



## 5-DAY 'WILDERNESS ON WATER' EXPEDITIONS

### Day 1

Your trip begins at **7am at Hobart's Cambridge Airport** on the first day. The Roaring 40's Kayaking minibus is available for Hobart city hotel pick-ups from 6.15am to 6.45am. If you have your own vehicle you are more than welcome to drive yourself to Cambridge Airport where there is unsecured but free parking. We have an 8am flight to Melaleuca in southwest Tasmania. When we arrive we will transport our gear to the kayaks stored here and begin our kayaking adventure. It is best to be dressed ready for the outdoors when arriving at Cambridge Airport. Please note we expect to return to Cambridge Airport by 6:00pm on the final day.

### Upon arrival at Cambridge airport each participant will be supplied with:

- 2 dry bags (1 x 15 litre & 1 x 20 litre)
- Waterproof paddling jacket and waterproof paddling pants
- PFD/Life Jacket
- Sleeping bag, sleeping bag liner and pillowcase
- A 70-litre duffel bag
- (Tent and sleeping mat stored with kayaks and supplied once you arrive at Melaleuca)

**All your gear, including dry bags and sleeping bag but excluding PFD and sleeping mat, must fit into the 70-litre duffel bag.**

At the airport there will be time allocated for you to repack your personal luggage into the supplied dry bags and duffel. It is at this time that the guides will go through the gear list and check to ensure that you have adequate and appropriate clothing and rain jacket. You will be able to leave your travel luggage and other personal items not needed on the trip with Roaring 40's Kayaking staff for safekeeping.

### Meals and Food

All meals, snacks and drinks, including all cooking equipment and eating utensils, are provided from dinner on day 1 to lunch on the last day. For us to plan and cater for your trip we ask that you advise of any specific dietary and health needs when you book.

We recommend you have a light snack prior to arrival at Cambridge Airport on day 1 as we do not supply lunch on the first day. We will supply an afternoon snack at Melaleuca.

A glass of wine is provided with dinner each evening. If you would like to bring additional alcohol, please do not bring any glass and remember that everything you bring must fit into the 70-litre gear bag.

### Safety and Medications

The remote nature of this trip is part of what makes it a great adventure, but it also means that we need to be very careful that everyone is prepared for the unforeseen. **If you are taking any medications please be sure to let your guide know and to include an extra supply, packed separately, in case it gets wet.** It is also important that you let us know if you have any pre-existing medical conditions or injuries. Our supplies of non-prescription medications are limited. If this is a concern, feel free to bring your own.

All Roaring 40's Kayaking's trip leaders hold sea kayaking and wilderness first aid qualifications. We carry an extensive first aid kit, satellite phone, location beacon, marine radio, flare kits and towing equipment in case of emergencies.

## Weather

The dynamic weather is one of the many attractions of this unique World Heritage Area wilderness. Daytime summer temperatures can range from 10° to 35°C and at least one day (and sometimes multiple days) of rain or drizzle is to be expected; evening temperatures regularly drop below 10°C. In this moist maritime environment, quality wet-weather gear and thermal garments are a necessity for your safety and comfort. Follow our gear list and you will be comfortable and prepared to enjoy the many variations of weather we may encounter.

## Delays

Our access to this wilderness area is by light aircraft. These planes cannot operate in extremes of weather or poor visibility. Whilst it is unusual, delays can occur on both the inward and return flights. **Due to this we highly recommend participants do not arrange onward travel for at least 24 hours after our scheduled finish time.** Roaring 40's Kayaking will not be responsible for any expenses incurred due to flight delays that are out of our control. We highly recommend that you purchase travel tickets that can be rebooked and obtain travel insurance to cover any expenses associated with such delays. In the eventuality of a delayed departure we will endeavour to provide a complete expedition itinerary, but this requires participants to have flexibility in their schedule.

## Kayaking Equipment

We pride ourselves on providing participants with high-quality sea-kayaking equipment. In practical terms it means that you will have a PFD that fits, a quality spray deck, a light paddle, good-quality paddle jacket and pants, pogies (paddling mitts) and a well-maintained sea kayak. Of course, you are welcome to bring your favourite paddling accessories, such as split paddle, PFD, dry bags and paddling jackets, but please contact us regarding their suitability.

## Camping Equipment

Southwest Tasmania is a demanding location for outdoor equipment, so as a part of this trip we provide you with good quality camping gear. If you prefer to use your own sleeping bag and/or mat please let us know so that we don't double up, as some equipment for this expedition is flown into southwest Tasmania the week preceding the expedition.

We provide roomy double tents for couples and one-person tents for singles. Singles will not be expected to share a tent but may be required to share yurt at the standing camp (see below).

## Leave No Trace

We operate in one of the world's most pristine and beautiful environments, the Tasmanian Wilderness World Heritage Area and we are deeply committed to ensuring the natural heritage and wilderness values of Tasmania are undiminished for generations. We follow a 'Leave No Trace' policy to minimize the impact we have on the area, which we will outline to you the first night of your trip. The following policies and techniques for personal hygiene in the wilderness will help to reduce our impact:

- Please keep toiletries to a minimum. Discuss the suitability of any biodegradable products you bring with you with your guides. We suggest leaving shampoo, soaps and hair products behind. Natural 100% tea tree oil serves as a good antiseptic soap/shampoo alternative.
- Toilet paper is supplied and the disposal of waste as per leave no trace principles will be outlined during your tour.
- If possible, organic/natural brands of insect repellent, sunscreen, deodorant and toothpaste are preferred. Small quantities to take up less space!
- Sanitising hand gel will be provided at mealtimes and around camp. Having a small personal quantity is also recommended. Approximately 60ml is sufficient.

## Biosecurity

The greatest threat to Tasmania's land plants is an introduced plant disease called root rot (*Phytophthora cinnamomi*). Root rot is spread on the muddy boots and camping gear of visitors. Once root rot infects an area, it cannot be removed. Other threats include didymo algae, chytrid frog fungus, myrtle rust and weed seeds.

**Before you pack, please CHECK, CLEAN AND DRY all clothing and equipment**, paying particular attention to boots and velcro on clothing. A boot wash-down station is provided at Cambridge Airport for an additional clean of your shoes before your flight.

## **Itinerary**

Due to the unique nature of this area and the variability of weather that it experiences, we have no fixed route or schedule. Whilst we do our best to fulfil the wishes and aspirations of our participants, our first priority is participant safety. The number of days paddling and the number of hours in the kayaks on each of those days is highly variable and dependent upon both participants and conditions. Our guides are highly experienced at optimising each day's plan to make the most of prevailing conditions. On a typical day we aim to paddle for approximately 2-3 hours in the morning and 2-3 hours in the afternoon. Sometimes we may spend an afternoon or morning enjoying a short walk instead of paddling. Paddling speed is relaxed (i.e. it is like going for a relaxed walk rather than a sprint).

## **Your kayaking experience**

While it is not necessary that you are an experienced kayaker, it is very useful to have at least completed an introduction to kayaking session and have paddled enough to be comfortable paddling for up to 2 hours at a time. What is important is you are in reasonable shape, are comfortable with wilderness camping and most of all have a sense of adventure!

## **Power and phones**

There is no mobile coverage in the area and there is no power available. Please ensure all cameras are fully charged and spare batteries packed.

## **Secure parking near Cambridge airport**

If you are driving to Cambridge Airport, there is free unsecured parking available. Secure parking is available nearby at:

- Airport Undercover Parking – (03) 6248 5882
- Hobart Park and Fly – (03) 6231 4677
- Storage Capital Cambridge – (03) 6248 5444

## **Deposit and Final Payments**

Deposit and payment conditions apply as follows:

- For all bookings made more than 60 days prior to the departure date, a deposit of \$400 per person is required to secure the booking. The balance is payable no less than 60 days prior to the departure date.
- Bookings made 60 days or less prior to departure are required to make full payment to secure the booking.
- Payment can be made by direct deposit, cheque or credit card (a credit card surcharge of 1% applies to payments over \$400 per person).
- Children: This kayaking expedition is not recommended for children under 18 unless they have experience kayaking (please contact us to discuss suitability). No child discount applies.

## **Cancellation Policy and Travel Insurance**

The following cancellation policy applies:

- Bookings cancelled more than 60 days prior to departure will be charged a fee of \$400.
- Bookings cancelled between 60 to 30 days prior to departure will be charged 50% of the trip cost.
- Bookings cancelled inside 30 days prior to departure will be charged the full value of the booking. No refund will apply.

Roaring 40's Kayaking reserves the right to cancel any trip due to weather conditions, insufficient numbers or other circumstances outside of its control. In such a case, participants will be given a choice of:

- Transferring payments towards another trip date; or
- Receiving a full refund; or
- If insufficient numbers, payment of an additional fee to have the trip run as scheduled.

Roaring 40's Kayaking will not be responsible for reimbursement of cost of flights, accommodation, hire car, meals or any other incidental costs which are or may be incurred in relation to the cancelled trip.

Roaring 40's Kayaking strongly recommends purchasing travel insurance that covers losses due to unforeseen events that result in cancellations.

# GEAR LIST

Due to weight and space limitations in both the aircraft and kayaks it is important that your entire personal luggage, including sleeping bag and waterproof clothing provided by us, fits into the 70-litre (600mm X 400mm X 300mm) duffel bag that you will be issued upon arrival at Cambridge Airport.

## Essential Clothing

- Lightweight thermal long sleeve top for paddling
- Lightweight thermal long johns for paddling
- Medium/heavy weight thermal long sleeve top for night
- Medium/heavy weight thermal long johns or polar fleece pants for night
- Lightweight fleece for paddling
- Nylon quick drying shorts
- Synthetic quick drying long trousers
- 1 or 2 lightweight quick drying t-shirts
- Warm polar fleece or down jacket
- Quality breathable rain jacket with hood
- Waterproof over trousers (for walking and at camp)
  
- Footwear for paddling that can get wet (sandals, wet suit booties, Crocs)
- Trail walking shoes/runners or lightweight hiking boots if you prefer ankle support (Note: tracks are muddy, rutted and overgrown)
- Dry footwear for camp (sneakers or Crocs)
  
- Sun hat
- Sun glasses
- Woollen or polar fleece gloves
- 1 or 2 woollen or fleece beanies (1 for paddling and 1 for night)
- 1 pair of warm socks for night
- 2 pair of walking socks
- Underwear for 5 days

## Essential Personal Items

- Water bottle / hydration system (minimum 1 litre capacity)
- Personal toiletries including any medications you may need (note there are no shower facilities and if you are bringing soap please ensure it is biodegradable)
- 60ml sanitising hand gel
- Pack towel: light and quick to dry
- Headlamp with spare batteries
- Sunscreen
- Insect repellent
- Pillowcase (for use at standing camp)

## Optional Items

- Small dry bag for cameras, sunscreen etc
- Short or long-sleeved rash vest
- Long sleeved quick drying shirt for sun protection
- Paddling gloves (Fingerless sailing or cycling gloves work well. Note: We supply paddling mitts or "pogies" for paddling in cold weather)
- Gaiters
- Bathers
- Camera
- Book
- Journal
- Small frameless daypack
- Small inflatable camping pillow
- A couple of plastic bags for wet gear
- Extra wine or spirits (we supply a glass of wine with dinner each evening)

## What we provide:

- Transport between Hobart City to Cambridge Airport
- Scenic flight from Cambridge Airport to Melaleuca to the start of your kayaking adventure
- Kayaks and all kayaking equipment including PFD, spray skirts and paddle
- 2 x dry bags for your sleeping bag and clothes
- Gear bag for transport of your gear on the flight between Hobart and Melaleuca
- Waterproof paddling jacket and pants
- Pogies (paddling mitts)
- Tent, sleeping bag, sleeping bag liner and sleeping mat (please notify us if you prefer to bring your own)
- All meals, drinks and snacks including a glass of wine each evening
- All cooking equipment including cups, plates and eating utensils
- Toilet paper and toilet kit
- Antibacterial hand gel
- Small book library with a variety of reference books including field guides
- Comprehensive first aid and emergency safety equipment
- Two professional sea kayaking guides

## What's not included:

- Interstate flights to and from Hobart
- Accommodation in Hobart prior to and after your trip
- Insurance (we strongly recommend you purchase travel insurance)

# GEAR NOTES

Below are notes on the gear suggested on the previous page. For further information also check out our Blog "Dressing for Kayaking in Southwest Tasmania" -

<https://www.roaring40skayaking.com.au/blog/dressing-kayaking-tasmania>

## Thermals

Synthetic or wool thermals are a critical element to comfort in cooler and wet weather. The synthetic or wool material wicks water away from the skin, keeping the layer closest to you warm and dry. We strongly recommend you bring two sets of thermals, one for paddling and one for camp. Garments that are any type of cotton, cotton blend or silk are not suitable (once these fabrics get wet they will become cold on your skin).

## Rain gear

We supply a good-quality waterproof paddling jacket and waterproof pants for kayaking. The jacket has gaskets around the wrist to stop water from running along your arms when kayaking, but this gasket can become uncomfortable and hot when walking. The pants we provide are non-breathable, but great for stopping the wind when you get out of the kayak.

We recommend you bring your own breathable waterproof jacket and pants for around camp and walking opportunities.

## Footwear

Kayakers have to be prepared to get their feet wet! You can either opt for water sandals (like Tevas/Keens), light neoprene booties or Crocs (most of our guides wear Crocs!).

We plan to also do some walking and the tracks can be muddy and rutted. Trail walking shoes or runners are ideal, or lightweight hiking boots if you prefer ankle support. Note they are likely to get wet and muddy.

It is also great to have a dry pair of shoes for around camp. Runners or crocs (fashionably worn with socks for warmth) are preferred options.

## Water bottle/hydration system

You will require at least 1 litre of water carrying capacity. Each morning and at lunch you will be able to re-fill your water bottles. Each kayak will have a deck bag where you can store either your water bottle or hydration pack. Our PFDs also have the ability to zip a hydration pack into the back.

## Notes on packing

All your gear will need to fit into the 70-litre gear bag we supply you with and you will have time at Cambridge airport to repack from your personal bags to our gear bags. We also supply 2 x dry bags for sleeping bag and clothes. Waterproof clothing and shoes do not require to be packed into dry bags and can be placed in the gear bag and the kayak hatch individually.

If you follow the gear list on the previous page your gear should fit nicely into the supplied bags.

