



Deep Creek Weekend

June 1 – 2, 2013

Information & Checklist

For those training for Kokoda or who just want to join us for a weekend of camping and some shorter walks in this spectacular spot – please RSVP so we know how many to expect.

The following information is relevant to those who are camping and walking. We will do about 6hrs of walking on Saturday, camp overnight at Trigg Campground and then do another 6hr walk on Sunday. (If you are not fit enough to do 6hrs of hilly terrain; there are shorter walks available or you can just relax at the campsite)

Please meet at Yankallila Bakery at 9.00am on Saturday 1st (we will send out an email with further instructions & map once we receive your RSVP) We should get home by 5pm Sunday.

What to bring

- Tent (please bring a tent if you have one. If you don't have a tent, please let us know and we can organise one for you or one to share between two people.)
- Tarp if you have one (useful if the ground is wet or there is rain)
- Warm sleeping bag (or extra blanket – it'll be quite cold)
- Camp mattress and pillow (self-inflating mattress is ideal)
- Folding chair or tripod stool.
- Walking clothes, plus some long pants, long sleeve shirt and jumper or warm fleece jacket. (make sure you have got plenty of warm clothing for the evening around camp, including gloves and beanie –especially if the weather forecast is dodgy)
- 3 pairs socks and underwear.
- Boots that you'll walk in and spare shoes for the evening.
- Rain jacket (or poncho)
- Hat & sunscreen.
- Food supplies for picnic lunch x 2, hearty dinner (eg; soup, stew, pasta, rice) and breakfast x 1 (eg; cereal, bread, tea or coffee, sugar) We will supply some milk.
- Cup, bowl, plate and cutlery (plastic or stainless steel)– doesn't need to be flash!
- Extra high energy snacks for the walks (eg; nuts, chocolate, jelly beans etc) and about 5 litres of water to drink while walking and for extra water around camp.
- We'll bring a few portable gas cookers & pots for boiling water & cooking. We should also be able to have a fire so throw some firewood in your boot if you have room.
- Bring a head torch or handheld torch.
- Toiletries, towel & toilet paper (there will be a long drop toilet at the campsite)
- We'll bring a first aid kit and maps, compass etc.
- Walking pole.
- Camera (optional)
- Cash for bakery and also 2 x \$5notes for camping fees.

That's all you'll need apart from a day pack and water bladder with hose (or water bottles) for drinking as we walk. If you have any questions, please give us a call.

It'll be a fun weekend!

Contact Numbers

Ph/fax: 08 83772415 Wayne: 0421 598 465 Gabbie: 0414410963 Craig: 0408856548

www.freespiritadventures.com.au