

# GUIDE BOOK



# RULES/DRIVING RULES

## Driving

- 1 No driving (outside of a large city) at night/dawn/dusk;
- 2 DO NOT SWERVE for animals; if you swerve you will probably crash,
- 3 Try to swap drivers every few hours to prevent tiredness
- 4 Only drive on roads suitable for 2WD - don't drive offroad or through water. Don't use trailer on corrugated roads
- 5 People who state they are 'non-drivers' must NEVER drive

## Car

- 1 The Share Bus must arrive with a tidy trailer, including clean equipment, pots, pans, plates and cutlery. The interior must be reasonably clean and tidy.
- 2 Fill only with diesel, check engine oils, and coolant levels, keep locked when unattended with the keys with driver, comply with seatbelt laws
- 3 Lock trailer with wheel clamp and with key when left unattended

## General

- 1 Smoking is NOT allowed inside the minibus
- 2 If any parts/equipment are lost, stolen (by participant) or damaged beyond regular wear and tear (i.e. only unreasonable damage) you may be responsible to pay a fee for replacement.

## Deposit

- 1 If equipment or the vehicle/trailer is lost/stolen or damaged (not minor, or just wear and tear) you may lose part of your deposit
- 2 The deposit will be returned within 2 weeks of the trip ending

## What to bring?



Your sleeping bag



A torch or head torch (we have some though)



Sneakers and swimsuit (bathers)



Personal water bottle



Warm clothes (it can be cold at night)



Some cash for a few campsites and for food

We have all the rest of the stuff for cooking, camping and fun!

# ***RESPONSIBILITIES***

This is a shared rental and not a tour so be prepared to share activities and responsibilities:

## **Before the Trip**

Read the guidebook, and research extra activities you want to do  
Pay the deposit

## **First Day**

Sign the shared rental agreement  
Check out where all the equipment is in the trailer, and what is the condition of the items.  
Make note of anything damaged and let us know by the second morning if so, as this will be checked again at the end of the trip  
Check everyone's dietary requirements and make a list of suitable meals  
Choose a person responsible for managing the group cash, and people to do the shopping (2-3 to avoid chaos)  
Put in some cash for a group fund for meals

## **During the trip**

Plan your days together (do the night before, or a few days in advance so everyone is on the same page). The better you plan, the less time you waste on trip.  
Set up and pack away your own tent and sites (you'll be sharing with one other)  
Learn a lot about camping!  
Cook and plan meals together  
Work hard, play hard, and have fun!  
Become an awesome team

## **After the trip**

Clean the van, trailer and equipment at the end of the trip  
Check you have all the equipment and check the conditions of the items  
Notify the group coordinator of anything missing or broken. Please note if something expensive is missing or broken (not due to regular wear and tear) it can be deducted from your deposits  
Complete a feedback survey to help us grow and improve!



# GENERAL TRIP ADVICE

## Daily Program

It's likely that you will wake up early because the sun will light up the tents, the temperature will rise, and the birds will start to sing. It's great though, as you can make the most of the day.

Ideally, you will be able to eat breakfast, pack up and organise the trailer in about an hour and a half.

If the weather is hot, it'll be better do activities and hikes early, while it is still cool. Remember to put sunscreen on every day even if it's cloudy as the sun is very strong in Australia. If you want to move locations or do a long drive, it is better do so after lunch, during the peak hours of the sun.

## Itinerary, activities and where to sleep

It's best to make sure everyone is on the same page and happy with the itinerary, activities and accommodation. We have prepared a recommended itinerary but you have the flexibility to do what you want. At times it can be difficult to make decisions together, so being flexible to compromise is sometimes necessary. We recommend organizing the shopping list and itinerary in the evening or while you're driving to avoid to wasting time.

Check the weather forecast to avoid a night camping under the rain and sometimes you can treat yourself by going in a hostel to sleep in a bed and have a warm shower.

## Shopping

During the first day it's best to talk about everyone's/ preferences and dietary requirements. We recommend nominating someone to manage the group's cash and 2-3 people to do the shopping (to avoid chaos!). You can make a list for the food together, but then only send these few people into the shops. We suggest buying any snacks yourself.

# SETTING UP CAMP

## Divide the Jobs

There can be up to 12 people on each trip. To avoid chaos its best to give everyone a regular role and divide the jobs between yourselves. We realised the main jobs are:

- Set up the tents (4 people in two teams)
- Inflate mattresses, and put in tents (1 person)
- Set up the table, benches, kitchen, lights etc (2 people)
- Cook the meal (2-3 people)
- Do the dishes (2 people)
- Find firewood and start a fire (only sometimes, when allowed/available)

## Setting up tents

Have two people setting up a tent at a time. Remember to put the tent bag under the tent so it doesn't blow away or go missing in the night. Zip the tents up to stop insects entering

## Inflating mattresses

We have self-inflating mattresses. Put them in your tent, open the valve, and they will inflate by themselves. When you go back to your tent, shut the valve and enjoy your sleep!

## Setup the table, benches, kitchen

One table can be used as a cooktop next to the gas bottle, between the van and the trailer. The tables/benches are trestle tables and the gas bottle is always connected to the stove.

## Cooking

There is a gas cooker, butane cooker, and a grill to put over a fire.

When cooking dinner, it can be a good idea to also cook something for lunch the next day. For example, if you are boiling water for pasta, you can use the same water to cook rice or something else

Make sure you properly close the gas after making dinner. Turn off the gas from the gas bottle, before turning off the gas burner. This is to make sure all the gas in the hose is used and it is safer. Note that the butane burner will be slower than the gas stove, but it might be easier to use for small jobs (i.e. coffee in the morning)

## Doing the dishes

If you use boiling water you can keep the leftover water in a bucket to do the dishes. Make sure you also clean the cooking equipment (i.e. burner)

## Packing up

Its easiest if everyone packs up their own tent. If it's rained overnight, or the tent is wet move them to the sun to dry so mold doesn't form. To clean the tents you can turn them inside-out to shake it or use a dustpan and brush. To pack up,close all the zips and stretch the tent out in a large square. Fold the tent in thrids over the centre square, and then in 3rds again. It should be a square shape, which can then fit into the cover.



# MENU IDEAS AND SHOPPING

## Breakfast

- Bread and spreads, jam and honey
- Milk and coffee with biscuits or cereals
- Coffee made with the Moka,
- Fruit and nuts

## Quick Lunches

You could either make something the night before, or prepare something easy during the day

- Salad with meat/tuna/eggs, beans, green beans or other canned/fresh veg
- Wraps or sandwiches with your preferred filling
- Cold rice salad (with rice cooked previous night) with vegetables/beans
- Cold Pesto Pasta.

## Dinner

At the end of the day you have more time to spend to relax and cook so you can prepare more elaborate dishes and also prepare something for the next day. Boiling the water takes a lot of time so if you can use the same water to cook twice (i.e. lunch) it's more efficient. You can even use the fire to cook delicious meals using a grill or the alfoil.

You can find a lot of free BBQs at parks and beaches in Australia, so you could also use this to BBQ meat and vegetables.

With the gas burner:

- Pasta with pesto or other sauce
- Mushroom risotto
- Fry eggs and bacon
- Cook meat
- Mix salad
- Steam veggies

With the fire:

Use the coals in the fire to cook, not the direct flame. Make a fire and once you have burnt enough wood move the fire coals to the side and use them to cook your meals.

Wrap food in alfoil: Cut the potatoes (or zucchini, onion, meat etc). Add herbs/spices, wrap it with and put in the fire coals

Or use the grill plate over the fire to make a BBQ.

# EQUIPMENT LIST

## Kitchen 01 Box

Chefs Knives  
Peeler  
Scissors  
Grater  
Wooden Spoons  
BBQ Tool Kit  
Can Opener  
Spatula  
Chopping Boards  
Small saucepan  
Serving Spoons  
Universal Lid  
2 x Frying Pans

## Chairs Box

6 x Aluminium Chairs

## Breakfast Box

Butane Gas Burner  
Butane Cans  
Moka Coffee Maker

## Kitchen 02 Box

Large Serving Bowl  
Large Multicooker (for steaming/boiling)  
Cups  
Plates  
Bowls  
Cutlery

## Games Box

Hammock  
Snorkels and Masks  
Uno Cards  
Playing Cards  
Jungle Speed  
Frisbee  
Soccer Ball  
Beach Ball  
Ball Pump and Needles

## Kitchen 03 Box

Food Storage Containers  
Colander  
Oil, Salt, Pepper  
Alfoil

## Electrical Box

Portable Lanterns  
Handheld lights (torches)  
Spare powerboard  
Extension Cord  
Rope for Clothes Line  
Tape  
Cable Ties



## Cleaning Box

Tea Towels  
Dustpan and Brush  
Spray and Wipe  
Bug Repellant  
Toilet Paper  
Lighter  
Firelighters  
Rubbish Bags  
Washing Powder (clothes)  
Sponges  
Dishwashing Liquid  
Rags

## Mechanical Box

Tool Kit  
Saw  
Tool to remove tyre  
Bottle Jack  
Funnel  
Jumper Leads  
Folder with Spare Keys  
Coolant, Red concentrate  
Engine Oil, 15w40

## Items in Trailer 01

4 x 4-Person Canvas Tents  
Extending Tent Poles  
12 x Self-Inflating Mattresses  
85L Dometic Esky  
Grill Plate  
Storage Containers  
Folding Tables  
Benches  
Gas Stove with Metal Box

## Sleep Box

Inflatable Pillows

## Tent accessory Box

Tent Pegs  
Heavy Hammers  
Caps for Tent Poles  
Wheel Clamp for Trailer  
Black Blocks for Trailer

## Items in Vehicle

Blue Folder with Trip Information  
2 x A5 Receipt Folders  
First Aid Kits  
Map Book with Free Camp Listings  
Power Inverter and Power Board  
Sunscreen

## Items in Trailer 02

Broom  
Camping Shovel  
Dishwashing Bucket  
4 x Water Tanks  
Pool Noodles  
Guitar and Guitar Case  
2 x 20L Diesel Tanks  
2 x Gas Bottles



# END OF TRIP CLEANING

You need to return the equipment, minibus and trailer clean and tidy at the end of the road trip. Use the following checklist to make sure you do a good job!

With the whole group working together this should take about 1-2 hours

- Empty, clean and dry all containers
- Wash and dry everything that was inside the containers.
- Make sure nothing is wet before putting it back inside. It will smell and go mouldy if so
- Make sure all items are in the correct labelled boxes
- Clean both stoves
- Make sure the coffee maker (moka) is clean and the coffee grounds removed
- Remove all the food from the fridge, wash it with soap and water and dry it.
- Clean the bus inside and out. Use the broom to sweep the floor and any leftover sponges to clean up any dirt or spills from the floor.
- Sweep the inside of the trailer
- Wash the outside of the bus and trailer with water pressure and sponges to remove dirt and dust
- Clean/tidy anything else that looks dirty

# FIRST AID FOR BITES AND STINGS

Serious allergic reactions occur in approximately 2 per cent of stings from ants, bees and wasps. Symptoms such as swelling of the face, lips and tongue, breathing difficulties or a generalised rash are potentially life-threatening and require urgent medical attention.

## INSECTS

### SCORPION

Scorpion stings can be very painful and the pain may persist for several hours. Local redness and numbness often occur. Wash the sting site; apply antiseptic and apply a cool pack. Give pain killers such as paracetamol. Australian scorpions do not cause severe symptoms.

### CENTIPEDES

Apply antiseptic to the bite site. Local redness, itching and pain are common. Severe pain is sometimes experienced.

### MARINE JELLYFISH (NON-TROPICAL)

Apply vinegar or Stingose then shower in hot water for at least 15 minutes.

### BLUE-RINGED OCTOPUS

Muscle paralysis with breathing difficulties can occur within minutes of the bite. The bite may not be painful. Apply a pressure immobilisation bandage, perform mouth to mouth resuscitation as required and seek urgent medical help.

### FISH STINGS

Immerse the sting site in hot water (as hot as can be tolerated for at least 30 minutes). Get medical help for severe pain or if the pain is not relieved by the hot water.

## SPIDER

### REDBACK



Wash the bite site, apply antiseptic and a cool pack. In the majority of cases only minor pain and redness occur. In 25 per cent of cases, severe pain and other symptoms such as sweating, headache, vomiting and muscle pain develop over the first few hours. Take the victim to hospital if there are severe symptoms.

### WHITE-TAILED SPIDER (LAMPONA)

There is no clear scientific evidence that bites from these spiders cause skin ulceration. Treat as for bites from all other spiders.

### ALL OTHER

Spiders – all other  
Wash the bite site, apply antiseptic and see your doctor if signs of local infection develop. (This information only applies to the regions of South Australia, Western Australia and the Northern Territory.)

# SNAKE

Treat all bites, including suspected bites, as potentially life threatening. Get urgent medical/ ambulance assistance.

Phone 000 for an ambulance.

Do not wash, squeeze or puncture the bite site.  
Apply a pressure immobilisation bandage.  
Keep the victim calm and still.  
Do not give food or alcohol.  
Do not allow the victim to walk.  
Bites to the head and body must be bandaged as firmly as possible.  
Do not attempt to catch or kill the snake.

## BANDAGING A BITTEN LEG

This bandaging technique should also be used for blue-ringed octopus bites.



1. Apply a broad pressure bandage from below upwards and over the bite site as soon as possible. Do not remove trousers, as the movement of doing so will assist venom to enter blood stream.



2. The bandage should be as tight as you would apply to a sprained ankle. The patient should avoid any unnecessary movements



4. Apply a splint to the leg, immobilising joints either side of the bite.



3. Extend the bandage as high as possible.



5. Bind it firmly to as much of the leg as possible.