**PARTICIPANT EXPRESSION OF INTEREST FORM.**

2021 SOUTH COAST TRACK - TASMANIA EXTREME CHALLENGE.

12/03/2021 – 21/03/2021

Please indicate below if you are applying for one of eight only positions for the above challenge.

For full inclusions and exclusions, please see detailed information below.

PRICING - $3333.00 - Twin Share Hotel Accommodation Ex Hobart

 -$3553.00 – Single Share Hotel Accommodation Ex Hobart

**Once you are registered you will receive a fund-raising page from AEIOU with your**

**details provided, there are no targets, so please raise as much as can and help a family**

**who needs assistance?**

All information collected on this form is confidential and kept secured. It is used by Elite Executive Events employees only and it will not be shared with a third party without your written consent.

 Please lock me in now for a position in this trek and send me the paperwork to complete.

 Please place me on the list, I will confirm later, understanding that positions maybe filled

# PERSONAL DETAILS

|  |  |
| --- | --- |
| **Full name:**  |  |
| **Daytime phone:**  | **Work / mobile:**  |
| **Home address:**  |  |
| **Email address:**  |  |

**Signature:** **Date**:

**South Coast Track – Tasmania summary**

CHALLENGE EXTREME – **EEE**- Date – Friday the 12th of March 2021 – Sunday the 21st of March 2021

**Trek Package Inclusions –**

2 professional wilderness guides (includes minimum 1 advanced medic)

All professional wilderness guides will each have one Satellite Phone and Emergency Position Indicating Radio Beacons, your first-class safety is our priority in these remote areas

Wilderness survival training whilst at camp sites.

Fully comprehensive pre-trek handbook

Complimentary diet plans for your trek food

8 week (3 days per week) personal pre-trek training program – 60% attendance required.

Newsletter updates (2) and a dedicated person to answer any of your questions leading up to your trek

From your registration fee we will donate $20.00 each towards the Orange-bellied Parrot Tasmanian Program to assist in the continuation of this great program

2 nights pre(1night) and post(1night) trek hotel accommodation - 4 Star twin share (single supplement available) including free airport transfers and full continental breakfast daily and meet your fellow trekkers

Private Hotel dining - 3 course dinner after completion of trek, includes 2 individual trek awards, all trekkers receive a specially designed framed certificate of completion

In hotel trek briefing and gear/pack inspection

8 nights camping sites

Private Scenic flights to Melaleuca including transfer to departure airport - Cambridge Airport

Return transport to Hobart by luxury private bus including deluxe BBQ and drinks at Cockle Bay

National Park fees

Your fee includes use of 75LT Backpack /large tent/sleeping bag and inflatable sleeping mat (collect from EEE prior to departure to Hobart) backpacks will be handed out at training sessions.

Group camping equipment including all cooking equipment

Emergency communications & advanced group first aid kit

**What's not included -**

Domestic Flights to Hobart and return

Items of a personal nature: clothing (packing list below), alcoholic beverages, car parking etc

Personal Travel insurance.

Food is a personal choice , therefore supplying food for groups does not always meet these different needs. As part of your registration you will have access to daily trek diet plans designed from past experiences. Your daily weight for food should not exceed 600-700 grams per day. We recommend - 1 substantial meal for breakfast and dinner and at least 3 snack packs per day.

**South Coast Packing List – Tasmania**

Your Essential Gear List

**The Layering System**

The weather in Tasmania is varied and sometimes unpredictable. Below we have explained the layering system and its function. This is how you will keep warm.

The layering system consists of three layers, including:

**Base Layer:** regulates your body temperature and wicks away moisture from your skin. Best brands are any made from Merino Wool [not cotton items]. This item will wick moisture away from your skin and help regulate your body temperature. These products are also known as “thermals” or modern skins, you must have at least your chest and abdomen areas covered with a base layer.

**Mid Layer:** This layer traps the heat in. This item would be a fleece jacket, a down jacket or vest or softshell jacket. It would be advisable to have 2 garments, one being lighter weight for warmer days and one heavier for colder days

**Outer Layer:** This layer would normally be your raincoat. Please select a good quality garment made of Gore-tex or a similar material and preferably knee length. These fabrics are waterproof and breathable. This type of material allows your sweat vapour to pass through the fabric and prevents water vapour [rain] from getting in

**The Gear List**

All items are mandatory

The following items are included in your package and are available at official hotel upon arrival, you can also bring your own gear if you require.

Backpack – 75+ litres & Waterproof Pack Cover - EEE Supplied if required

Sleeping Bag [Down Fill only with a minimum of 700 loft to a comfort rating of -2 degrees or better] EEE Supplied if required, you place inside a waterproof dry bag or waterproof compression sack

Sleeping Mat placed in a waterproof dry bag - EEE Supplied if required

Sleeping tent, light weight 2.0Kilos-2.5Kilos - EEE Supplied if required

**To be supplied by participant**

Sleeping bag liner – Sea to Summit Thermolite Reactor best

1 x Lightweight Long-Sleeved Shirt [for sun protection]

1 x Walking Shorts

1 x Lightweight walking trousers

3 x Long Sleeved Thermal Tops – mid to heavy weight [Merino Wool]

1 x Thermal Underwear [long legged made of merino wool] or track pants (sleeping)

1 x Down Jacket [long sleeve]

1 x each of light weight and heavy weight Fleece Pullover (sleeping)

3 x Pairs of Socks

3 x Pairs of Underwear

**Wet Weather Gear & Waterproofing**

Waterproof Trousers

Waterproof jacket (raincoat with hood).

Recommend knee length gortex material or similar Gaiters [knee length preferred]

Dry Bags x 3 to put clothes in.

Dry bags are waterproof bags [Sea to Summit brand best] to store your clothes, sleeping gear so that they don’t get wet.

A pack cover is a waterproof cover that fits completely over the entire outside of your pack. -supplied

Trekking Poles (mandatory and train with them).

**Food**

Included in your package is access to 3 daily diet meal plans. You will receive meal plans once you have registered, all options weighing less than 700grams.

**Footwear Walking Boots** – Ankle High best and must be lace up. [leather boots are more durable] CHECK CONDITION OF LACES AND ENSURE THAT THE SOLES ARE SECURELY ATTACHED TO THE BOOTS

Camp shoes – Crocks, runners or sandals, sandals are used for creek crossings

**Additional**

Sunhat with brim

Metal Plate/bowl/cup/ eating utensils

Beanie Gloves – [please bring for all seasons]

Sunglasses

Head Torch & Spare Batteries

Camera

Drink Bottle 1.5Ltr and Camelback System [no less than 2 litres)

Toiletries Toilet paper – in a waterproof zip lock bag

Toothbrush & Toothpaste

Wet Wipes for body wash [bring a travel size pack, not jumbo size]

Sunscreen & Lip Balm

Hand Sanitizer Gel Lightweight

Travel Towel [small]

Medications [make sure you have enough]

A few band aids

Optional

**NOT RECOMMENDED** – Books, Electronics, Cotton or Denim Clothing

PLEASE NOTE You will have to be prepared for ALL weather extremes. You will be walking at alpine altitudes. We strongly suggest that you take all of the items on the above list. Any questions please call Bruce Barker from Elite Executive Events on 0401 713 039.