Hike For Bibles on the Bibbulmun Track

WALKING GUIDE



BibleSociety

Walking the Bibbulmun for Bibles

Welcome to hiking the Bibbulmun Track with Bible Society. The Bibbulmun Track is a world-class walking trail which extends over 1000 kms from Kalamunda to Albany. It encompasses some of the most beautiful and peaceful areas of South West Western Australia.

Each year the Bible Society holds a hiking event over four days, covering a different section of the track. The distance walked each full day is 10-24 kms with total of 72 kms being covered over the four days of the hike. This will provide a degree of challenge for you, but you can do it with a disciplined training program!

This event gives you the opportunity to make new friends, learn the skills you need to enjoy hiking the track and have the benefit of past hikers and experienced leaders to help you prepare. We are supported every year by the Bayswater SES who keep an eye on us throughout the hike and assist with any injuries or illnesses.

The most important part of this event is the fundraising you will be doing for Bible Society Australia for its "Frontline Project: Bibles for Chaplaincy".

Our chaplains have been serving selflessly at the coalface, in hospitals, prisons, emergency services and more. And God's Word helps many chaplains make a difference in the lives of people in need. The average costs to provide a Bible is $11.00, and chaplains need your support to afford all the Bibles requested by the people in their care.

The fundraising is an integral part of the hike, not meeting the fundraising requirements may affect you being able to join the hike in future years.

Bayswater
State Emergency Service

ZION
TRANSPORT SERVICES

Thank you to event sponsor Bayswater S.E.S. for providing valuable assistance throughout the hike. In an emergency they will be standing by to take any necessary action.

Thank you to event sponsor Zion Transport Services for providing transport for this event.

About Bibbulmun Track

First developed in the 1970s, it has survived many changes – of Governments, users and caretakers, but the aim remains unchanged of encouraging people to "go bush" and discover the natural wonders of WA's South West.

In September 1998, following a major upgrade, realignment and extension of the old track, the "new" Bibbulmun Track was opened. Bush walkers' campsites along the route are no further than a day's walk apart, each offering a 3-sided timber hut with bunks, picnic tables, water tank, tent sites and toilet. Some campsites offer a fireplace as well.

The Track is name after an Aboriginal group from an area in the vicinity of Albany. There are excellent maps available and the Track is clearly marked with yellow "waugal" (mystical snake) arrows.

The Track is managed and maintained by the Department of Parks & Wildlife with the support of the Friends of the Bibbulmun Track to ensure that it remains a world class walk trail for many generations to come. Whether you want to enjoy a leisurely morning or afternoon walk or spend 6-8 weeks hiking the entire stretch, Bibbulmun Track offers an adventure you will never forget, particularly in Spring when the forest area of the Track literally comes alive with the sounds of birds and bees and the blossoming unique beauty of the wildflowers. Some prior research about the Spring vegetation in the region will make your enjoyment of the Track more meaningful.

Preparation Guide

GETTING INTO SHAPE

Preparation is essential to help you enjoy the walk and is your responsibility. Hike leaders and past walkers will be happy to offer advice and encouragement, and the SES will be nearby to assist. However, the Boy Scouts' motto *Be Prepared* is very pertinent for this extraordinary walk!

You need to be able to carry everything for four days on the track (about 14-16 kgs). As a group we have a variety of training hikes taking place from May to September that will help you to prepare. You will be notified about these if you express interest in the hike.

A BRIEF WORD OF CAUTION & TIPS

If it has been a while since you have undertaken any regular physical activity, please visit your GP to discuss your training to prepare yourself for this hike. Getting into shape will involve attention to the following areas: fitness, feet and frame.

- Improve your cardiovascular and respiratory fitness by doing any form of physical activity that maintains an increased heart beat rate for more than 20 mins. at a time.
- Exercise for short periods of time initially, gradually increasing the duration and intensity as you feel capable.
- Walk 2-3kms several times a week, gradually increasing to 6-8kms, with the occasional long walk of 12-16kms.
- Take the stairs instead of the lift.
- Make sure some of your training is on bush tracks. The uneven ground uses your muscles differently to path/gym work.
- You will need to be self-sufficient and carry in a backpack all the items required for the duration of the hike.
- Remember if you want it you need to carry it!
- Weight puts additional pressure on the muscular and skeletal frame so experience some weight carrying as part of the preparatory program.
- Put two or three large drink bottles wrapped in a towel, or some other weight with rounded edges, into a small day pack during your programmed walking sessions.
- Start with 2-3 kgs and increase gradually to 10-12 kgs closer to the time of the hike.
- Spend a lot of time getting your feet accustomed to the footwear planned to be used on the hike. Even though you may already have a pair of boots, it is still advisable to re-accustom your feet to their shape and weight.
- Wear your hiking footwear while training with weight in your backpack.

What To Bring

SUGGESTED CAMPING CHECKLIST

You need to provide and carry your own gear. There will be an information night in early August to help with choosing gear. If you are an inexperienced hiker we strongly recommend that you wait to talk with us before buying gear. We have a small amount of gear that can be lent to first time hikers. You can share some things with a walking buddy!

PACK, TENT & SLEEP GEAR

Backpack (50-80 ltr), packliner, tent & tent fly, tent poles & pegs, sponge (to wipe tent floor/fly), groundsheet, sleeping bag, sleeping bag liner, sleeping mat.

CLOTHING

Long pants (loose fitting), shorts, shirt (long sleeve), socks, underclothes, pullover, raincoat, hat, sunglasses, boots/walkshoes, beanie, thermals for night time.

COOKING

Stove, fuel bottle, fuel, matches, bowl, cup, spoon, billy tongs, scourer.

WATER

Water bottles (2-3L), water, purifying tablets. At lease 2 containers in case of breakages.

PERSONAL FIRST AID KIT

To include gauze, cotton wool, elastoplast, scissors, needle, tweezers, cotton, vaseline, anaesthetic cream, insect repellant, panadol, antihistamine, sunscreen, blister pack, burn pack, safety pins and bandages. Any other medications you require.

TOILETRIES

Toothpaste (only enough), toothbrush (short handle), small travel towel, soap, wet ones, toilet paper, trowel.

MISCELLANEOUS

Bags for wet clothes, food and rubbish; notebook & pen; torch; batteries; Bibbulmun Track map, whistle, compass; camera; cord; heavy duty large garbage bags.

FOOD IDEAS

Foods that can be made up with water and mixed with other dried food are best for main meals. Carry only what you need! About 500-800g of food (dry weight) per day is a good guideline. Examples of food: Cereal like muesli, easy oats, breakfast bars, crispbread, crackers, wraps, tuna/salmon foil sachets, salami, dried meats, low fat cheese, pasta, couscous, rice, rice noodles, dried vegies, small amount of dried fruit & nuts, powdered milk, tea, coffee, milo, sugar, instant freeze-dried dinners, chocolates, instant custard & puddings.

Fundraising Ideas

Asking friends and family for donations can be hard. But it is as important as the trek itself. Don't underestimate the power of your story to persuade people to give. What has motivated you to take this walk? How much preparation will you be undertaking to *Be Prepared*? Why does it matter? Remind your supporters of the difference their gift will make as they too can access God's Word. Fundraising, like bushwalking, needs planning. Start now. Don't leave it until later!

- Bible Society offers a fundraising platform where you can create a personal fundraising page which will make it easy for the sponsor of your walk to pay direct to Bible Society. The platform will also allow you to track the amount sponsored against the target you set.
- Bible Society can provide you a receipt book to issue to those who require a receipt.
- Run a fundraising event for example, a 'Sausage Sizzle', carefully explaining its purpose. Hand out an information leaflet about the Bible Society Frontline Project you are raising money for. Check out the Bible Society website for all the information you need or give Marcus Ngoi a call on 0427 005 456 or email marcus.ngoi@biblesociety.org.au. He is happy to help.
- Bible Society is happy to provide you stories and testimonies of how lives have been saved, changed and helped as a result of receiving a Bible.
- Let people know your fundraising goal in term of the number of Bibles instead of the dollar amount. Tell your potential sponsor that the average cost of a Bible is $11.00. That way it may encourage your sponsor to give more.
- Make your church congregation and pastor/s aware of your participation in the hike. Request them to pray for and with you in regards to your preparation and your fundraising target and keep them informed of your progress.
- Request a 2-5 minutes spot for you to share at your church service. Bible Society's Marcus Ngoi is more than happy to come to your church to help you with the fundraising pitch. Put it out there on social media – Facebook, Twitter or local community papers.

Important: Take lots of photos along the trek, both the fun moments and the struggles. You can then send a photo montage to your sponsors, thanking them for their support and letting them know their partnership with you kept you going on the difficult stretches. They will feel greatly encouraged and hopefully willing to sign up as a sponsor again.

For more information, please visit **biblesociety.org.au/hike**