

Adult Hiking Group – camp and hike!

We are excited to offer this opportunity for adult Girl Guides Victoria members to join us for day hikes and camping at the beautiful Kooyoora State Park (Melville Caves) in Central Victoria. This weekend will provide opportunities for 7-8 km day hikes (one Saturday, one Sunday), learning opportunities around hiking equipment and food, and a chance to practice carrying a fully loaded overnight pack as training for an overnight hike.

We will set up camp at the Melville Caves campground and enjoy some time around the campfire together.

When: Saturday 14 May @ 10am – Sunday 15 May @ 3pm

Where: Melville Cave Camping Area, Kooyoora State Park, Melville Caves Road, Brenanah

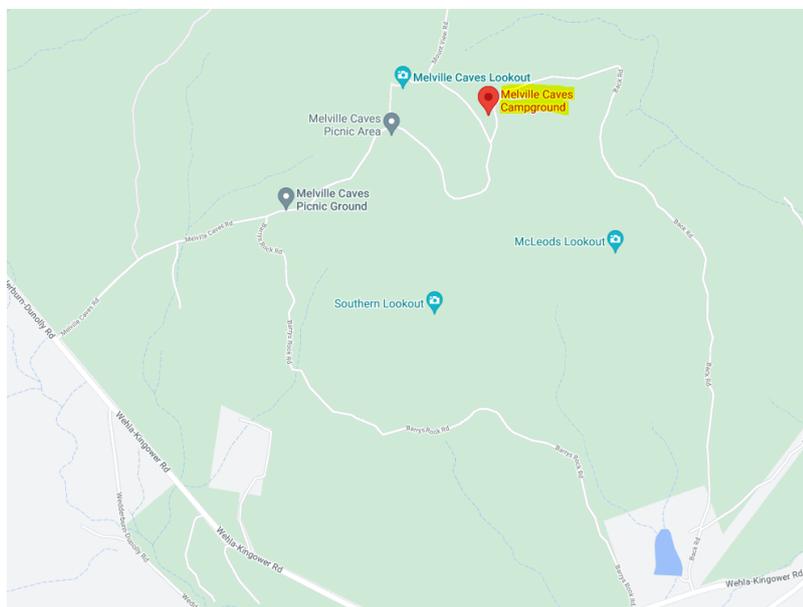
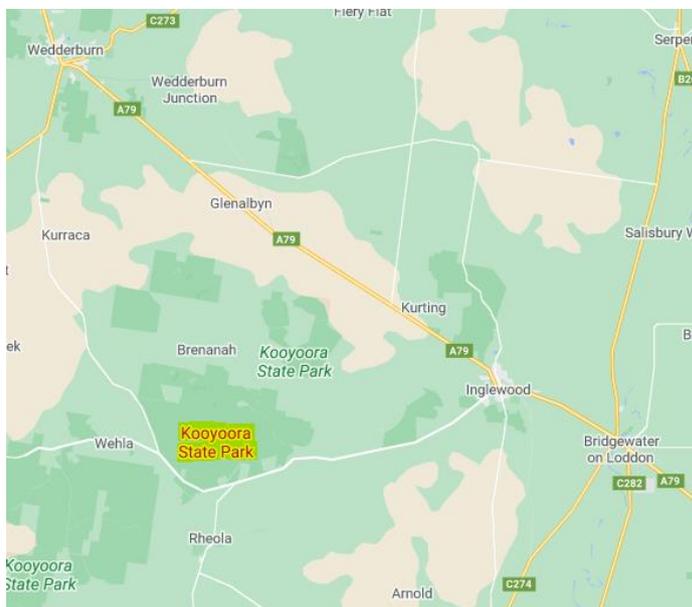
Who: All adult GGV members!

Cost: \$5 per person to cover the demonstration food

Note: *You are welcome to join us for one or both day hikes, and may choose whether to camp or not. There is nearby accommodation if you are so inclined 😊 or you can join us for just one of the days to enjoy the hike.*

If you don't wish to practice for an overnight hike and don't wish to carry a fully loaded overnight pack on these day hikes, you are welcome to carry a day pack each day. Everything's optional!

Kooyoora State Park is located south of Wedderburn, west of Bridgewater. Please let us know if you need directions to the site.



Contact details:

Please feel free to get in touch with Belinda or Felicity to discuss any aspect of this event.

Belinda Pritchard (LIC)

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Proposed program:

Saturday 14 May:

1000 **Arrive at the campsite, meet and greet, morning tea**

1030 **Day hike departs from campsite (lunch during the hike)**

This hike will include the Melville Caves, Lookout, and the Long Rock walking track. It includes some rock steps, downhill sections, and nice lookouts. Refer to Long Rock walking track and the Melville Caves walking track on the [Visitor Guide](#).

1430 **Return to camp**

1500 **What's in my pack?**

Check out what equipment and gear others use on overnight hikes, including packs, tents, stoves, sleeping mats/bags and other bits and pieces! Do you have your own lightweight gear? Be sure to bring it along and share what you like/don't like about it! Don't have any lightweight gear yet? No worries! This is where you can see what others are using and try them out.

1630 **Set up tents**

1700 **Meal prep and cooking stoves**

*We will have a look at different lightweight cooking stoves and food. We will supply some stoves for you to try out or use. Bring your own if you have one to demonstrate. We will also show you some examples of hiking food for you to try. These will just be to sample/demonstrate. **Please bring your own evening meal.** We will have hiking stoves and butane stoves/pots for you to cook your meal on if you need them.*

1800 **Dinner time and relax, plus campfire chat**

Sunday 15 May:

AM **Rise and strike camp – sunrise up at the lookout for those who are keen!**

1100 **Depart for day hike**

This hike is the Eastern Circuit, and is about 7km return from the campground. This is a moderate walk, mostly on single track with some rock steps. See the description on the [Visitor Guide](#). We will be adding a bit to this track, which will include some gravel road sections from the campground.

1400 **Complete hike, head for home!**

Notes about the campsite:

The campground has two drop toilets, a large shelter, and untreated tank water. Ideally you should bring your own water treatment method for this tank water – aquatabs are relatively cheap and available from the chemist or outdoor shops; water filters are great but are more expensive if you don't need them regularly. Reach out to Belinda or Felicity if you would like to discuss.

We will bring some gazebos to set up at our campsite to provide some shelter for inclement weather. We will also supply some firewood for the campfire.

What to bring:

Note: *If you're practicing for overnight hiking, we suggest you pack as if you are overnight hiking! Fit everything into your pack. If you don't have access to a small enough tent, leave that item out but pack everything else into your hiking pack. If you don't have access to a hiking pack, we can loan you one for the weekend.*

- **Camping gear** (lightweight/hiking gear if you have it but not compulsory; cars can be parked adjacent to campsites):
 - Tent (please let us know if you don't have access to a tent – we do have some that you can borrow)
 - Sleeping mat (or a stretcher if you're not lightweight camping)
 - Sleeping bag and liner (plus a blanket if you're a cold sleeper and aren't worried about practicing for lightweight hiking)
- **Clothes** (avoid anything cotton if you can):
 - Thermals for sleeping
 - Warm pants for afternoon/evening/morning (*optional*)
 - Shorts or hiking pants
 - Shirt for hiking (long or short sleeved) – preferably with a collar, make sure it covers your shoulders
 - Fleece/other jacket – fleece is lightweight, dries fast, and still keeps you warm if damp
 - “Puffy” jacket if you wish – down jackets are lightweight, pack down small and have a great warmth/weight ratio
 - Rain coat (an absolute must! Make sure it is water proof)
 - Rain pants (*optional*)
 - Beanie
 - Woollen or synthetic socks for hiking
 - Warm socks for sleeping
 - Gloves
 - Underwear
 - Hat/cap
 - Suitable shoes/boots for hiking
 - “Camp” shoes such as crocs for wearing around camp (*optional*)
- **Other items:**
 - Personal small first aid kit, including two snake bandages, band aids, blister treatment/prevention, medication
 - Toiletries (keep this minimal if you're “hiking”), sanitary items, lip balm, sunscreen, insect repellent (roll on is usually best)
 - Toilet paper – this is usually supplied at the campsite but it's always worth bringing some just in case!
 - Hand sanitiser
 - Chux cloth or small microfibre towel – great for washing your face or body but is lightweight and dries fast
 - Torch and spare batteries – headlamps are great

- Camp chair for sitting around the campfire at night (although of course you wouldn't take this hiking, so entirely up to you how much you want to immerse yourself in the "hiking simulation" experience!)
- Mobile phone
- Portable phone charger (*optional*)
- Day pack or overnight hiking pack to hike with on the day walks
- **Kitchen items:**
 - Mug/cup – go for something light or that squashes down
 - Cutlery – a spoon is often all you need; plus a sharp knife (of course this depends on what you are cooking for dinner)
 - Matches
 - Scourer for cleaning pots
 - Cooking stove if you have one (trangia or other hiking stove, butane or gas stove plus pots if you're not overnight hike practicing) plus whatever fuel you need. Note: we will supply some cooking gear that you can use if you wish.
 - Water bottles – 2 x 1L bottles are great to use at camp or while hiking
- **Food:**
 - BYO breakfast x 1 – lightweight options include porridge sachets with powdered milk and dried fruit; cereal; muesli bars
 - BYO snacks x 2 days – e.g. muesli bars, scroggin, vita wheats and peanut butter, carrot sticks, snow peas, apples
 - BYO lunch x 2 – e.g. tuna and rice cakes; vita wheats and salami and cheese
 - BYO dinner x 1 – e.g. freeze dried meals (available from various outdoor shops); continental rice or pasta packs with extra dried veggies, beef jerky; DIY dehydrated meals
 - Tea/coffee/hot chocolate/sugar/powdered milk as desired
 - Other special drinks (*optional*)
 - **Note:** *We will bring some lightweight dinner options for you to try but these will only be samples; you'll likely still need your own evening meal. If you are unsure about what to bring, remember this is a "practice" and you are camping with your car, so bring whatever works for you. Remember an esky if you decide on anything that needs refrigeration.*

What we can supply (please indicate these on registration if required):

- Hiking tents or dome tents – you can share with someone else if you like, we'll have plenty available
- Butane stoves
- Cooking pots, pans, and utensils for butane or gas stoves
- Trangias
- Hiking packs