

Directors-This bulletin is to be given to all participants

North NSW Conference – Northern Expedition

Spankers Creek Expedition

7th-10th June 2024

Welcome to the 41st annual Pathfinder Expedition

Location - private property - Cheviot Hills {Drake area}

Topographical map - Pretty Gully

It is advisable for all hike leaders to have an original map per group-as a back up to maps given.

We are doing rogaining again.

As this is a NNSW Conference event no Pathfinder Club Participant under 10 years old may attend the event including base camp and sub camp camping and/or activities.

Please avoid us the embarrassment of asking you to leave if you bring under aged children.

Please note under special circumstances, event organisers may under a case by case basis utilize parents bringing non participating under 10 year old children to assist/run with specific event duties or activities.

How to get there-

From the North and Southern areas:

From Casino head west on the Bruxner Highway for 76 kms to Drake. Just before the Drake Hotel, turn right into Cheviot Hills Road. Drive 5.2 kms on Cheviot Hills Road, past the cattle yards. Follow Pathfinder signs from there.

Western areas: From Tenterfield- Drive 50 km on the Bruxner Highway to Drake. Just past Drake Hotel, turn left into Cheviot Hills Road. Drive 5.2 km on Cheviot Hills Road, past the cattle yards. Follow pathfinder signs from there.

You will need to park your vehicle in the car park and register at the rego gazebo. Then there is a 500m walk to base camp. No vehicles into base camp. So come early.

Registration at 440912 6805344

Base Camp at 440515 6805683

All clubs must report to registration tent.

Please leave 10 or 20 litre containers of water at registration. Have your name clearly labelled. These will be dropped off to the various camps in the area. Thank you for your help.

Registration

Please register on line for expedition.

Please let us know your estimated time of arrival.

Upon arrival at expedition-

All clubs to register on arrival.

Registration will be open from 2:00pm Friday.

Registration will close at 10:00 pm Friday. **If arriving after this time, you must camp at the car park, as you will not find base camp.**

Hiking group forms will be checked. Must have ages, medical conditions, noted if nurse and current first aid certificate, hike leaders name and hike assistant leaders name.

Any changes in attendance and hiking levels to be advised.

Know the weight of each persons pack.

You will be given a programme, maps and flight plan page for your group upon registration.

Bulletin No 2

Water:

Please bring 10 or 20 litre containers full of water. This will be distributed at the various camp sites.

All water sources from local streams must be treated with a water filtration system or purification tablets on the hike.

It is very important that hikers drink plenty of fluid. Fatigue, headaches, confusion or constipation may result if not drinking enough water.

MUST USE YOUR OWN WATER BOTTLE-do not share.

Hikers need to carry a minimum of 2 litres of water.

Drink before you're thirsty.

Water supplies must be treated carefully, avoiding pollution from-food, soap etc.

Three of our camps are dry camps, with out flowing water. So please supervise and use the water wisely!

Working with Children check:

All participants 18 and over must have a current Working With Children Check.

These need to be completed before expedition. Directors please check.

Log books:

There are extra points to earn in the nature section. Have your group checking their log books to find what to look for.

Expedition Award:

Each person who completes the hike will receive the expedition patch.

Portage-Level D:

There will be **no portage**. **Please check D hiker packs before they come. The lighter the pack the more enjoyable the hike.**

Medication:

Don't forget to **bring** your current **medications** and to take as **required**.

Radios:

You will need a 5 watt radio with spare batteries or a second radio.

General information:

ALL ITEMS TO BE LABELLED WITH NAME AND CLUB.

This is a conference event and the policy of the conference is that only pathfinder age children may attend.

No animals.

No ipods or computer games.

All hikes will begin from base camp and terminate on Monday at the car park with a **BBQ**.

Try to waterproof all your gear.

Hike leaders to choose suitable hike for pathfinders, keeping in mind the level of fitness of your group.

Low clearance vehicles are not suitable for the last 1.5 km of the track. Try to car pool with someone in your club.

Attached are the Safe Work Procedure-risk form and the Medical Emergency Evacuation Plan.

Could you please share these documents with all the leaders in your club.

Upon registration at expedition leaders will be asked to sign that they have read and understood these documents.

Rogaining:

Yes it is rogaining again.

You will still need to grade your clubs into A,B,C. and D levels. This helps the staff keep track of everyone.

BBQ:

Yes there will be a BBQ on Monday. Please let Daniel know if there are any special food requirements.

Contact Daniel on: 0490083414 or email: D.Rusterholz@yahoo.com

Back pack:

Check packs fit properly before you come.

Try to keep packs around 10-12kg. Especially for D hikers.

The lighter the pack the more enjoyable the hike.

Hikers are encouraged to use light weight foods and equipment.

Please weigh packs before you come.

Check suggested gear list over page, to make sure you have everything.

Keep your pack compact without lots of stuff hanging from your pack.

Fires:

Small fires at base camp.

NB-no plastic, foil, poppers or tins to be put in fires.

Your own fuel stove for cooking.

Rubbish and Sanitation:

All rubbish is the responsibility of each club and must be carried out.
Please wash your hands before you eat and after going to the toilet.

Each Person To Bring a Trowel:

Toileting needs to be at least 30 metres from any creek.
We have had problems in the past with inadequate toileting. This is not appropriate.

Programme:

Our guest speaker is Blair Lemke.
On arrival please register.
Opening Sabbath will be in your own clubs at sunset.
Worship will be at base camp, 8pm Friday night.
Programme is in the log book and on the back of the map.

Suggestion for gear list:

- | | | |
|------------------------------------|----------------------------|-------------------------------|
| *back pack | *woollen socks and jumper | *walking clothes |
| *strong and comfortable shoes | *foam sleeping mat | *toilet paper and soap |
| *warm sleeping bag- -10 | *personal medication | *minimum first aid kit |
| *matches and or lighter | *plastic bag for rubbish | *whistle |
| *2 litre water bottle | *tent to share | *gaiters/long pants |
| *spare clothes left in the vehicle | *rain coat and hat | *cooking utensils |
| *thermal under clothes | *torch and spare batteries | *first aid kit-1 per group |
| *water proof pack liner or cover | *map and compass | *garden trowel |
| *log book, pen/pencil | *insect repellent | *strong cord {6m} for repairs |

First aid kit:

All participants are required to have a minimum first aid kit-
8-10 band aids
2 stretch bandages
1 triangular
Space blanket
Safety pins
Own medication if required
Stingose

Leaders to have a complete comprehensive first aid kit.

On the expedition:

All groups before leaving on your hike are to be signed out
Each day your camp parents will need to **sign you in and sign you out.**
The camp points are as follows:-

Base Camp-	points	100
Spankers Camp-	points	200
Grassy Camp-	points	300
Fosters Camp-	points	500
4 Way Camp-	points	

Three of our camps are dry camps, without flowing water. Please supervise and use the water wisely!

Activities help you earn 500 points.

Each camp site you can earn extra points by camping there. **But you can only earn each camp once.** So move to different camps and you will earn more.

You will need to submit your flight plans to camp parents by 7:00 pm each evening.

A reminder that all hiking groups must stay together.

All groups to be careful where you camp, be aware of falling tree branches.
Please check each of you have a torch in your pack with spare batteries.
You are able to start your hike from 11:00am Saturday morning after being signed out by Daniel or Eric.

Trust all is going well.

Please keep praying for our expedition weekend,

From the expedition planning team.