



Hike For Bibles on the Bibbulmun Track

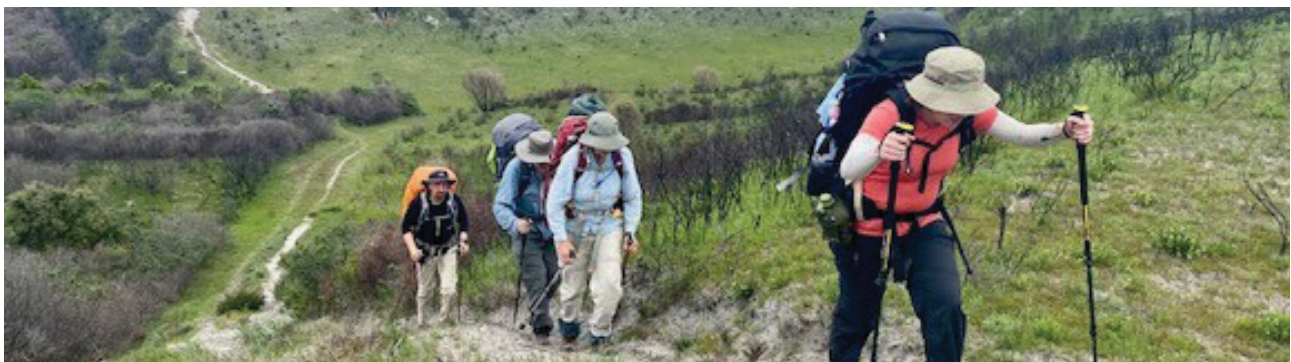
WALKING GUIDE



Welcome to Hike for Bibles WA 2026

This year, we'll be walking a section of the Bibbulmun Track in Western Australia's south-west, covering approximately 60 km over four days. Hike for Bibles is more than a physical challenge. It's an opportunity to step away from everyday life, share a meaningful experience with others, and raise funds for Bible Society Australia projects that are bringing hope to people across Australia.

This guide is designed to help you prepare well. It outlines what to expect, what participation involves, how to train, what to bring, and how to approach your fundraising.



HIKE AT A GLANCE

- Dates: Saturday 26 September – Tuesday 29 September 2026
- Location: Bibbulmun Track, Collie to Balingup region
- Distance: Approximately 60 km over 4 days
- Daily walking distance: Approximately 11–22 km per day
- Style of hike: Self-supported
- Expected pack weight: Approximately 14–16 kg
- Fundraising: Each walker is expected to actively fundraise in support of Bible Society Australia projects
- Preparation support: Training walks, an online information session, and support from hike leaders and past walkers

WHY WE HIKE

Hike for Bibles WA is a volunteer-led fundraising event in support of Bible Society Australia.

As a participant, you're taking on two commitments:

1. To prepare for and complete the hike safely and responsibly.
2. To actively fundraise so that more people can access hope, encouragement and Scripture in forms and languages that speak to them.

Funds raised through Hike for Bibles WA 2026 will support four Australian Bible Society projects:

- Indigenous Bible Translation – helping Aboriginal and Torres Strait Islander communities access Scripture in their heart language.
- Bibles in Schools – providing age-appropriate Bibles to students through SRE and CRI programs.
- Scriptures for the ADF - working with Australian Defence Force (ADF) chaplains and Christian ministries to equip them with Scriptures and discipleship resources.
- Auslan Bible Translation – making God's Word accessible to Deaf Australians through their heart language.

Your fundraising matters. It is a key part of participating in the hike, and we ask every walker to make a genuine and active effort to reach their fundraising target. We'll support you with ideas, resources and encouragement along the way.

Preparation Guide

This is a self-supported hike, which means each participant is responsible for carrying their own equipment, clothing, food and water needs on the track.

Participants are expected to:

- prepare physically for four days of hiking
- train with some weight in your pack
- organise or hire the gear you need
- carry your own gear during the event
- actively fundraise for Bible Society Australia
- follow the instructions of the hike leaders and support the group to walk safely together

We want this to be a rewarding and enjoyable experience, but it does require preparation and personal responsibility. Hike leaders and past walkers are very happy to offer advice and encouragement, but each participant needs to make reasonable efforts to arrive well prepared, properly equipped and ready to look after themselves throughout the event.

PREPARING FOR THE HIKE

Preparation is one of the biggest factors in whether you enjoy the walk. You do not need to be an elite athlete, but you do need to build enough fitness, confidence and familiarity with your gear to manage four consecutive days on the track.

You should expect to carry approximately 12–16 kg in your backpack for the duration of the hike (no more than 20% of your healthy body weight).

To help you prepare, we'll run training walks in August and early September. You'll receive details once you register. We will also hold a Zoom information night in mid-to-late July to talk through gear, preparation and any questions you may have.

If it has been a while since you've exercised regularly, or if you have any concerns about your health or fitness, please visit your GP before beginning your training.

Training Tips

BUILD YOUR WALKING FITNESS GRADUALLY

Start with shorter walks and gradually increase your distance and endurance over time. A good progression is to begin with 2–3 km walks several times a week, building towards 6–8 km walks, with the occasional longer walk of 12–16 km.

INCLUDE SOME HILLS AND UNEVEN GROUND

Try to do some of your training on bush tracks or uneven terrain, not just footpaths or treadmills. Walking on natural surfaces uses your body differently and will help you feel more prepared for the Bibbulmun Track.

TRAIN WITH WEIGHT IN YOUR PACK

As the hike approaches, practise walking with weight in your backpack. Start small and build up gradually. A simple way to do this is to place a couple of large drink bottles wrapped in a towel into a daypack, then increase the weight over time. Aim to work up to 10–12 kg in training before the hike.

WEAR YOUR HIKING FOOTWEAR WHILE TRAINING

Your feet need time to get used to the footwear you'll wear on the hike. Whether you're using hiking boots or trail shoes, make sure you do plenty of walking in them before the event, ideally while carrying weight.

BUILD STRENGTH AS WELL AS FITNESS

Carrying a pack places extra demand on your legs, hips, shoulders and back. Walking regularly is the main thing, but some simple strength work can also help.

USE EVERYDAY OPPORTUNITIES TO MOVE

Taking the stairs, walking instead of driving short distances, or adding a short walk into your daily routine can all help build your base fitness.

Fundraising Ideas

GETTING STARTED

Fundraising is a central part of Hike for Bibles WA. We encourage you to start early and make it part of your preparation, rather than leaving it until the last few weeks.

Bible Society Australia provides an online fundraising platform where you can set up your own page, track your progress and receive donations directly.

A FEW SIMPLE WAYS TO GET STARTED

Set up your fundraising page early

Once your page is live, share it with family, friends, church members and colleagues. People are more likely to give when they can see what you're doing, why it matters, and how close you are to your goal.

Tell people why you're hiking

People give to people, not just projects. Share why you've decided to take part, what you're looking forward to, and why these Bible Society projects matter to you.

Share what the funds will support

It often helps to explain the specific projects Hike for Bibles WA is supporting this year so supporters can see exactly what their gift will help make possible.

Let people know donations are tax-deductible

Because this year's fundraising supports four specific Australian Bible Society projects, donations are fully tax-deductible.

Ask your church to get behind you

Let your church leaders and congregation know you're participating. Ask for prayer, share your fundraising link, and if appropriate, ask for a short opportunity to speak at church about the hike and the projects you're supporting.

Consider a simple fundraising event

You might like to host a morning tea, sausage sizzle, soup night or other small fundraiser. It doesn't need to be complicated — it simply creates another opportunity to invite people into what you're doing.

Use social media

Posting updates, training photos, your fundraising goal and short stories about the projects can be a great way to keep momentum going.

Keep supporters updated

At the end of the hike, let your supporters know how it went and thank them for being part of it. A short update and a few photos go a long way.



Gear, Water and Food Planning

You will need to provide and carry your own gear for the hike.

If you're new to hiking, we strongly recommend chatting with the hike leaders before purchasing expensive gear. We're happy to help you think through what you really need and what can be borrowed, shared or hired.

If you don't own your own gear, the Bibbulmun Track Foundation offers gear hire, and you may also be able to share some communal items with a walking buddy.

WATER

- Unlike some previous years, we will not have SES support during the hike. That means each participant will need to carry enough water for the day and manage their own hydration carefully.
- 3–4 litres total water-carrying capacity
- At least two separate containers in case one breaks or leaks
- A suitable water treatment method, such as purification tablets or a water filter
- Water from Bibbulmun Track tanks is untreated and must be treated before drinking.

FOOD PLANNING

As a guide, allow approximately 700 g to 1 kg of food per day (dry weight), depending on your appetite and food choices. Lightweight foods that store well and are easy to prepare are usually best.

Aim for simple breakfasts, easy lunches that don't require cooking, satisfying dinners that only need boiling water, and a few snacks to keep your energy up between breaks. A sample food guide is included at the back of this document.

Safety and What to Expect on the Track

WALKING AS A GROUP

For everyone's safety, we will walk as a group throughout the hike. Please stay between the lead walker and tail-end walker at all times. If you need to stop for any reason, let one of the leaders know. Please do not walk ahead of the lead walker or leave the group.

DAILY SAFETY BRIEFINGS

Each morning we'll give a short briefing covering the day's route, distance, terrain, weather, water availability, rest stops and any hazards we need to be aware of.

HYDRATION

Drink regularly throughout the day rather than waiting until you feel thirsty. Electrolyte tablets or powder are also recommended, especially if the weather is warm.

WATER TREATMENT

All water collected from tanks on the Bibbulmun Track should be treated before drinking. Every participant must carry a suitable treatment method.

ILLNESS, INJURY OR BLISTERS

If you feel unwell, develop blisters, or notice any aches, pains or injuries, please tell a leader as soon as possible. Small problems are much easier to manage early than once they become more serious.

MEDICAL INFORMATION

Please let us know before the hike if you have any relevant medical conditions, allergies or health concerns that leaders should be aware of. You must carry any personal medications you may need during the event.

WILDLIFE SAFETY

The Bibbulmun Track is home to native wildlife, including snakes. Stay on the track, remain alert and do not approach wildlife. If you encounter a snake, stay calm, give it space and allow it to move away.

HYGIENE AND CAMP HEALTH

Good hygiene helps keep everyone healthy on the track. Wash or sanitise your hands before eating, practise good toilet hygiene, keep cooking equipment clean, and pack out all rubbish.

COOKING SAFETY

Use camp stoves on stable ground, keep an eye on them while cooking, and take care when handling boiling water. Allow stoves to cool before packing them away.

WEATHER CONDITIONS

Weather in the south-west can change quickly. Please come prepared for warm days, cool nights and rain. Leaders may adjust the day's plan, walking pace or rest breaks if conditions require it.

VEHICLE ARRANGEMENTS

Plans will be made to store participant vehicles and the support bus securely for the duration of the hike. Spare keys will be held securely by the support team if vehicle access is needed or to assist with event logistics.

EMERGENCY PROCEDURES

Leaders will carry remote area first aid equipment and emergency communication devices. In the event of an emergency, remain calm, stay with the group and follow the leaders' instructions.

IF YOU ARE UNWELL BEFORE THE HIKE

If you are unwell before the event, particularly with a contagious illness, please let us know as soon as possible and do not attend until it is safe to do so.

A Few Extra Tips

TREKKING POLES

Trekking poles are optional, but they can be very helpful, especially if you're new to hiking or want a little extra stability on uneven ground.

KEEP YOUR GEAR DRY

Use a pack liner, dry bags or heavy-duty garbage bags inside your backpack to keep your sleeping bag, clothes and gear dry.

TEST YOUR GEAR BEFORE THE HIKE

Please practise using your gear before the event, including your backpack, stove, tent and sleeping setup. Training walks are a great opportunity to test things and make adjustments.

SUN SAFETY

Even on cool or overcast days, UV levels can be high. Bring a hat, sunglasses and sunscreen, and remember to reapply sunscreen throughout the day.

LEAVE NO TRACE

Please help us care for the Bibbulmun Track by taking all rubbish out with you, minimising your impact on campsites and respecting the natural environment.

About the Bibbulmun Track

The Bibbulmun Track is one of Australia's great long-distance walking trails, stretching more than 1,000 km from Kalamunda to Albany through forests, farmland and some of the most beautiful parts of Western Australia's south-west.

Bushwalker campsites are spaced along the route and generally include a timber shelter, tent sites, a toilet and a rainwater tank. The track is clearly marked and is maintained by DBCA with support from the Bibbulmun Track Foundation.

We're looking forward to experiencing a small section of this remarkable trail together.

WHAT HAPPENS NEXT?

- Training walk dates will be sent to you
- You'll receive details for our online information night
- You can begin setting up and sharing your fundraising page
- You're welcome to contact the leaders with questions about training, gear or fundraising

CONTACT US

If you have any questions or would like support as you prepare, please get in touch. We're very happy to help.

Melissa French – melissastaer@gmail.com

John Hunt – johnhunt24@yahoo.com.au

Megan Morris – megsy@harves.net

General Pack List

PACK, TENT & SLEEP GEAR

- ☐ Backpack (50–80 L)
- ☐ Pack liner
- ☐ Tent and tent fly
- ☐ Tent poles and pegs
- ☐ Groundsheet
- ☐ Sleeping bag
- ☐ Sleeping bag liner
- ☐ Sleeping mat
- ☐ Sponge or cloth to wipe tent floor/fly

CLOTHING

- ☐ Long pants
- ☐ Shorts
- ☐ Long-sleeve shirt
- ☐ Socks
- ☐ Underclothes
- ☐ Pullover / warm layer
- ☐ Raincoat
- ☐ Hat
- ☐ Sunglasses
- ☐ Boots or walking shoes
- ☐ Beanie
- ☐ Thermals for night-time

COOKING

- ☐ Stove
- ☐ Fuel bottle / fuel
- ☐ Matches or lighter
- ☐ Pot
- ☐ Bowl
- ☐ Cup
- ☐ Spoon
- ☐ Scourer

WATER

- ☐ Water bottles or bladder with 3–4 L total capacity
- ☐ At least two water containers
- ☐ Water purification tablets or water filter

PERSONAL FIRST AID KIT

- ☐ Gauze
- ☐ Elastoplast / blister supplies
- ☐ Bandages
- ☐ Tweezers
- ☐ Scissors
- ☐ Safety pins
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Paracetamol / ibuprofen
- ☐ Antihistamine
- ☐ Burn pack
- ☐ Any personal medications you require

TOILETRIES

- ☐ Toothbrush and small amount of toothpaste
- ☐ Small travel towel
- ☐ Soap
- ☐ Wet wipes
- ☐ Toilet paper
- ☐ Trowel

MISCELLANEOUS

- ☐ Bags for wet clothes, food and rubbish
- ☐ Torch / headlamp
- ☐ Extra batteries
- ☐ Notebook and pen
- ☐ Whistle
- ☐ Compass
- ☐ Camera / phone if desired
- ☐ Cord
- ☐ Heavy-duty garbage bags

Food Planning Guide

As a guide, allow approximately 700 g to 1 kg of food per day (dry weight), depending on your appetite and food choices. Lightweight foods that store well and are easy to prepare are usually best.

MEAL IDEAS:

BREAKFAST

- Muesli
- Easy oats
- Breakfast bars

LUNCH

- Crispbread or crackers
- Wraps
- Tuna or salmon foil sachets
- Salami or dried meats
- Low-fat cheese

DINNER

- Pasta
- Couscous
- Rice or rice noodles
- Dried vegetables
- Freeze-dried meals

SNACKS AND EXTRAS

- Dried fruit
- Nuts
- Chocolate
- Powdered milk
- Tea / coffee / Milo
- Sugar
- Instant custard or puddings