



GREATER SYDNEY CONFERENCE

THIRLMERE LAKES

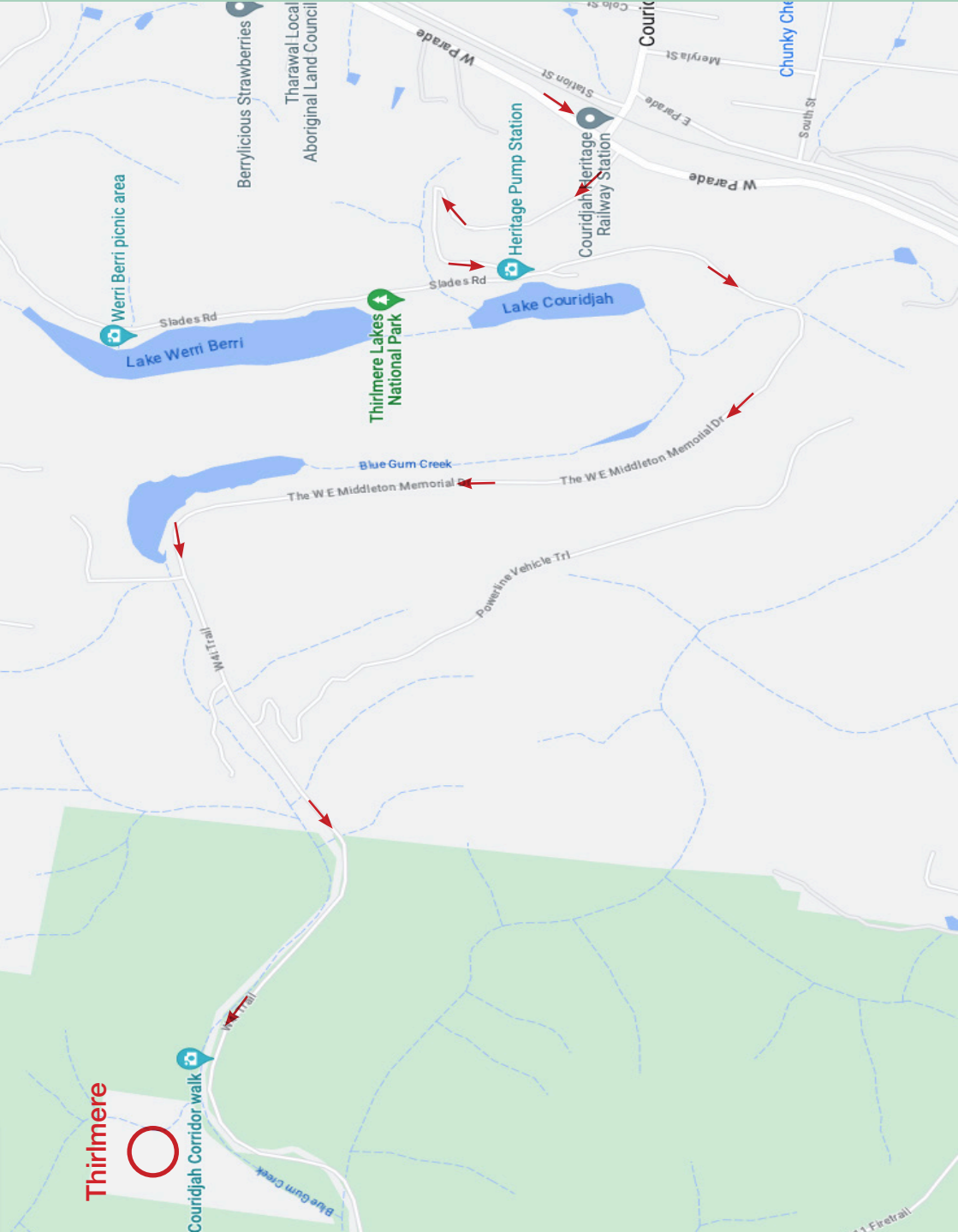
2023

PATHFINDER EXPEDITION

PRELOG



MAP TO 2023 EXPEDITION



GETTING STARTED

We would like to thank you for your application to participate in the 2023 Pathfinder Expedition and hope that you will enjoy an exciting and fun weekend.

For some of you this weekend will be a fairly new experience – carrying a pack, finding your way in the bush with map and compass, cooking your own meals etc – while for others the weekend will strengthen your confidence and refine the skills which you have already developed.

You can be excited that the Pathfinder Expedition is on for sure, irrespective of the weather! Pack well and together we can make the 2023 Pathfinder Expedition one that will be remembered!

TRAVELLING INSTRUCTIONS

The Expedition is being held in the Thirlmere Lakes area just South of Picton off the Hume Highway to Melbourne.

- Travelling south on the Hume Highway take the Picton Wollongong Exit, proceed to Picton Township.
- Turn left at T intersection and follow the Old Highway South.
- Turn Right after the funeral directors and continue under the viaduct and follow Thirlmere Way Road to Thirlmere.
- At Thirlmere turn right over Railway line.
- Turn left onto Barbour Road (Becomes W Parade).
- Turn right onto W E Middleton Memorial Drive (Next right after Slades Rd). Follow this to the narrowing of the road with a fence on the right and rock on the left.
- Our property is through the gate on the right hand side of the road. Continue through gate over creek crossing, veer right to car park.

There will be signs pointing you in the right direction after you leave the sealed road. The signs will read 'PF' or Pathfinders.

PROGRAM "FOLLOW MY LEAD"

Friday Night 22 September 2017

- | | |
|--------------|---|
| 5.00-10.00pm | Park car
Group Leader ONLY to Register at HQ,
Collect Logbooks & Group Form
(formally known as Departure Form) |
| 8.30pm | Set up Camp at allocated Sub Camp
Welcome briefing
Follow My lead - Pr Jess Stekla
Bed |

Sabbath 23 September 2023

- | | |
|-----------------|--|
| 6.30am | Up & breakfast (No noise before this) |
| 7.30am | Group leader info session
Club morning worship
Pack up |
| 9.15am | Follow My Lead - Pr Jess Stekla
Sabbath Activity
Morning Tea |
| 11:30am | Submit 'Group Form'
Group Leader to pick up Maps & 1 WP
Control Card |
| Sunset c.5.53pm | Close Sabbath within your Walking Group
Camp set up for overnight camping
with Walking Group.
(NOTE: All Walking Groups MUST Camp
in a DIFFERENT location, off of the
private property) |

Sunday 24 September 2023

- | | |
|--------|--|
| 6.00AM | Up & Breakfast.
Pack up, review Sunday's route. Leave
NO rubbish behind. |
| 3.00PM | De-registration FINISHES.
NOTE: Entire walking group needs to
de-register together at HQ Tent.
MINUS 10 POINTS for each minute after 3pm.
Home |

Rogaining is orienteering where each group will choose the route that they will follow according to their fitness level and skill. There is NO EXPEDITION GRADING. Each group will develop their own route from the same map.

Each marker has a different score. The score relates to the difficulty of achieving set marker. The idea is for the group to achieve the highest score within the restrictions of the group and time frame. We will be looking for the highest scores.

BASIC RULES FOR ROGAINING

Rogaining, an international sport that was developed in Australia.

Entries

- Each team has a group name and number
- Each team has between 4-8 members
- Each team needs at least one adult and a UHF radio
- Each team will receive competition placing.
- No person who has been involved in organising the event can participate

Conduct of Participants

- Everyone is able to start at the same time
- The only navigational aids that may be used during Rogaining are; magnetic compasses, watches and copies of the competition map. We ask that no GPS be used during the activity so that everyone demonstrates their orienteering skills at the same level. Note: GPS can be carried for emergency use.
- The activity can only be done on foot
- No team can accept help from others or follow other teams
- Members of a team shall remain within unaided verbal contact of one another at all times while on the course
- All team members must be together at check in

ROGAINING

Checkpoints - All team members must simultaneously be within 30 metres of each checkpoint for points to be claimed

In order to gain points for a checkpoint participants must:

- Punch the score card in the right square
- Attach their arrival and departure details on the checkpoint sheet. This will include the number of their next checkpoint

Note

- If a wrong square is punched they need to immediately tell the organisers when they arrive at the finish and are able to describe the location
- If you lose a score card then you can still punch any single sheet. Be sure to record the numbers and be able to describe the location
- Teams must not rest within 100 metres of a checkpoint

Administration - The team will finish with all of the members reporting together to the designated finish administration area and surrender their score card

Scoring Penalties etc

- A team score shall be the value of the checkpoints visited and correctly verified in accordance with these rules less any penalties
- The team with the greatest score, or in the event of a tie, the team that finishes earlier shall be awarded the higher placement
- No team should begin until the organisers announce the start
- Teams finishing late will be penalised at the rate of 10 points per minute or part thereof
- Teams finishing more than 30 minutes late will receive no score and be designated as LATE
- Incorrect answers lose the value of that check point

Proposed starting times for Rogaining:

- Saturday 11.30am.
- Sunday 6.00am.

Finish time for Rogaining.

- 9.30pm Saturday.
- 3.00pm Sunday.

*Radio communication shuts down on Saturday night from 9.30pm and reopens on Sunday Morning 6.00am

WHAT TO BRING

- Everything must fit into a backpack
- A smaller day pack will be helpful for some groups
- Clothes for hiking- shirt & long pants
- Spare set of clothes in case first set get wet
- Clothes for sleeping- something warm
- Socks & underwear (one pair per day)
- Hiking boots or shoes
- Waterproof windbreaker/jacket
- Hat/cap
- Soap & hand towel/sanitiser
- Tooth brush & toothpaste
- Warm jumper
- Small Bible, note book & pen
- Sleeping bag & sleeping mat
- Torch (small head torches are great) & spare batteries
- 2 litres of water per day (clubs may supply more per day)
- Puratabs/water filter
- Food
- Cooking billy, stove, fuel & matches
- Eating utensils, bowl & cup
- Trowel for toilet
- 4 Plastic bags for rubbish & wet clothes

- Compass
- Toilet paper (in a plastic bag)
- Handline (6-8mm nylon cord, approx 6-8m long)
- Gaiters (If wearing shorts)

SUGGESTED FIRST AID KIT

- 1 triangular bandage & safety pin
- 1 medium No 14 wound dressing
- 1 elasticized roller bandage (heavy weight- pink) with safety pin
- Assorted adhesive dressing strips
- Notebook and pencil (not pen)
- Personal medications if required
- UV sunscreen
- Insect repellent
- Jelly beans (from chemist)
- 5m roll of duct tape

SUGGESTED GROUP ITEMS

- Radio (5watt)
- GPS
- Mobile Phone (turned off and in waterproof plastic bag)
- Water (min. of 2ltrs a day for each participant)

FOOD GUIDELINES

- Choose food that you enjoy
- Take only what you need
- Pack each meal individually
- Avoid taking tinned food to save weight
- Remove any excess packaging
- Make sure you know how to cook/prepare it
- Take balanced meals

Aim to have a total food weight of around 1.35 kilograms.

You must take at least 2 litres of water per day. Bring Friday night tea, that doesn't require cooking, to have on the road or as soon as you arrive.

BREAKFAST	Cereal - Pre-mix in a sealable plastic bag and add the milk or water if you have already put the milk powder in.
LUNCH	Snack food. Nuts, fruit, sandwiches. Something you enjoy eating without much preparation.
TEA	Time to cook up a meal! Use some of the packaged meals. Could be pasta, rice, noodles, Italian, Indian, etc.
SNACKS	Mini chocolate bars, dried fruit & nuts. Something easy to eat.

SAT NIGHT CAMPING GUIDELINES

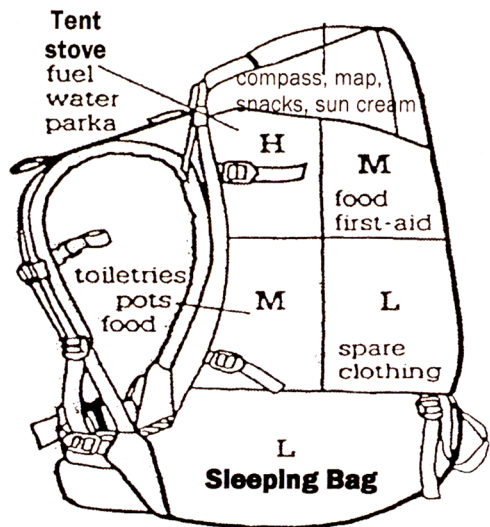
- Must be at least 500 metres from our property
- Must be together as a group
- Only ONE group (4 - 8 people) camping. MUST be out of sight from other groups
- Choose a clear, open location to minimise environmental impact
- NO CAMPFIRES & take all rubbish with you.

LOADING THE PACK

1. The best method of packing is to utilise plastic bags or 'stuff sacs', each with individual meals or specific gear. This allows for easy separation and distribution of items. Food and first aid equipment may be better stored in plastic or light aluminium containers.
2. Place your sleeping bag into the bottom of your pack to create a foundation for the rest of your load.
3. Load the remainder of your gear with heavier items such as cooking gear near your back and as high as possible. Lighter items should be packed lower and away from your back. If you have less than a full load, cinch the side compression straps tightly.
4. Items we suggest packing in plastic bags inside your pack include: Bible, sleeping bag, spare clothing, toiletries, repair kit, tent, food, burner/cooker and utensils.
5. Equipment that may require quick access should be placed in pocket on the sides or front of your pack.
6. Some items may be carried outside your pack such as your foam mat, tent, tent poles and rope. It is best to fit all of your gear inside your pack, to prevent snagging on branches or getting wet if raining.

Refer to the diagram to see where certain items could be placed in your backpack.

7. Pack as light as you possibly can. The lighter you pack the more enjoyable the expedition will be. Basic Level should be 12Kg. Intermediate, Advanced and Super should have a maximum limit of 14Kg



H=Heavy, M=Medium, L=Light

BASIC BUSHWALKING SKILLS

1. Groups ALWAYS STAY TOGETHER. The group walks at the pace of the slowest person and wait for each other.
2. The group (including the individuals) check maps to verify their location.
3. The group checks their compass to verify that they are walking in the right direction.
4. The leader makes the final decision concerning direction and group function.
5. Groups have appropriate rest stops. This includes giving the slowest person an adequate rest time. i.e. don't start walking when they catch up. Rest time is a great time to encourage each others and find out the mood of the group.
6. The group encourages each other. Look for ways to make the journey enjoyable.
7. The group will encourage other groups and be willing to help if there is a need.
8. Remember to keep a full body length and a half away from cliff edges.
9. Due to National Park regulations, NO FIRES will be allowed and all participants are to use small stoves for cooking. Pre-cooked food is recommended.

CAMPING PROTOCOL (FRIDAY EVENING)

- Report to the Sub Camp Director when the group arrives
- Camp where we ask you too. Always respect the Sub Camp Director
- Respect the private property. Do not wander away from the campsite
- Be quiet when it is time for sleeping.
- Take ALL your rubbish with you. We are in National Park.
- You are responsible for evening and morning worship with your club or group
- Report to the Sub Camp Director when you depart

EXPEDITION NOTES CONT.

DRINKING WATER

All clubs are responsible for bringing water for their groups. Some of the creeks may have running water that will need to be purified. Each individual needs around 2 litres of water a day for drinking and cooking. Your club will need to provide an additional 2Liters / club member. This is to be stored in a 20L jerry can & checked in at HQ.

NAVIGATION AND COMMUNICATION DEVICES

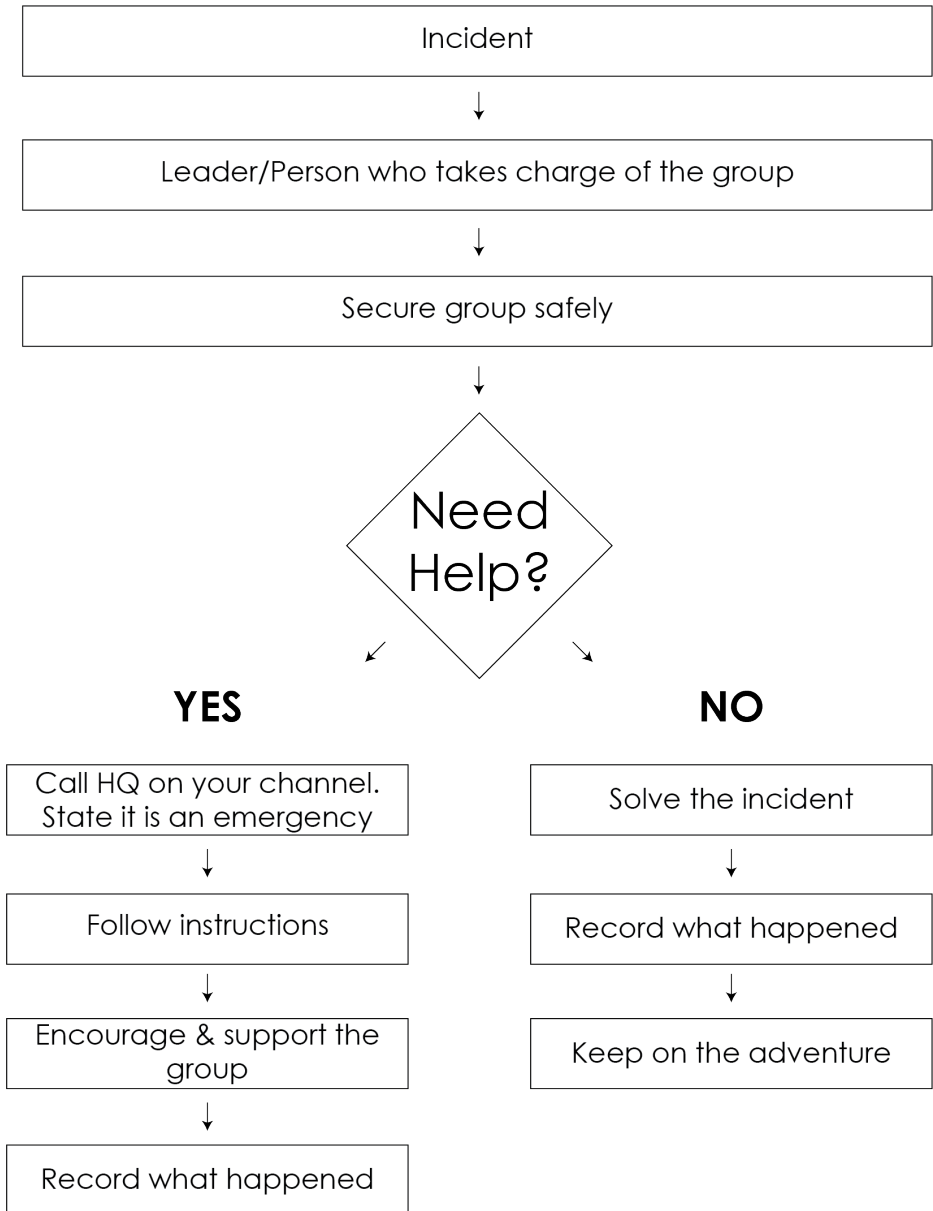
1. Every person should have a compass
2. A GPS may also be carried by group leaders. This can be used as an extra verification of your location on the expedition. The GPS needs to be set correctly. You need to be aware of the limitations and the accuracy of the GPS in a narrow valley. Car GPS are not suitable!
3. It is recommended that each group have at least ONE 5 Watt Radio.
4. Mobile phones should be carried by the group leader at least. Phones should be turned off and only used on ridges when in trouble. The disadvantages of using a mobile as a GPS are that the battery life is not long, they are not waterproof and if dropped irreversible damage may ensue.
5. You need to have a spare supply of batteries for each of the electrical devices with you.
6. Remember that there will always be times when you are unable to have direct contact with HQ. In this case you can:
 - i. Walk to a higher spot or the top of a ridge.
 - ii. Make a call asking someone to repeat your message to HQ.
 - iii. If it is only reporting, keep walking on your intended route until you are able to gain contact again.
 - iv. Please remember that no communication will be possible in locations such as narrow valleys.
 - v. Each leader is also asked to carry a mobile phone in case they are in a location where they are able to use it in an emergency. This will only be on the highest ridges. Keep it turned off so that the battery is not drained.

EXPEDITION NOTES CONT.

SAFETY NOTES

1. Control Points – they will be marked on the Expedition Map. They are points that provide locations that the groups can choose to visit when completing their adventure. Each designated Control Point will have an orienteering marker (Includes a clicker to mark your 'Control Point Record Card') and a 'Passing This Way Record' where each group will attach their groups sticker. They need to add the date and time for the visit.
2. Communication details – groups will be allocated a channel to communicate with HQ. Please report into HQ approximately every 90 minutes. We will be operating 2 channels for this expedition. This is because of improved communications with mobile aerials, etc.
3. Emergency Procedures – we are responsible to manage all of our own emergencies. We have teams of qualified people (including doctors and nurses) ready to help. HQ will decide whether we really need to request police help. This is the procedure that the police expect us to follow. This is demonstrated in the 'Emergency Incident Flowchart'. If the emergency is beyond your group then please call us at HQ. Please follow this procedure in all situations.
4. Use of a PLB - (Personal Location Beacon) This device is an emergency tool that when activated sends out a signal that alerts the Emergency Service in Canberra. It provides an exact location to the emergency site. Canberra will confirm that the beacon is genuine and will dispatch an emergency response. If your group is in an emergency your first point of call is to HQ either by direct contact or by relay with another group. If you are unable to contact HQ then you need to make a decision on the basis of the following scenarios before activating a PLB.
 - i. Unable to contact HQ and have a DEATH in the group
 - ii. Unable to contact HQ and facing a DEATH situation
 - iii. Unable to contact HQ and have a serious accident in the group.
5. Log Book – every person will receive one on registration. Please read it and follow it's advice. Keep it with you during the adventure. It will also include coloured pictures of the main flowers found in the region.
6. Expedition Map – every registered person will receive one. It will include all of the hiking options and the safety details for the area.

EMERGENCY INCIDENT FLOW CHART



PHYSICAL PREPARATION

MY RATE	DISTANCE	TIME
Example: = 3km/hr	1 km	20 minutes
Easy Going =		
Easy Scrambling =		
Rough Bush Bashing =		

The above table will help you work out your personal rate of travel. Calculate the distance of 1 km down your street and walk it. Take your start & finish time. This will be a guide. Remember bush bashing and steep hill climbs will take longer per kilometre.

Plan to walk during the month leading up to the Expedition. Get your parents or an older sibling to go with you while you walk around the block. This will really make a difference.

You need to know how to read grid references & navigate using a map & compass. ONE COMPASS per person is essential.

Complete some regular practice walks BEFORE the expedition. This expedition is a greater physical challenge and you can prepare for it by:

- Regular walking for 45 min for 2 weeks before the expedition
- Include some steep slopes
- Walk with a weighted pack
- Be safe when you do this practice

ENVIRONMENTAL CARE CODE

Scripture has given us the responsibility to 'tend and care for the environment' (Gen 2:12).

No fires - this is National Park rules

Keep the area tidy - take all of your rubbish away

Leave pets at home (National Park regulations)

Leave firearms at home

Do not disturb plants, animals or rocks. Rocks are important shelter for animals and plants. Keep to formed tracks where possible. Do not create shortcuts. Leave what you find.

Respect all Aboriginal sites

Respect wildlife

Take photos, only leave footprints

Be considerate of others

'God is Love' is written upon every opening bud, upon every spire of spring grass... all testify to the tender, fatherly care of our God, and to His desire to make His children happy.'

Adapted from the 'Leave No Trace' 7 Principals.



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