



women want adventure - walls of jerusalem circuit

pre-departure information



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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 - Walls of Jerusalem Circuit 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

joining instructions

You will need to make your own way to the Tasmanian Expeditions offices for your pre-departure briefing on Day 1 of the trip, but at its conclusion your guides will be happy to transfer you back to your central city accommodation. On Day 2, your trek commences with a transfer from your accommodation in Launceston at approximately 8am. Your exact transfer time and location will be confirmed at your pre-departure briefing.

trip briefing

The tour commences on DAY 1 with a **COMPULSORY** pre-departure briefing at Tasmanian Expeditions Offices, 3/33 Churchill Park Drive, Invermay at 12:00 pm on the day before departure. 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/clothing required for your expedition with you.

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 and WWA 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.

pre and post tour accommodation

If you would like advice on where to stay in Launceston before and after your trek, please ask your Tasmanian Expeditions reservations consultant.

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, each guide may influence itinerary details but the following will give you an idea of daily timing.

Mornings will start with a hot drink call from your guides. They will then prepare breakfast, whilst you get ready for the day and pack up all your equipment. After breakfast the guides will finish their last minute packing and then set off for the day's walk.

Each day is different but usually the morning walk is 3-4 hours in duration with numerous snack, photo and water breaks along the way. A leisurely lunch is served which provides the chance to put your feet up, take photos, or simply enjoy the magnificent scenery around you.

The afternoon walk is usually shorter than the morning walk getting us to camp with plenty of daylight and time for exploring, relaxing or just enjoying a welcome hot drink and a chat. A hot dinner and dessert is served around 7pm with time to tell a few stories and hear a brief on the following day's activities.

Your guides will not expect any assistance but will appreciate it if you have the energy to help collect drinking water when arriving at camp, wash up the lunch dishes in readiness for the evening meal etc.

what you carry

For your expedition you will need to carry all equipment in a full trekking backpack that is 75-90litres in capacity. Depending on the quantity of personal gear and toiletries the average pack weight will be between 17-20kg. This will need to include the following items:

- Sleeping bag and inner-sheet
- 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

your notes/check list



A comprehensive gear list is available from the reservations office that details what clothing and equipment is required for each expedition. It is specific to each type of trip and clearly sets out what equipment is included in the tour cost and what you will need to supply.

accommodation on the trip

The first three nights of the tour are spent at various scenic campsites throughout the National Park. Facilities will be limited but the scenery spectacular.

The last two nights in the Walls of Jerusalem National Park are spent at Wild Dog Creek base camp. Situated in the shadow of the areas highest mountain, King David's Peak (1499m), we set up our twin share tents on a maze of elevated wooden platforms. A permanent kitchen and dining platform provide rustic shelter from the elements and a panoramic spot to enjoy a hot drink, a chat about the day's events and a hearty evening meal together. A composting toilet & fresh drinking/washing water is also available.

We provide 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 each occupant. We use a range of high quality 3-4 season tents which have been trialled and tested to withstand all weather conditions that may be encountered on our adventures. Brands that are most commonly used are Wilderness Equipment and Eureka.

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 trip. While our guides will prepare the evening meals the group may take turns each evening to clean the dishes. Please be prepared to help around camp.

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.

beverages

Apart from tea and coffee at meal times beverages are not included as part of your trip price. You are welcome to bring other beverages on the tour, but please keep in mind that they 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.

your notes/check list



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

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

We recommend you bring an International adapter.

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

responsible travel

cultural considerations

- Ask permission before taking photographs of people.

environmental issues

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage Area. It is our priority to leave these places unspoilt and as they were for all future visitors to enjoy.

The Leave No Trace principles and minimal impact travel practices specific for your adventure will be introduced at the initial group briefing and reinforced by your guides

your notes/check list



when required out in the field. Following our 'hygiene' suggestions listed in this brochure is a productive first step in helping the environment. Our environmental policies together with your help and cooperation will ensure that we can safe guard the pristine wilderness in which we operate.

In 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. The program is 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.

fitness

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. You should also include full pack, multi day walks in your training program.

mental & physical preparation - am I ready?

The Walls of Jerusalem Circuit is a moderate to challenging bushwalk with some long days, big packs and variable conditions. Physical and mental preparation, and having the correct equipment, cannot be highlighted enough. Walkers must come open minded and ready for a wonderful experience whatever the weather and whoever the group. Your Tasmanian Expeditions guides will be working hard to enhance your trek and maximise your safety, but this particular trip is not always suitable for first-time bushwalkers. We encourage you to contact our reservations office if you have any queries about your suitability for the Walls of Jerusalem Circuit – we love to hear from you and are happy to answer any and all questions.

staying healthy

Tasmanian Expeditions is deeply committed to ensuring the natural heritage and wilderness values of Tasmania are undiminished for

generations to come. The following policies and techniques for personal hygiene in the wilderness will help to reduce our impact and ensure our trip is sustainable:

-Please keep toiletries to an absolute minimum. This is a benefit to the environment and to the weight of your pack! If you bring biodegradable products their suitability will be discussed at your pre-tour briefing. We suggest embracing the 'bush look' and leaving shampoo, soaps and hair products behind. Natural 100% Tea Tree oil serves as a good antiseptic soap/shampoo alternative.

-Toilet paper is provided and composting toilets are available only at Wild Dog Creek Camp. In the wilderness we need to dispose of waste as per Leave No Trace Principles, which will be explained by your guides.

-On this trek there are some opportunities to refresh yourself with a swim or bathe in lakes and streams. We recommend bringing a quick drying micro/travel towel for washing and drying.

-Please note that if you choose to bring wet wipes/moist towelettes on the track it is required that you carry them out again in your own backpack as there is no rubbish disposal on the trail and wipes cannot be put in the composting toilets.

-If possible, organic/natural brands of toothpaste, sunscreen, insect repellent and deodorant are preferred.

-Hand sanitiser will be provided at mealtimes and around camp. Having a small personal quality is also recommended – 60ml is sufficient.

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 40 days before departure. You can complete this yourself, unless you have a pre existing medical condition or are 65 years of age or over in which case you must have your doctor complete and sign before returning it to us.

If you book within 40 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

your notes/check list



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

clothing & equipment

gear rental

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

www.wildislandadventure.com

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

Email: 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 gear list

Clothing

PROVIDED	Quantity required
Gaiters	1 provided <input checked="" type="checkbox"/>
Knee High - Sea 2 Summit or Quagmire - weighs approx 200 & 350 grams respectively	
ESSENTIAL	Quantity required
Waterproof Jacket (with hood)	1 packed <input type="checkbox"/>
Durable 3 layered Gortex or similar (eVent, hydronaute etc). Breathable with wind stopping properties. It must fit comfortably while carrying a backpack. Knee length is preferable Can Hire prior to departure	
Overpants	1 packed <input type="checkbox"/>
Water Proof Pants Can Hire prior to departure	
Walking Boots	1 pair packed <input type="checkbox"/>
Robust, high cut ankle covering, fully waterproof (Gore-Tex equivalent and or full leather) + good quality sole (Vibram) and breathable	
Thermal Underwear (top & bottom)	2 sets packed <input type="checkbox"/>
Long base (sleeve & leg) layer thermals preferably high wicker wool blend or synthetic Can Hire prior to departure	
Fleece Jacket	1 packed <input type="checkbox"/>
Good quality long sleeve thermal synthetic fleece OR good quality wool jumper Can Hire prior to departure	
Walking Trousers	1 packed <input type="checkbox"/>
quick drying synthetic fabric - no cotton	
Casual Trousers	1 packed <input type="checkbox"/>
Warm light weight trousers for camp wear - polartec is recommended - no cotton	
T-Shirts	1 - 2 packed <input type="checkbox"/>
Trekking t-shirts both long and short sleeve with thermal/wicking/quick dry properties - no cotton	
Camp Shoes	1 pair packed <input type="checkbox"/>
Camp footwear to be sturdy and preferably have frontal toe protection.	

your notes/check list



your notes/check list



Sun Hat 1 packed

Preferable broad rimmed for full face and neck sun protection

Warm Hat 1 packed

Beanie or Balaclava

Gloves/Mittens 1 packed

Socks 3 packed

Good quality thermal wool blend

Underwear packed

normal amount for daily wear

HIGHLY RECOMMENDED Quantity required

Down Jacket 1 packed

Synthetic or down filled jacket (high loft)
Can Hire prior to departure

RECOMMENDED Quantity required

Earplugs packed

useful if you are sharing with a snorer

OPTIONAL Quantity required

Swimming Costume 1 packed

Equipment

PROVIDED Quantity required

Backpack 1 provided

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

Nylon packliner 1 provided

Large nylon waterproof packliner - Sea
2 Summit - weighs approx 100 grams

Tent - 2 person 1 provided

Wilderness Equipment I-Explore 3.5kg.
Weight is shared amongst 2 people

Tent - 1 person 1 provided

Wilderness Equipment Space
1 - weighs approx 1.5kg - If required
due to uneven group numbers only

Self-Inflating Sleeping Mat 1 provided

Thermorest or similar inflatable sleeping mat

Sleeping Bag & silk inner sheet 1 provided

Mont Zodiac 700 (Down) - 10 degrees
+ silk liner - weighs approx 1.2kgs

ESSENTIAL Quantity required

Face masks and hand sanitiser packed

Day Pack 1 packed

This is a small, lightweight and crushable backpack of around 20-30 litres to carry your personal requirements for each day's activity.
Can Hire prior to departure

Water Bladder 1 packed

1 x 2L water bladder system & 1 x 1 litre water bottle (must carry 1 water bottle if using bladder) OR 3 x 1 litre wide mouth and leakproof bottles
- Water bladder system is recommended due to ease of use while walking

Headtorch packed

Can Hire prior to departure -
Carry spare batteries

Sunglasses and neck strap 1 packed

dark lenses with 100% UV protection

Toiletries packed

Think small, light weight and biodegradable/low environmental impact

Personal Medical Supply packed

HIGHLY RECOMMENDED Quantity required

Travel Towel 1 packed

Small lightweight compact Towel

Camera packed

plus memory cards, spare batteries and/or charger with cable

Walking Poles 2 packed

Can Hire prior to departure

OPTIONAL Quantity required

Camping Pillow packed

Books packed

Playing Cards packed

your notes/check list

