

## Women Want Adventure Ningaloo Reef FAQ'S

### Getting there

- **How will I find the group at Perth Airport?** Go to the gate for your flight. Your guide will be waiting for you. We also have a Facebook Group to connect the ladies prior to departure. If your guide is already in Exmouth they will meet you at the Exmouth airport. Your guide will be in contact via text, but look out for a group of women at the airport gate.
- **Who will pick us up at the airport when we arrive in Exmouth?** We will! It's a very small airport so you won't be able to miss us.
- **What happens after we get picked up from the airport in Exmouth?** We drive into town in the bus, get fitted with gear, then onto our Base Camp 1.5 hours away in Cape Range National Park.
- **If I'm flying into Exmouth earlier, where should I meet the group and what time?** Please meet us at 7 Craft St PO Box 796 Exmouth, WA 6707. We will email/text you the time to meet us. Usually between 3-3.30pm.
- **How do we get to the airport on the last day?** We have a bus to take us for *one drop off time*. The bus will pick the group up from the resort around 11am. This time may vary depending on when the bulk of the group has their departure flight.

### Packing

- **How will I know what to pack?** A packing list will be sent to you upon booking.
- **What kind of bag should I bring?** Please bring a large duffel bag (or travel bag) for your clothing and a small daypack. We have a bus that will take your gear to our Base Camp and your bag does not need to fit in a kayak. We return to base camp after each day via vehicle.
- **Do I need to pack a rash shirt?** If you have your own, bring it! Otherwise we have rash shirts provided.
- **Do I need my own wetsuit, mask and snorkel?** No. We have all gear provided for you and will do a fitting upon arrival. You're welcome to bring your own wetsuit if you prefer along with a mask and snorkel. A steamer will be too hot and we don't recommend. A spring suit is best if you feel the cold.
- **Does our bag need to fit inside the kayak?** No. Bags are transported right to your tent as we set up a base camp.
- **Do I need a little carrying bag or backpack?** Yes. A daypack for your items to carry for hiking or on the boat for the shark tour component.
- **Do I need to pack nice clothing for the night we have dinner?** Up to you, the restaurants are nice and most women dress casual (jeans/throw on dress etc). There are no fashion statements in Exmouth! Wear what you are comfortable in.

- **Do I need to bring my own sleeping bag?** No. We provide sleeping bags, mattress, pillow and sheets. If you prefer your own sleeping bag you're welcome to bring it with you.
- **Do I need hiking boots or shoes for the walks?** You will be just fine in joggers. Bring your boots if you feel more comfortable.

## Activities

- **How long are we kayaking for each day?** Our days start on the water between 8.30am-9.00am and finish between 2.30pm-3.30pm. You can expect to be back at camp around 4pm each evening. Average kayaking distances are between 8km-12km.
- **What do I wear in the kayak?** Swimmers, rash shirt or long sleeve shirt, shorts or tights. Something on your head for sun protection and sunglasses. You may also want to bring your thermal top with you on colder days.
- **What kind of shoes would I wear in the kayak?** River shoes or sandals are best. K-mart or BIG W, have cheap pairs.
- **Are the kayaks single or double sea kayaks?** Double kayaks, unless we have an uneven number and will swap around the single so everyone can have a go.
- **What if I'm a little scared of snorkelling or don't know how to do it?** Your guides will help you every step of the way. We buddy up and make sure we are with you every kick of the way. You will also be given a tutorial.
- **Is there walking involved on land, and if so, how much?** There are two walks we undertake to Yardi Creek Gorge and Mandu Mandu Gorge. Both of these are classed as easy/moderate and are about 1.5 hours and 2 hours respectively. Although they are classed easy it is advisable to have good walking shoes as it is a desert environment and the trail is somewhat rocky with some up hill sections. We also ensure plenty of water is taken but we have never had a member not love these walks as they are spectacular in their own right.
- **Do I need hiking boots for the hikes?** Hiking boots are not mandatory. Ladies find that their joggers are fine to walk in, as the distances are not too long. The track is hard and compact so comfortable enclosed footwear is recommended.

## Swimming with Whale Sharks/Humpbacks

- **Are there other people on the boat?** Yes. The boat we book holds 20 people and most of the people are us! There will be other people to join the swim if the boat is booked out.
- **What is the best season to see whale sharks at Ningaloo Reef?** April through to July. It is very unlikely not to see one.
- **What time do we get back to the resort after the day swimming with the whales?** Around 4.30-5pm
- **Will the company provide wetsuits or snorkels?** Yes, they provide all gear.

- **Does the company provide breakfast and lunch on the boat?** Yes. Breakfast, lunch and snacks are all provided and we have sent through your dietary requirements.

## Dietary

- **I have a gluten/vegetarian or specific diet, do you cater for me?** Yes. You are required to inform us of your dietary requirements prior to departure (and at least 3 weeks prior if any changes). We will then be able to cater for you.
- **\*Please make sure you are specific with your dietary requirements. We cannot make changes once the trip has commenced and do not take preferences.**
- **What sort of meals can we expect to eat?** Good healthy food is important to us on trips. We make a range of vegetable dishes, stir-fries, curries and meals to best cater for the groups dietary requirements. Always plenty of fresh fruit and a variety of options. Lunch is a variety of salads, wraps, meats and vegetables.
- **Can I bring my own snacks?** Yes of course however we have plenty of healthy snacks provided for you plus a little chocolate!
- **Are their vegetarian options available for meals?** Yes of course.
- **Is alcohol provided?** No. We do stop off for purchasing alcohol before we go camping for 5 days. Our trucks have generated fridges to keep food and drinks cool. You will be able to purchase in Exmouth before leaving for camp.
- **Will there be coffee and tea?** Plentiful!

## Base camp

- **Where is our base camp location?** Bungleup is our Base Camp for the kayaking component. Our camp is 1.5 hour south of Exmouth town in the Cape Range National Park.
- **Are there hot showers at camp?** We have solar showers with hanging solar bags to have a shower each night. Water is limited however everyone gets the chance to wash off the salt water.
- **Do we sleep in a tent?** Yes. The tents are spacious and provide plenty of room for your gear.
- **What about a pillow? Do I need to bring one?** You're welcome to bring your own pillow but we provide these at camp.
- **Can I have a single tent?** Yes. There is a single tent supplement with our providers for \$100 +gst. Please contact us to book this in prior to departure.
- **What type of toilet facilities will there be? Will I go in the bush?** There will be pit toilet for the camping component.
- **Is there reception at the Base Camp?** No reception, how good is that! It's best to message your family in Exmouth before we go out of range for the week.

## Accommodation

- **What is the name of the hotel we stay at in Exmouth?** Mantarays Ningaloo Resort.
- **Does WWA organise any additional accommodation?** No. If you decide to stay on prior, please contact the resort to arrange your onward stay.
- **Is it twin share at the hotel?** Yes. Single supplements can be arranged, however this incurs a full room booking fee and must be done at the time of booking as the resort sells out quickly.
- **If I want to stay on after the trip, can I stay in the same room?** This may not be possible as we book a large apartment for our groups. You may need to check out of the room and check back in later to a new room.
- **What are the room sharing arrangements at the resort?** Two ladies per room/ twin share. Rooms are very large and very nice!

## Other bits and bobs

- **How many ladies are in our group?** 10 – 12 women with two female kayaking guides.
- **What is the weather like?** Expect the days to range between 24-30 degrees and the nights to fall to 15-17 degrees. There can be very windy days or calm. It all depends on the weather forecast for the week but we called the weather Gods for a good weather window!
- **What are the water temperatures like?** Inside the reef expect 19-21 degrees. Outside the reef with the whale sharks the temperature is usually 3 degrees warmer.
- **Should I buy an underwater camera?** This is a hard one! Many of us, including your guides have underwater cameras and will be taking photos of you and the group to share. There is also an underwater photographer on the whale shark day taking photos to share for free. We do suggest bringing one of your own because the reef is absolutely amazing.
- **What if I need to call home in an emergency? Is there a way my family can contact me?** Yes. Both guides have satellite phones and can call home in emergency situations only. If there is an emergency at home and your family need to call, please give them this number – 0477 685 123. Leave a message and our team in Exmouth will travel into Base Camp to pass on your message.
- **Do I need any cash with me?** It is a good idea to carry some cash with you as there is a visitor information centre in Cape Range National Park. There are also lots of shops in Exmouth for little presents.
- **Can I charge my phone/camera at camp?** Yes.

## Contact

- **Who can I contact and speak with for more information?** Please contact us at [womenwantadventure@outlook.com](mailto:womenwantadventure@outlook.com) or call 0403918346.