



South Coast Track – Tasmania

CHAMPIONS CHALLENGE EXTREME – A Team Jacob Event

Date – Friday the 15th of March 2019 – Sunday the 24th of March 2019

Trek Package Inclusions –

- 2 professional wilderness guides (includes minimum 1 advanced medic)
- All professional wilderness guides will each have one Satellite Phone and Emergency Position Indicating Radio Beacons, your first-class safety is our priority in these remote areas
- Wilderness First-Aid certificate achieved whilst trekking – includes pre-trek learning
- Fully comprehensive pre-trek handbook
- Complimentary Diet assessment by highly qualified dietitian
- 8 week (2 days per week) personal pre-trek training program or 12 week remote (3 days a week) pre-trek training guide with regular personal contact regarding your training progress
- Weekly update newsletters (3) and a dedicated person to answer any of your questions leading up to your trek
- From your registration fee we will donate \$50.00 each towards the Orange-bellied Parrot Tasmanian Program to assist in the continuation of this great program
- 2 nights pre and post trek accommodation - 4 Star twin share (single supplement available) including free airport transfers and full continental breakfast daily and meet your fellow trekkers
- Private Hotel dining - 3 course dinner after completion of trek, includes 2 individual trek awards, all trekkers receive a specially designed framed certificate of completion
- In hotel trek briefing and gear/pack inspection
- 8 nights camping sites
- Scenic flight to Melaleuca including transfer to Cambridge Airport
- Return transport to Hobart by luxury private bus including deluxe BBQ and drinks at Cockle bay
- National Park fees
- Your fee includes use of 75LT Back Pack /large tent/sleeping bag and inflatable sleeping mat (collect at Hotel pre-trek briefing)
- Group camping equipment including all cooking equipment
- Emergency communications & advanced group first aid kit

What's not included -

- Domestic Flights to Hobart and return
- Items of a personal nature: clothing (packing list below), alcoholic beverages, car parking etc
- Personal Travel insurance for your flights or personal gear.
- Food is a personal choice based on taste/your age and sex , therefore suppling food for a groups does not always meet these different needs. As part of your registration you will have access to an experienced trek dietitian printed recommendations. Your daily weight for food should not exceed 600grams per day. We recommend - 1 substantial meal for breakfast and dinner and at least 3 snack packs per day.

South Coast Packing List – Tasmania

Your Essential Gear List

The Layering System

The weather in Tasmania is varied and sometimes unpredictable. Below we have explained the layering system and its function. This is how you will keep warm.

The layering system consists of three layers, including:

Base Layer: regulates your body temperature and wicks away moisture from your skin. Best brands are any made from Merino Wool [not cotton items]. This item will wick moisture away from your skin and help regulate your body temperature. These products are also known as “thermals” or modern skins, you must have at least your chest and abdomen areas with a base layer.

Mid Layer: This layer traps the heat in. This item would be a fleece jacket, a down jacket or vest or soft-shell jacket. It would be advisable to have 2 garments, one being lighter weight for warmer days and one heavier for colder days

Outer Layer: This layer would normally be your raincoat. Please select a good quality garment made of Gore-tex or a similar material and preferably knee length. These fabrics are waterproof and breathable. This type of material lets your sweat vapour to pass through the fabric and prevents water vapour [rain] to get in

The Gear List

All items are mandatory

The following items are included in your package and are available at official hotel upon arrival, you can also bring your own gear if you require.

- Backpack – 75+ litres & Waterproof Pack Cover .
- Sleeping Bag [Down Fill only with a minimum of 700 loft to a comfort rating of -2 degrees or better] placed inside a waterproof dry bag or waterproof compression sack
- Sleeping Mat placed in a waterproof dry bag
- Sleeping tent, light weight 2.0Kilos-2.5Kilos,

To be supplied by participant

Sleeping bag liner – Sea to Summit Thermolite Reactor best
1 x Lightweight Long Sleeved Shirt [for sun protection]
1 x Walking Shorts
1 x Lightweight walking trousers
3 x Long Sleeved Thermal Tops – mid to heavy weight [Merino Wool]
1 x Thermal Underwear [long legged made of merino wool] or track pants (sleeping)
1 x Down Jacket [long sleeve]
1 x each of light weight and heavy weight Fleece Pullover (sleeping)
3 x Pairs of Socks
3 x Pairs of Underwear

Wet Weather Gear & Waterproofing

Waterproof Trousers
Waterproof jacket (raincoat with hood). Recommend knee length gortex material or similar
Gaiters [knee length preferred]
Dry Bags x 3 to put clothes in. Dry bags are waterproof bags [Sea to Summit brand best] to store your clothes, sleeping gear so that they don't get wet.
A pack cover is a waterproof cover that fits completely over the entire outside of your pack. -supplied

Food

Included in your package is access to a leading Dietitian who in-conjunction with our experience has designed 3 daily meal plans. You will receive meal plans once to have spoken to Dietitian, all weighing less than 700grams.

Footwear

Walking Boots – Ankle High best and must be lace up. [leather boots are more durable] CHECK CONDITION OF LACES AND ENSURE THAT THE SOLES ARE SECURELY ATTACHED TO THE BOOTS
Camp shoes – Crocs, runners or sandals, sandals are used for creek crossings

Additional

Sunhat with brim
Metal Plate/bowl/cup/ eating utensils
Beanie
Gloves – [please bring for all seasons]
Sunglasses
Head Torch & Spare Batteries
Camera
Drink Bottle 1.5Ltr and Camelback System [no less than 2 litres]

Toiletries

Toilet paper – in a waterproof zip lock bag
Toothbrush & Toothpaste
Wet Wipes for body wash [bring a travel size pack, not jumbo size]
Sunscreen & Lip Balm
Hand Sanitizer Gel
Lightweight Travel Towel [small]
Medications [make sure you have enough]
A few band aids

Optional

- Trekking Poles (but highly recommended).

NOT RECOMMENDED – Books, Electronics, Cotton or Denim Clothing

PLEASE NOTE

You will have to be prepared for ALL weather extremes. You will be walking at alpine altitudes. We strongly suggest that you take all of the items on the above list. Any questions please call.