimal impact/leave no trace principles specific for your adventure will be introduced at the initial group briefing and reinforced by your leaders when required out in the field.

In February 2013 we achieved Ecotourism Certification at the ECO IV level for all the tours we own and operate.

The ECO Certification Program is a world first, developed to address the need to identify genuine nature and ecotourism operators. It is also now being exported to the rest of the world as the International ECO Certification Program.

## health & fitness

### vaccines

- Due to the chance of cuts and scratches in the Australian bush, we strongly advise that you be up to date with your Tetanus vaccine.

### mental & physical preparation - am I ready?

To obtain the greatest value and enjoyment from your trip, we recommend that a regular training program is implemented prior to joining. Walking similar distances and carrying a loaded pack at least 2-3 times a week leading up to your trip will help achieve this goal.

### staying healthy

To maintain hygiene while travelling, we recommend carrying a small tube of hand washing gel to clean hands. You should also carry a small reusable bag with you during the day to collect your rubbish and dispose of it when a proper receptacle is available. Hot water for hand-washing will also be available each night in camp and after lunch. Warm water in wash basins will be available each morning on trek for bathing. A toilet tent will be erected each night in camp while trekking.

We suggest you have a check up before leaving home.

## medical forms

Our medical form is included with these notes and we ask you to return it at least 70 days before departure. You can complete this yourself, unless you have a pre existing medical condition or are over 70 years of age in which case you must have your doctor complete and sign before returning it to us.

If you book within 70 days, you will not receive your final documents until you have provided us with a completed form (if required, refer above).

If you become aware of any change in your health and fitness that may be likely to affect participation on the trip (eg Pregnancy, mental illness, heart or bronchial disorders, broken limbs etc.), you should notify us in writing immediately. You must be in good health and physical condition and are strongly advised to follow our pre departure fitness training recommendations, where necessary.

## personal medical kit

- While your guide will carry a comprehensive medical kit for any accidents that may occur, it is your responsibility to bring sufficient quantities of any specific medications you require. Consult your doctor before departure so that he/she knows the conditions under which you will be taking the medication. Advise us of any side effects of any medication you take and of any dietary requirements related to taking them.
- We suggest that each passenger bring for his or her own use:
- Sun screen SP30 (a water resistant variety is recommended)
- Lip balm (which contains sunscreen)
- Band-aid strips
- Blister protection (eg: Blistex or Compeed pads)
- Elastic bandage or sports strapping
- Aspirin, Paracetamol, Ibuprofen or equivalent headache remedy
- Antiseptic hand wipes or hand washing gel
- A pair of nail scissors and tweezers
- Staminade, or a similar electrolyte preparation - good for adding to your water bottle as a refreshing drink and for fluid replacing purposes

### your notes/check list



## clothing & equipment

### general considerations

#### Plan well in advance and prioritise your requirements for the trip

This allows you to make the most of your holiday and the time and money you have invested in it. Make a list of things you must attend to within a certain time frame before departure and strike them off once they are done. Give priority to the most important aspects affecting your participation on the trip eg your footwear, wet weather gear, buying a new camera, obtaining a new passport, and so on.

#### Check what gear you own already

Sort fully through what gear you have and make a pile of what is definitely suitable and in good condition, and those that are 'possible' and perhaps subject to review and replacement. Make a list of 'must haves' and 'like to haves' when it comes to gear so that you do not become confused when shopping in the variety of outdoor shops. Buy the must haves before like to have and think of your future needs when making a sizeable purchase of gear.

### technical clothing & layer system

Garments should all be interchangeable for efficiency and effectiveness within the range of climates you encounter in the wilderness. Bear this in mind when making new purchases. The layering system consists of a base layer, mid layer and outer layer, which applies from head to toe.

#### Base Layer

The base layer is designed to wick moisture away from your skin, keeping you dry and comfortable when you're working hard, as well as warm when temperatures drop.

Most commonly base layer materials have been synthetics such as polypropylene and polyester. These are technical fabrics that absorb moisture and are quick drying, lightweight and durable.

Base layers come in light, medium and heavy weight, some with half zip and collar that protects from sun or very cold conditions - which one you chose depends on the end use. For example, during daytime temperatures and when you are working hard you may wish to choose a light weight base layer, on a summit day or in adverse weather conditions you should use a heavy weight. The fit should be

snug but not constrictive, and you can also combine a light weight layer with a heavier weight for extra warmth when needed. Wool (merino) is also an option and has become very popular in recent years due to finer and more consistent fibre diameter. This modern wool has the advantage of being very comfortable, is available in different weights, wicks moisture and does not smell during extended use. Keep in mind that wool takes longer to dry than synthetics and is usually a bit heavier.

#### Mid Layer

The mid layer is your "warmth layer" it provides insulation, retaining your body warmth.

Wool and synthetics work best. Zips enable you to vent and avoid overheating, fit should not be constrictive.

A mid layer can be in the form of a "softshell" or "fleece" full sleeved jacket.

#### Outer Layer

The outer layer is a fully waterproof layer with high breathability. The most widely known fabric is Gore-tex, however there are other high performing technical fabrics available which are both waterproof and breathable.

The waterproof qualities of the fabric will keep out the wind and rain, whilst the breathability allows moisture (perspiration), to escape.

#### Wool versus synthetics

In recent years wool has become quite popular and many people use wool in different thicknesses as base layers. Whilst wool is soft and comfortable, keep in mind that it is not as quickdrying as synthetics and polypropylenes, and can also be slightly heavier but it certainly is far more 'odour free' over extended periods! You can also combine these layers together dependent on the conditions.

#### Softshell versus fleece versus synthetic fill

Softshell is a very versatile fabric and can be used as a mid layer, as well as an outer layer so long as the conditions are not too wet. It is not a waterproof layer however it can be used in very windy and slightly wet conditions without having to add your outer shell (gore-tex or similar). While Softshell was the preferred option for mountaineers and outdoor enthusiasts, the synthetic fill nylon jackets are taking over because of their superior warmth, lightness, compactability and water resistance. Fleece is not windproof, and is more bulky than softshell or nylon/synthetic fill jackets, but are a less expensive option.

#### Keeping warm at high altitudes or on winter treks

The key to keeping warm is adequate planning. When you reach camp in the afternoon change into warmer clothes before you get cold. Do

### your notes/check list



not wait to get cold before you change as it is far easier for the body to maintain heat rather than regain warmth. Have quality layers next to the skin; a dry, clean thermal layer is ideal. Get into your sleeping bag overdressed, you can always remove layers of clothing to cool down rather than trying to heat up. Your drinking water bottle (filled up with hot water at dinner time) can act as a hot water bottle in your sleeping bag once wrapped in some clothing. Remember to allow some ventilation in your tent at night as no ventilation allows condensation from your breath to build up causing ice to form on the inside of your tent. If rain is approaching put on your waterproofs before you get wet, do not wait until after you are wet. Keep your head warm with a beanie and your neck warm with a scarf or high roll-neck top. Wear gloves/mittens and have a spare pair of dry gloves.

## gear rental

If you would like to save on luggage or costs, you can hire adventure gear from:

[www.wildislandadventure.com](http://www.wildislandadventure.com)

Phone: Oscar - 0499 994 246 or Holly - 0422 732 467

Email: [wildislandhire@gmail.com](mailto:wildislandhire@gmail.com)

**PLEASE NOTE:** You are more than welcome to bring along any personal gear or clothing that is PROVIDED in the cost of the trip. However no discounts will be provided for doing so and all items MUST be inspected by your guides at the pre departure briefing.

## your notes/check list



- Walking Trousers** 1 packed   
Quick drying synthetic fabric  
- Not cotton
- Polartec Jumper** 1 packed   
Good quality long sleeve thermal synthetic fleece OR good quality wool jumper
- T-SHIRTS or shirts** 2 packed   
Trekking t-shirts both long and short sleeve with thermal/wicking/quick dry properties  
- Not cotton
- Thermal Tops & Bottoms** 2 packed   
Long base (sleeve & leg) layer thermals preferably high wicker wool blend or synthetic
- Casual Trousers** 1 packed   
Warm light weight trousers for camp wear
- WALKING BOOTS** 1 pair packed   
Sturdy Hiking boots
- CAMP SHOES/SANDALS** 1 pair packed   
Camp footwear to be sturdy and preferably have frontal toe protection  
- Teva, Keen, Crocs, Soloman or Chaco are all potential brands
- SOCKS** 3 packed   
Good quality thermal wool blend
- UNDERWEAR** packed   
Enough for daily wear
- Warm Hat** 1 packed   
Beanie
- Sun Hat** 1 packed   
Preferable broad rimmed for full face and neck sun protection
- Gloves/Mittens** 1 packed   
Wool or poly propylene

## your gear list

### Clothing

PROVIDED	Quantity required
<b>Gaiters</b>	1 pair <input checked="" type="checkbox"/>
Knee High - Sea 2 Summit or Quagmire - weighs approx 200 & 350 grams respectively	
ESSENTIAL	Quantity required
<b>WATERPROOF JACKET WITH HOOD</b>	1 packed <input type="checkbox"/>
Gortex or similiar	
<b>Overpants</b>	1 packed <input type="checkbox"/>
Water Proof Pants	

#### HIGHLY RECOMMENDED Quantity required

- DOWN Jacket** 1 packed   
Synthetic or down filled jacket

#### OPTIONAL Quantity required

- EARPLUGS** packed
- Swimming Costume** 1 packed



## Equipment

### PROVIDED Quantity required

**Backpack** 1 provided

70-90L classic canvas backpack  
- Wilderness Equipment  
Approx 2.8kg in weight

**Waterproof Packliner/Large Plastic Bag/Stuff Sack** 1 provided

to pack your clothes etc as additional protection from rain

**Tent - 2 person** provided

Wilderness Equipment I-Explore or Eureka Mountain Pass weighs approx 3.5kg or 2.7kg respectively. Weight is shared amongst 2 people

**Tent - 1 person** provided

Wilderness Equipment DART 11 - weighs approx 2kg - If required due to uneven group numbers only

**Self-Inflating Sleeping Mat** provided

Thermorest or similar inflatable sleeping mat

**Sleeping Bag & cotton inner sheet** 1 provided

Mont Zodiac 700 (Down) -4 degrees  
- weighs approx 1.2kgs

### ESSENTIAL Quantity required

**HEADTORCH** 1 packed

Light weight head torch  
- carry spare batteries

**SUNGLASSES and neck strap** 1 packed

good quality, dark lenses with 100% UV

**WATER BOTTLE** 2 packed

1 litre wide mouth and leakproof bottles or water bladder system

**TRAVEL TOWEL** 1 packed

Light weight quick drying

**PERSONAL MEDICAL SUPPLIES** packed

refer to detailed list in this document

### HIGHLY RECOMMENDED Quantity required

**CAMERA** packed

**Day Pack** packed

This is a small compressible backpack of around 20-30 liters to carry your personal requirements for each day's activity. Preferably waterproof.

### RECOMMENDED Quantity required

**Trekking Poles** 2 packed

Light weight good quality trekking poles for support and stability

### OPTIONAL Quantity required

**TOILETRIES-no soaps** packed

Keep to a minimum as we don't allow soaps to be used in the waterways. Wet wipes are not encouraged as they need to be carried out.

## your notes/check list

