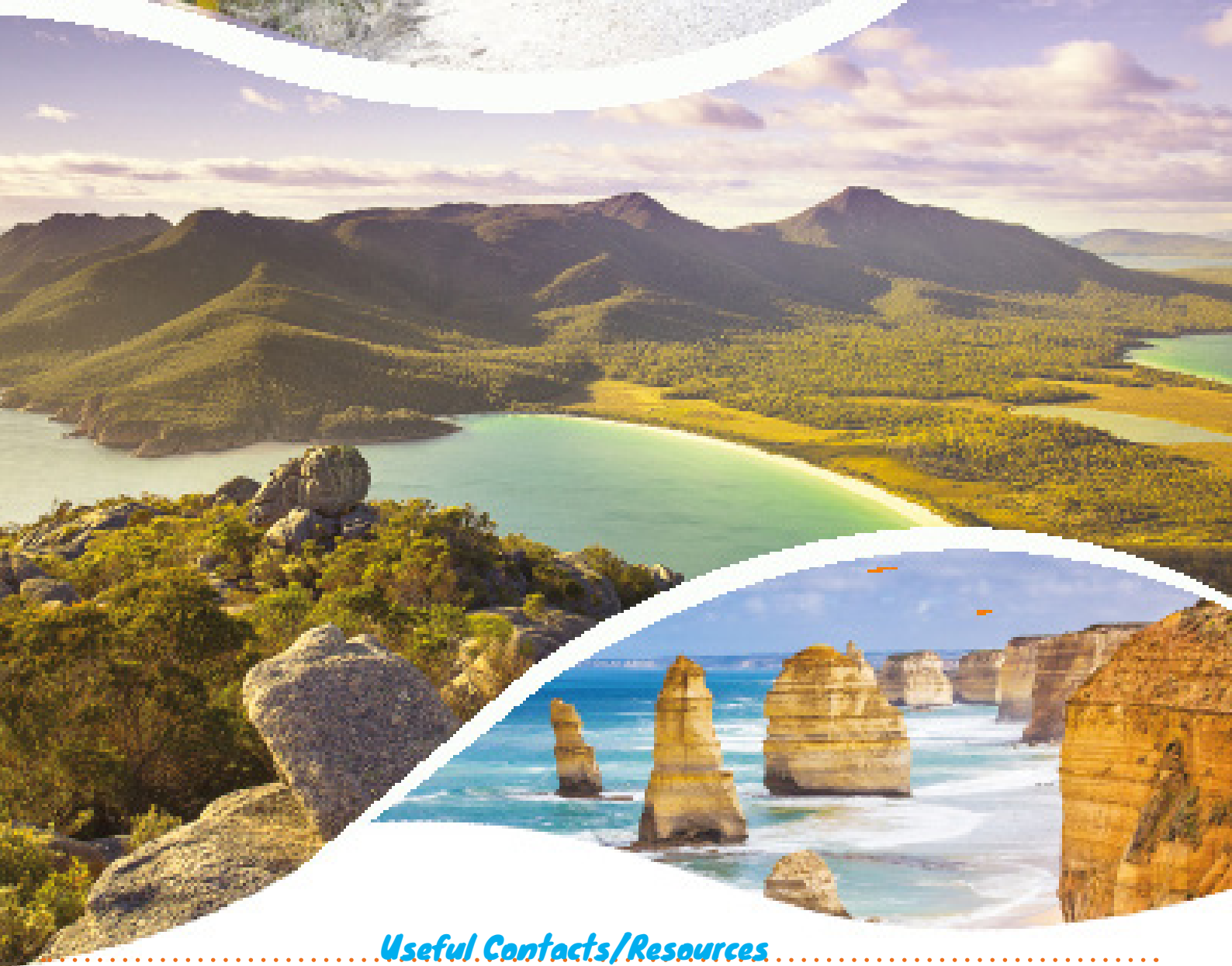


GUIDE BOOK



Useful Contacts/Resources

Emergency: In case of major accidents or medical emergencies call 000 or 112

Wiki Camps App! This includes rating, reviews and GPS location of campsites and attractions which may be interesting

Share Bus: Call 1300 265 241

RAC Roadside Assistance: 1300 558 456 Quote numberplate

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 as insurance won't cover them
- Do not drive on roads signed as unsuitable for trailers or caravans (even with the mini-bus alone)

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 the trailer is 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.

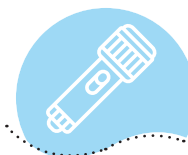
Deposit

- 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 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! Only use the mattresses inside the tent. If you use them outside they could get holes from small rocks and rough ground.

Setup the table, benches, kitchen

One table can be used as a cooktop next to the gas stove, 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 some 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.



TRAILER SAFETY TIPS

Packing the trailer safely

When you pack the trailer safely, you improve the stability of the trailer. That means if you or a driver suddenly swerves, you are less likely to lose control

1. Keep heavier weights on the bottom.

This might include spare tyres, the full esky, water tanks, tents and heavy luggage. This is to keep the centre of gravity lower, so the trailer is less likely to tip

2. Put lighter items on the shelves (and at the back)

Keep the 'medium items' on the middle shelves, and the lightest items on the top shelves. (i.e. mattresses, pillows) This is to keep the centre of gravity low,

3. Do not put heavy items at the back of the trailer.

Keep heavier items over the wheels or if there's no more space there, towards the front of the trailer. Putting heavier items at the back can increase trailer swing if you swerve. If the trailer is not fully loaded, push items towards the middle of the trailer, rather than keep them at the back. Do not keep all 80-100L of water at the back.

4. Keep the left and right sides equally loaded.

If you keep your luggage on one side (right), and the cooking/camping equipment on the other side (left) this will normally result in the trailer being loaded relatively evenly. If you keep your luggage inside the bus this will unbalance the trailer (redistribute)

Driving with a trailer

Driving with a trailer is not difficult, but there is less 'room for error' than driving a vehicle alone.

1. Drive to Conditions

- Do not use steep or unsealed roads in moderate to heavy rain
- Slow down if it is windy, rainy, or if the road is windy or narrow
- Do not drive too fast in general
- Do not drive at night outside of the city, where animals come out

2. Take corners slowly and take wider turns

3. Do not swerve

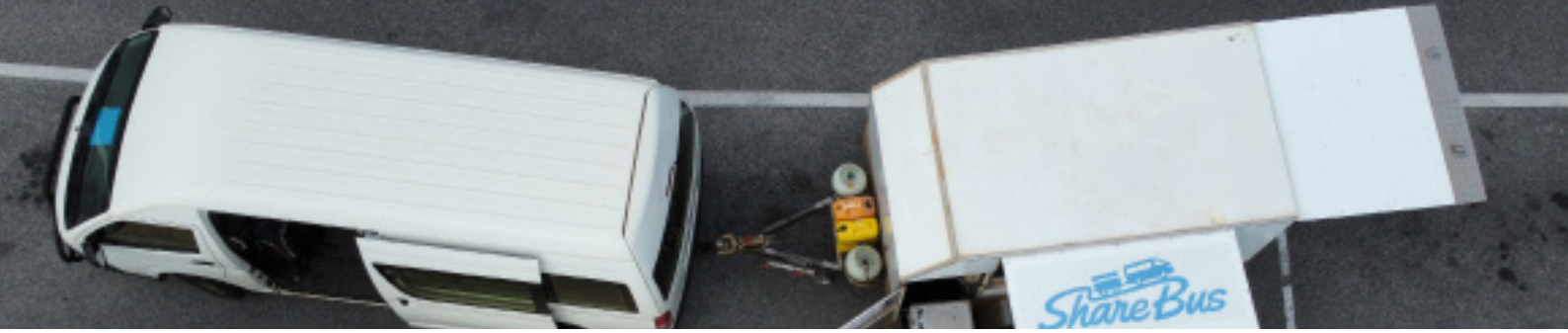
- If an animal jumps out in front of you, it is much safer to brake and hit it, than to swerve
- If you need to adjust your position, change it slowly, rather than pulling suddenly

4. Remember you have a trailer! And check your mirrors when changing lanes

A bit of obvious advice, but it's easy to forget you have a trailer behind you when you are driving on a straight road for a long time.

5. Check the tyre pressure about once a week

It should be around 33psi (cold; before driving a long distance)



TRAILER ATTACHMENT



Trailer latch closed

DO NOT drive with the trailer latch closed as demonstrated in the picture to the left. This will stop the trailer brakes from working and is very unsafe. It will also cause the bus brakes to wear through quickly.

Trailer latch open

Keep the trailer latch open while driving. When the trailer latch is open, the trailer brakes are working. The trailer latch may be cut off - this is also okay.



Check the trailer attachment

1. Attached to tow ball securely and locked
2. Jockey wheel UP
3. Little bit of metal open (or cut off); as above
4. Chains attached to vehicle
5. Light cable attached to vehicle.
6. Handbrake off (see picture)



Picture shows trailer securely attached. The circled part is showing the handbrake off



DRIVING STEEP ROADS

Put the vehicle into manual mode in low gear

When you are going down hills its better to shift the car out of auto and instead into gear 2 or 3. This is so the engine is used to slow the vehicle and you don't need to hold your foot on the brake the whole time.

If you go down hills in "Drive" with your foot on the brake for an extended period it could cause the brakes to overheat and temporarily stop working properly or possibly wear through the brakes extremely quickly. It is possible to completely wear through them. (Especially with weight of trailer pushing behind) This is just something to keep in mind - shift to manual gear!

Avoid steep roads

Do not drive on roads that are signed as unsuitable for trailers or caravans even with just the mini-bus alone.

Do not drive on roads that indicate trucks need to shift to a lower gear UNLESS we have recommended you to take this road. In this case, make sure you also shift to a lower gear.

Banned and recommended roads

We may include a list of banned or recommended roads in your trip itinerary. Please check this. When choosing a road please assess whether it may be suitable for the vehicle and do not drive any overly steep roads.

Driving a manual?

Easy! You don't need to shift the vehicle into manual mode as you are already there! Use a low gear. However, make sure that you don't drive down the hill with your foot resting on the clutch pedal. This can cause damage to the clutch.

**IGNORING THIS ADVICE MAY MEAN YOUR
BRAKES FAIL ON A DESCENT. THIS IS DANGE-
ROUS AND EXPENSIVE**



DEALING WITH BAD WEATHER

If you're camping in heavy wind, rain or storm, the first thing to consider is whether you should camp at all. Every piece of equipment has its limits, so if you decide to camp in anything more than 'moderate rain' you might soon discover what the limit is and have a 'soggy sleep'.

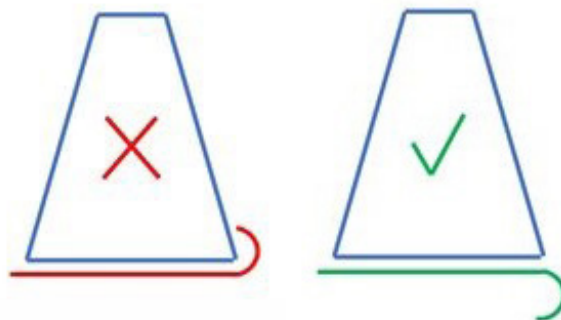
You can camp in mild-moderate rain but some care has to be taken in how you set up camp.

1. Choose a good spot.

Some spots are more likely to collect water, and then conduct it up through the floor of the tent. Choose a spot which is 'uphill'. Don't camp downhill of other campers, and don't camp close to any rivers/streams

2. Set up a tarp underneath the tent

You should have a tarp with your tent. It's important to put this underneath your tent to protect the floor. However, one of the most important things you can do is to make sure it is fully folded UNDERNEATH your tent. If part of it is sticking out, it can actually collect water and conduct it underneath. Fold the tarp 'downwards' not 'upwards'



3. Set up the centre pole as high as possible

Extending the centre pole as high as possible creates tension on the sides of the tents, and allows water to run down the sides. If there is no tension water will collect and pool on the sides. If you extend the pole as high as possible and a side is still 'slack' then you've probably pegged out the base unevenly. Repeg it.



DEALING WITH BAD WEATHER CONTINUED

4. Put out the guy ropes

There are some ropes attached to the side of the tent which should be pegged out. This helps keep the tent stable in bad weather, and can also lift the sides of the tent away from you.

5. Do not touch the walls of the tent.

If you touch the side of the tent with your luggage (or body) you can conduct water in, that would not have come in otherwise. This is true in all tents.

6. Consider covering the roof with a light tarp.

if you're on a trip in a place that gets a lot of rain, we normally include a few light tarps in the mechanical box. Consider setting these up over the roof of the tent.

If you choose to camp in the rain, you will need to leave the tents out under the sun to properly dry before using them again.



IF SOMETHING GOES WRONG

Medical

Here are some numbers that could be useful in a medical situation

Emergency: **triple zero** (000) or 112.

Non emergency advice line 24-hr (Health direct): 1800 022 222

First aid kit: You have been supplied a first aid kit in the bus. PLEASE let us know if you have used anything so we can make sure it stays complete

If you experience an emergency please tell us after you have contacted emergency services and have a plan in place

Mechanical

Our number: 1300 265 241

After hours: 0461 430 091 (please don't call during working hours)

RAC roadside assistance: 1300 558 456

Please note, we do not monitor the facebook chat group frequently, so phone call is the best way to notify us of any issue

Please tell us first if you experience any issue, even if it as simple as a flat battery or a tyre that needs to be changed. Afterwards we will most likely tell you to call RAC roadside assistance

With RAC, someone will come out to you, assess the problem, and either repair it or decide next steps (i.e. transport to a mechanic). If you need to do a tyre change they can do it for you.

We cannot call RAC for you as they need the contact and location of the person with the car.

Do not do any mechanical work on the van without prior approval. For example, if you think that the coolant needs to be topped up - speak to us first. Perhaps its not necessary, or you may use the wrong type. Talking to first helps avoid accidental damage.

There are spare tyres and a mechanical tool box located in the trailer

If something happens to a tyre TELL US. We will organise a new spare for you, and can make sure the next group as a working spare

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

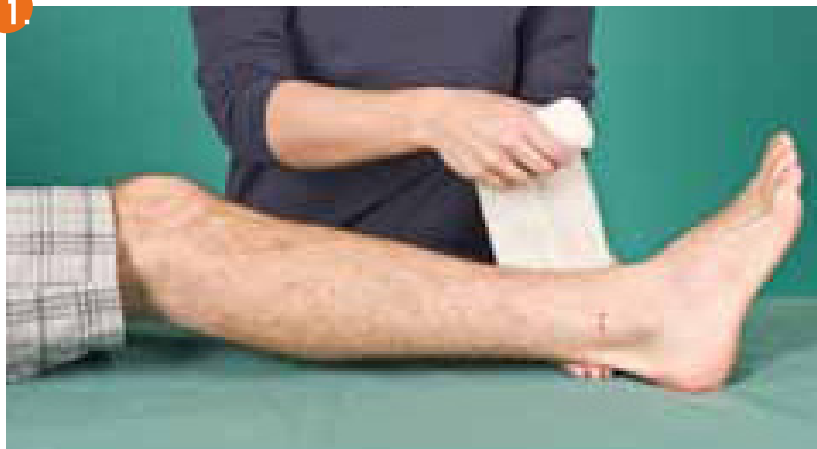
Treat all bites, including suspected bites, as potentially life threatening. Get urgent medical/ambulance assistance.

Phone 000 for an ambulance.

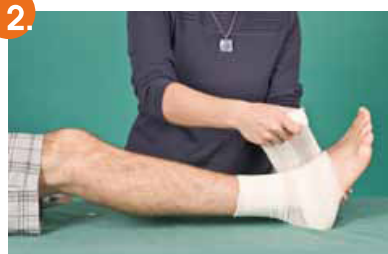
Do not wash, squeeze or puncture the bite site.
Apply a pressure immobilisation bandage.
Keep the victim calm and still.
Do not give food or alcohol.
Do not allow the victim to walk.
Bites to the head and body must be bandaged as firmly as possible.
Do not attempt to catch or kill the snake.

BANDAGING A BITTEN LEG

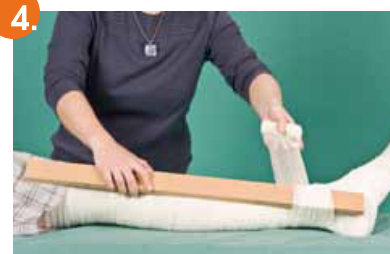
This bandaging technique should also be used for blue-ringed octopus bites.



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.



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



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



Extend the bandage as high as possible.



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