



Scouts
NSW

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Dear Team,

I am pleased to welcome you to the Coxs River Loop based in the Blue Mountains National Park from 16 to 19 July 2020. This activity will proceed in wet weather.

We are meeting on the lawn in front of the Carrington Hotel in Katoomba at 8 am on Thursday. We won't be departing straight away, we have a few things to do including introductions, pack adjustments and a safety briefing. Late drop off and early pick up options available.

If everyone can come prepared for four days with pack, sleeping bag, food, water (minimum capacity for 3 L), clothing, rain jacket, either you're own or a shared tent and spending money for lunch on Sunday.

This camp will be self-catered so please bring whatever suits your liking. There are no right or wrong foods or packaging on this trip. If you have a friend coming you could organise to share meals etc. Temperatures may drop overnight you should include either thermal top or jumper. It is critical to protect your chest. It is recommended you use an inner pack liner or large dry sack or 2 x heavy duty garbage bags to seal off your gear inside your pack.

I would include one set of dry underwear, spare socks, shirt and shorts for sleeping sealed in your pack.

As this is a four day walk, there will be a noticeable increase to your normal pack weight due to food supplies, especially on day 1 and 2. This is normal for an extended walk. There is no set maximum pack weight. **However, it should be a safe weight for your age and development.** It is important to bring sufficient food for the duration. Where possible, try to share gear to reduce weight. Take only essential items. If your pack is too heavy it will be unbearable even for a few hours.

Food Safety

Fresh or frozen food for day one only and then dehydrated, preserved and long life for the remaining days. Please include at least one spare meal in case of an emergency. Include hearty and nutritious foods that will provide sufficient energy.





Pack Organisation

You will unpack and repack multiple times so try to adapt a system to help you to find things easily. This could be as simple as different coloured shopping or dry bags.

It is mandatory to bring a head torch as we may do night or dawn/dusk walking.

You can bring your phone, camera, iPod etc. but should invest in a dry bag. Manufacturers recommend to double bag electronics.

Footwear

If you have new hike boots it is recommended to wear them in before the hike. You might consider a pair of Dunlop volleys instead, they grip well, dry fast and are good value for money.

Wool and wool blend explorer brand socks are widely available and an ideal entry level hiking sock. There are socks designed for hiking made by brands like icebreaker which increase the comfort level.

Health

You should pack a surf hat, wide brim or bucket style and water sports sunscreen.

Please remember to pack and use antibacterial wipes. Please don't put off going to the toilet as it can make you seriously ill, and can result in severe stomach pains and cramps.

Consider biodegradable wipes as an alternate to toilet paper.

Please do not include peanuts or tree nuts or products that contain or may contain traces of these allergens in your rations.

If you feel unwell please speak with Tristan as soon as possible.

Maps

Each team or individual participating needs access to either a complete set of topographic maps (NSW LPI 1:25 000) or printed sections of the following:

Hampton 8930-4S Bottom right

Katoomba 8930-1S Bottom left

Jenolan 8930-3N Top right

Jamison 8930-2N Top left





Scouts
NSW

We encourage teams and individuals to include organising a set of topographic maps in their preparation. We will have some spare sets available to ensure all bases are covered.

Availability of hardcopy maps may become scarce in NSW during 2020 due to limited print runs. We encourage you to organise this as early as possible (at least 2 months prior).

Topographic maps can be downloaded from: <https://maps.six.nsw.gov.au/etopo.html>

Topographic maps can be purchased from shops including: <https://www.mapcentre.com.au/>

Waterproofing

We don't mind if you bring electrical items, please seal them or they won't survive. A pack liner at least one size larger than your pack or heavy duty garbage bags. Come up with a system to organise your pack, every time you open it you need to seal it.

River crossings

Several river crossings, personal choice if you wear underwear/swimmers under your shorts or boardshorts. Shoes are required. Wet socks if you bring two pairs you can rotate.

Sleeping clothes

Underwear, t shirt, shorts, top and bottom thermals. Sealed in your pack. This is essential as the days may be long and hard so you need to be dry and comfortable to get enough sleep to continue.

Medication

If you have self-administered medication please label clearly and store towards the top of your pack or in a side pocket. If you have an epi pen or asthma reliver please inform your team where it is stored in case we need to assist you. Please let us know if you have any questions.

Yours in Scouting,

Tristan Flores

Region Leader Bushwalking

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Scouts
NSW

Sample Packing List

Hike pack

3L water storage (Under 13 years minimum capacity 2.6 L)

Lightweight tent (can be shared)

Seasonal sleeping bag

Inner sheet (optional) and or air mat (optional) Leave out if possible, depends on your sleep position

Head lamp, spare batteries and high pitched whistle

Slide trowel (can be shared)

Fuel stove (can be shared) and kettle or cooking pan (can be shared)

Wide brim or surf hat

The clothes you are wearing and a second dry set (shirt, shorts and underwear), singlet or skive important to keep your chest protected and or wool jumper and thermals, waterproof jacket, beanie/gloves (Winter). Swimmers and boardshorts (Summer)

Pack liner, dry sack or large garbage bag

4 plastic shopping bags to seal essential gear, 2 cable ties, 1 small box matches

2 chux cloth, 1 small scourer, 35 mL biodegradable detergent, personal sunscreen, travel toothbrush and toothpaste, tissues and toilet paper, anti-bacterial wipes, roll on deodorant

Cutlery, plastic plate or bowl and cloth bag + 4 days food

Personal first aid items (A remote area first aid kit and personal locator beacons will be available in our shared gear).

A selection of dehydrated foods can be purchased from outdoor retailers, it is best to try at home to see what you like and don't like before you rely on them.

Prepare foods at home i.e. pre made sandwiches, pre boiled potatoes, remove bacon rind, soups, stews and casseroles can be precooked at home, frozen and then reheated at camp. Hearty foods provide nutrition and energy after a long days hiking. It is often easier to repack some foods into single portions.

Fresh or frozen for day 1 only, then dehydrated, dried, preserved or long life foods. Include hearty foods to replace nutrients and energy consumption.





Scouts
NSW

Select foods that travel well for example: Flat breads, wraps, milk sachets, Ryvita, vita wheats, hard biscuits, cereal portions, travel jams and vegemite, chocolate powder, pasta or rice, continental side dish, macaroni cheese, pre made salad. You can repack contents e.g. Campbell's chunky soup, tomato soup, baked beans or spaghetti place into plastic zip lock bags and freeze. Snacks e.g. fruit pieces, dried fruit, nut free muesli bars, sliced fruitcake and jellybeans.

