

**Activity Plan
Ramble – Cameron Roy**

**Mayo Hut to Parachilna Gorge,
Flinders Ranges**

April 17-23rd 2008



Note: Map references within this activity plan are based on the Geocentric Datum of Australia (GDA94.) For most practical purposes, there is no conversion necessary between GDA94 and WGS84 (a datum often used by GPS units.)

It may be useful to convert GDA94 to AGD84 (for example, for comparison with other maps.)

To convert	AGD84 to GDA94	GDA94 to AGD84
Northings	Increase by 175 meters	Decrease by 175 meters
Eastings	Increase by 125 meters	Decrease by 125 meters.

For example, according to the Heysen Map which uses GDA94, Mayo Hut is at 545 838. To find this on my sheet maps which use AGD84, I subtract 175m from the northing and 125m from the easting, leaving me with 543 837.

It may be important to remember this in an emergency.

1) Scope

I plan to run a hike over 100km+ of Heysen Trail in the northern Flinders ranges – from North of Hawker (near Wonoka Station) to Parachilna Gorge. This is for the Rambler’s Badge component of my Baden-Powell Award.

2) Location, dates and times

Activity participants will meet at Hawker Motors at 2pm on the afternoon of April 17th. It takes about 4.5-5 hours to drive from Adelaide to Hawker. Hawker Motors is located at the corner of Cradock Road and Wilpena Road – basically in the centre of town.

The general location for the activity will be along the Heysen trail between Hawker and Parachilna Gorge. For more information on the hike sections, see *Attachment A – Route Checkpoints* and *Attachment E – Google Earth Map*.

The activity will conclude when all participants have reached the Roy family’s property near Blinman – Nilpowilla, on the evening of April 23rd.

3) Participants

Participation will be limited to Rovers with suitable hiking experience and an appropriate level of fitness as determined by the hike leader. Numbers will be limited to between 4 and 8 participants.

Participants for the activity will be:

<u>Name</u>	<u>Crew</u>
Anton Steketee	Flash Rover Crew
Cameron Roy	Aesir Rover Crew
Jess Light	Flash Rover Crew
Kate Morrissey	Aesir Rover Crew
Natalie Anderson	Flash Rover Crew

4) Applications

Participants shall apply using an A4 Standard Application form. Three copies will be made – one held by the hike leader, one held (with a copy of this Activity Plan) in Adelaide by Paul Hutchins (BC Rovers) and a third held by my parents Heather and William Roy at Nilpowilla.

5) Costs

Camping fees	\$20
Shower in Wilpena	\$3
Petrol	Ask your driver. Total distance over 1000km.
Food	At your own cost

6) Transport

Transport to the activity will be by private vehicle.

Vehicles involved in the activity will include:

White Landrover Discovery – WFJ 665

Cameron's parents' car. Drive up on the 16th, distribute water on the 17th, rescue operations, used for collection on the 23rd

Blue Honda Civic - UBV 765

Anton's car. Drive up on the 17th with Anton, Natalie, Jess and Kate. Driven to Nilpowilla by Cameron's parents. Possibly used for collection on the 23rd. Returning to Adelaide with Anton, Natalie, Jess and Kate on the 24th.

Possibly Suzuki LJ50 – SMY 531

Possibly used for collection on the 23rd.

7) First Aid

Every member of the group shall carry a personal first aid kit containing (at a minimum)

- Band-aids
- Some kind of blister treatment or management
- A roller bandage

The group shall also carry a larger EQUIP REC3 first aid kit.

The group will carry electrolyte powder to aid in the treatment of gastroenteritis (gastro.)

All members of the group hold current Senior First Aid certificates.

8) Environmental Impacts

Participants are all Rover Scouts – during their investiture they promised to keep the Scout Law and specifically to care for the environment. The party will follow the Leave No Trace principles as closely as possible. The Leave No Trace principles are:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimise Campfire Impacts
- Respect Wildlife
- Be Considerate of Your Hosts and Other Visitors

Recommended reading: LNT.org

9) Water

Water will be of the highest concern during the course of the ramble. Participants should carry 3-4L per person per day, plus extra for an emergency (eg. if someone breaks their leg and we need to camp a night unexpectedly, and we were planning on filling up on water that night, you want to have enough with you to get by.)

There is reliable water at Mayo Hut and Wilpena. I will drop boxes of water at Moralana Scenic Drive, Yanyanna Hut, Trezona Campground and Aroona on the 17th. We will carry the bladders with us and burn the boxes.

There are rainwater tanks at Red Range campsite, Yanyanna Hut, Elatina Hut (Middlesight water) and Trezona Campground. There is also a spring at Aroona. However, national parks and property owners do not monitor their status nor advise on it, since it only takes one person to leave a tap on and it's empty. They don't want us rocking up to an empty tank and saying "national parks said there was water, we relied upon it and died of thirst."

The group will carry water purification tablets to treat any suspect water – they make it taste fair ordinary but if you're complaining, you're not thirsty enough!

<u>Reference</u>	<u>Name</u>	<u>Availability</u>	<u>Since last reliable water</u>
5.3 545 838	Mayo Hut	Tank half full	0.5 days
5.5 634 919	Red range	Tank, Unlikely	1 day
5.6 639 010	Moralana Scenic Drive	Water drop 20L	1.5 days
6.1 723 094	Wilpena	Reliable water here	1 day
6.3 713 232	Yanyanna Hut	Water drop 20L, tank unknown	1.5 days
6.4 752 297	Elatina Hut (Middlesight Water)	Tank unknown	0.5 days
6.5 643 313	Trezona Campground	Water drop 20L, tank unknown	0.5 days
6.6 695 372	Aroona	Water drop 10L, tank unknown, spring	1 day
6.8 645 528	Parachilna Gorge	Parents picking us up	0.5 days

10) Food

The group will split into small cooking groups. The group will cook on fuel stoves to minimise environmental impact.

Food needs to be high in energy, nutritious, lightweight to carry and contain as little packaging as possible (as it will need to be burnt or carried out.)

As all participants have hiking experience, it will be left up to them what to eat, but some suggestions are:

Breakfast: Muesli, Porridge, powdered milk, honey, condensed milk, breakfast bars

Lunch: Dry biscuits, wraps, mountain bread, peanut butter, vegemite, salami, tuna/salmon, sardines, hard boiled eggs, nutella,

Dinner: Soup, pasta, rice, couscous, tuna/salmon, salami, carrots, dried vegetables, freeze-dried meals (expensive...), instant pudding, cheesecake.

Snacks: Nuts, oranges, apples, carrots, muesli bars, lollies

Drinks: Tang/cordial, hot chocolate, milo, tea/coffee

Participant should bring one small meal extra for emergency use. Soup is a good choice.

The group will carry Aqium hand washing gel and participants will be encouraged to use it after toileting and before cooking.

11) Garbage Disposal

Garbage bins are available at Wilpena and Aroona. We may burn paper and plastics if we have a fire (if we carried the plastics out and took them to the Blinman dump, they get burnt anyway...) Metal cans and glass should be avoided or kept to an absolute minimum, but they will be carried out.

12) Gear list

Gear will need to be lightweight and durable, you have to carry it and it has to last the distance.

April weather in the Flinders can be fairly variable, but we need to be prepared for both hot sunny days and cold, misty rainy weather. It will most likely be quite “fresh” at night (nothing is cold once you’ve camped in the snow.)

The mean maximum temperature in Hawker for April is 25.5, with a mean minimum of 11. However in May this drops to 7.1 (we’re going towards the end of April.) Last year during April it rose above 30 on 5 days, and dropped below 10 overnight on 5 days too. For more information, check out the [Bureau of Meteorology](#).

So without further ado:

<u>Item</u>	<u>Notes</u>
Pack	Make sure it fits properly and is waterproof.
Sleeping bag	
Inner sheet	
Rollmat or thermarest	
Tent (shared)	Check it before you leave.
Stove (shared)	Check it before you leave.
Stove fuel	
Matches or lighter	Everyone should carry at least one for use in emergencies.
Sponge and detergent	Very small amount. Environmentally friendly preferred.
Food	See <i>Section 10 – Food</i> .
Scroggin	See <i>Section 10 – Food</i> .
Water	See <i>Section 9 – Water</i> . A hydration pack is recommended.
Cutlery	Don’t bring a knife, fork and spoon if you don’t need them. Generally I take a small pocket knife and a spoon.
Cup	Generally you can use the bowls from your stove to eat out of, but a cup really is kinda necessary for soup, hot chocolate or tang.
Whistle	For emergency use. Hang it around your neck or attach it to the front of your pack.
Compass	
Personal Medication	
Toiletries	Limit these as much as possible. A small towel for a shower in Wilpena would be a good idea.
Handkerchief	
Sunscreen	And lip balm?
Insect repellent	
Torch	Headtorch recommended.
Spare batteries	To fit your torch and/or camera.
Spare plastic and zip lock bags	Rubbish, various other uses.
Personal First Aid Kit	See <i>Section 7 – First Aid</i> .

Hat	Wide brimmed or bucket stye.
Beanie	Gloves if you're feeling particularly luxurious.
2 shirts	At least one should be non-cotton (quick drying.) Consider long sleeves for sun protection.
Thermal top	
Jumper	
Raincoat	Wind and water proof. Ponchos or cotton-lined jackets are not suitable.
Underwear	Moisture-wicking anti-odour can help to prevent chafing (if it's an issue for you.)
Shorts	Quick dry preferred.
Trousers or longjohns	For the evenings (and mornings.)
Hiking boots	Wear them in now!
Socks	Thick, thin, two pairs at a time, woollen, synthetic, whatever works for you. Test this before we go!
Your scout scarf	A state scarf if you don't have one.
Money	See <i>Section 5 – Costs</i> . Consider treating yourself to an icecream in Wilpena too.
<u>Optional</u>	
Camera	To record the experience. Probably don't need 5 cameras, but a couple is good.
Grass gaiters	Full length gaiters probably not necessary as the Heysen is a formed trail, but there's bound to be plenty of prickles which want to get in your socks!
<u>For the car trip up</u>	
Lunch or money to buy it	
A pair of comfortable shoes	You may want to wear these afterwards too
Cards, games, music	
<u>Group Gear</u>	
Map x2	Cameron
GPS	Cameron/Chloe
Radio	Cameron/Scout Radio Activities Group
UHF repeater map	Cameron
Group first aid kit	Cameron/Aesir
Electrolyte powder	Cameron
Water purification tablets	Cameron
EPIRB	Cameron/Scout Bushwalking Group
Trowel and TP.	
Aqium	Cameron
Scales	Cameron

13) Itinerary

Prior to the activity, I will be travelling to the location to make final arrangements. I will be departing Adelaide on April 16th and travelling to our family's house near Blinman – Nilpowilla. On the 17th while the other participants are driving up from Adelaide, I will be distributing water throughout the course and dropping a box of food at Wilpena.

On the 17th, participants will depart Adelaide in the early morning. It takes about 4.5-5 hours to drive to Hawker, where we will meet at Hawker Motors at approximately 2pm. Map 5.1 562 691.

After meeting in Hawker, we will drive in convoy to the start point. Once we have begun hiking, my parents will drive both cars to Nilpowilla.

The planned start point is where the Heysen trail crosses the Hawker-Parachilna road on map 5.2 at 532 740.

If we are running late (eg. due to late departure from Adelaide, puncture, etc.) then we are able to drive closer, or all the way to Mayo Hut.

For more detailed information on the hike itself, see *Attachment A – Route Checkpoints* and *Attachment E – Google Earth Map*.

Upon arriving at Parachilna Gorge we will be collected by my parents. We will then make the short journey (approximately 45 minutes) to Nilpowilla.

Nilpowilla is isolated and has no mains power, but some facilities. Gas hot water, shower, washing machine, mattresses, kitchen with fridge, phone. We will stay the night there.

Depending on interest, some Rovers may stay a few days for 4wding, geocaching, sight-seeing and rogaining. Those who want to get back for the ANZAC day proceedings in town will leave on the morning of the 24th. It takes approximately 6 hours to drive from Blinman to Adelaide.

14) Risk Identification

See Attachment B – Risk Management Plan.

15) Emergency Plans

In the event of an emergency:

- The hike leader will assume control if able to do so.
- A first aider will apply first aid.
- The party leader (upon consultation with other party members) will decide what do to next.

We have a number of options and the best one will depend on a number of different factors including:

- Where we are
- How many people are affected by the incident
- How many people are still able to walk
- The severity of the incident
- How much water we have available

Our options include:

- All participants hiking to the nearest public road/station to get help.
- Two participants hiking to the nearest public road/station to get help.
- Using our UHF radio to get help.

- Climbing a nearby hill to increase the range of our UHF radio.
- Activating the group's EPIRB.
- Combinations of the above.

Places where we may go to get help are as follows:

<u>Date</u>	<u>Locations</u>
17 th	Hawker-Parachilna Road, Wonoka Station
18 th	Wonoka Station, Arkaba Station, Moralana Scenic Drive
19 th	Moralana Scenic Drive
20 th	Moralana Scenic Drive, Wilpena
21 st	Wilpena, Bunyeroo Scenic Drive
22 nd	Bunyeroo Scenic Drive, Brachina Scenic Drive, Aroona
23 rd	Aroona, Parachilna Gorge

For communications, the group will carry a UHF CB radio and an EPIRB.

The UHF radio will be the first communication method attempted in all cases.

UHF radios work on a line-of-sight basis and so (depending on our location) we may have to climb a nearby hill to be able to make contact.

There are a number of repeater stations in the area which can significantly increase the range of a UHF radio. The group will carry a map of the repeater locations.

Channel 5 is reserved for emergency use, however we will have a far higher chance of contacting someone using a repeater.

If we do need rescuing, it will be important to contact the property owners for their assistance and regarding locked gates and access. We begin on Wonoka Station, on the 18th we cross into Arkaba Station. On the 19th we move into the Flinders Ranges National Park. On the 23rd, we move out of the National Park and into Gum Creek Station. About halfway through the day we will move into Alpana Station.

If there is a life-threatening emergency involving grave and imminent danger, we are not able to communicate in any other way and there is no hope of any party members being able to hike out to get help, the group may activate an EPIRB.

It should be noted that it takes some considerable time for your approximate position to be calculated from the radio signal, a search and rescue team to be assembled and deployed, and then for them to find you. An example of a situation which could warrant the use of the EPIRB would be every member of the party suffering severe food poisoning.

All details of the incident will be recorded by the person who applied first aider and/or the hike leader.

The BC Rovers will be notified as soon as possible if the severity of the incident warrants it.

16) Contact numbers

Hawker Motors	8648 4014
Wonoka Station – Peter and Shirle McGinnes	8648 4035
Arkaba Station – Dean and Lizzie Rashe	8648 4195
Wilpena National Parks Office	8648 0049
Wilpena Visitor Information Centre	8648 0048
Gum Creek Station	8648 4883
Alpana Station	8852 4507
Nilpowilla	8648 4880
Hawker Hospital	8648 4007
Paul Hutchins (BC Rovers)	0418 848 649
Lauren Parham (BRC Chairman)	0414 350 730