

# **KRAZY KOSCI KLIMB**

## **PARTICIPANT INFORMATION PACK**

**SNOWY MOUNTAINS NATIONAL PARK**

**17<sup>th</sup> – 19th February, 2017**



# KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

---

## WELCOME

Hi,

Welcome to Krazy Kosci Klimb 2017. After nearly 4 months preparation, we are ready to go and very excited to be sharing in this experience with you.

This pack contains the information you need to enjoy an exciting, rewarding and above all, safe weekend. Please read through it, as it does contain information regarding mandatory items that you will need to bring with you.

The event will commence at 6.00pm on Friday 19<sup>th</sup> February, at the Jindabyne Sport & Recreation Centre. We ask that everyone make their way down to Jindabyne to be there by NO LATER than 5.00pm to register and settle into your accommodation. You are welcome to arrive any time after 2pm (your accommodation will be available after 3pm).

Directions from Sydney to Jindabyne are included along with directions to the Sport and Recreation Centre once you arrive in Jindabyne. The journey from Sydney takes approx. 6.5hours including fuel and rest breaks. Please plan ahead, share the driving (where possible) and take a break every 2 hours.

The Jindabyne Sport & Recreation Centre will be used as the event hub for the weekend. We will gather from 6.00pm on Friday in the dining hall to meet your team members, ready for dinner and drinks followed by a mandatory event briefing @ 7pm.

The long term weather forecast (at this stage) is looking very positive. We can expect a partly cloudy day with temperatures ranging from 9 to 20 degrees, however we **MUST** plan for all weather conditions – so please, read the list of mandatory clothing and equipment.

Finally, if you have any questions or concerns and would like to speak to an event representative – please contact either Kathryn Stoneman or Glen Deutscher (refer to contact list).

Thank you for your support, enthusiasm and commitment in assisting us to make this event happen. It's going to be great weekend and we are looking forward to seeing you all there.

Travel safe.

Krazy Kosci Committee

### CONTACT LIST

In the event that you are delayed in your travels, or if plans change and you are unable to make it to the event, please contact one of the following event representatives.

Similarly, if you have any questions about the event or would like further information prior to next weekend, please feel free to call us.

**Cerebral Palsy Alliance Event Manager      Glen Deutscher      0408 646 263**

**Cerebral Palsy Alliance Event Manager      Kathryn Stoneman 0434 470 779**

# KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

## Introduction

The Krazy Kosci Klimb is a once in a lifetime opportunity for children living with cerebral palsy. This thrilling challenge will see 20 young people, ably assisted by their respective support teams, attempt to reach the top of Australia! Participants will either be walking, using walking aids or using a wheelchair to reach the summit – regardless, they will have a support team for the entire way consisting of 4 parents/carers, their families and four representative from their corporate sponsor plus a CPA Team Leader.

On Saturday 18 Feb 2017, each team will start at Charlotte Pass, travel the 9.2km up to the top of Mt Kosciuszko, take the opportunity for a photo or two, turn around and travel safely back to Charlotte Pass again.

We will be staggering the start times of each team, commencing from 7.30am (at Charlotte Pass). Please note – it takes approx. 45 minutes to drive from Jindabyne to Charlotte Pass, so we will be starting early on Saturday morning, with breakfast from 5.30am- and the first teams setting off at 6.15am – from Jindabyne.

We are expecting that it will take between 8 to 9 hours to complete the trek, with the aim of having everyone safely off the mountain by 5pm.

There are 4 checkpoints along the way where all team participants will be required to register; additionally there will be plenty of energy snacks and drinks to sustain your travels up and down the mountain. There will also be toilets and amenities at Charlotte Pass, Rawson's Pass and two of the official checkpoints.



# KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

## Event Schedule

The event will commence with a meet & greet at the Jindabyne Sport & Recreation Centre at 6.00pm on the Friday evening, 18 Feb. This will be followed by dinner and a compulsory event briefing.

The event briefing is mandatory for all participants, team members and volunteers. If you are unable to attend the briefing at this time please contact either Kathryn Stoneman or Glen Deutscher, so that alternate arrangements for your briefing can be made.

On Saturday morning following breakfast, 18 Feb, participants and their respective support teams will depart Jindabyne for Charlotte Pass. At Charlotte Pass, there will be a valet service for your vehicles, so that participants and support teams can start their climb immediately. Participants will have a pre-arranged start time, and these will be in fixed intervals from 7:30am to 9am. Checkpoints along the way should keep everyone hydrated, nourished and motivated, however we're under strict NPWS Ranger instructions to have everyone back to Charlotte Pass by 5pm. We're also informing everyone to keep enough focus and energy in reserve to travel safely back down the mountain.

On return back down to the Jindabyne Sport & Recreation Centre, there will be a celebratory dinner including an awards night commencing at 7pm. The event will conclude on the Sunday morning 19 Feb, with breakfast; and everyone needs to vacate the Jindabyne Sport & Recreation Centre by 10am.

Day	Indicative Times	Event
Fri 17 Feb	Before 4.30 - 5.00pm	Arrival at Jindabyne Sport & Recreation Centre
	6.00pm	Meet & Greet – dining hall
	6.30pm	Dinner
	7.30 – 8.30pm	Mandatory Safety Briefing
Sat 18 Feb	From 5.30am	Breakfast
	From 6:15am	Drive to Charlotte Pass
	From 7:30am – 9am	Commence climb to top of Mt Kosciuszko
	3:30pm – 5pm	Complete climb to top of Mt Kosciuszko
	7pm	Celebratory dinner
Sun 19 Feb	7am – 9am	Breakfast and team photo
	Before 10am	Depart Jindabyne Sport & Recreation Centre

# KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

---

## Accommodation & Meals

We will all be staying at the Jindabyne Sport & Recreation Centre. Accommodation for the 2 nights is organised and paid for all participants. All bedding and towelling is provided for. Most of the accommodation is in villa's. All families have their own villa and all volunteers and corporate sponsors will be in shared accommodation.

**Event Volunteers – please note: All CPA and event volunteers MUST BRING their own sleeping bag or bed sheet / doona, pillow and bath towel**

All meals have been catered for. For all participants that have advised their dietary requirements, these have been advised and provided for in each meal. Meals include;

- A buffet style meal on Friday evening,
- Breakfasts on both the Saturday and Sunday morning,
- Packed lunch for the Saturday trek and a buffet dinner for the Saturday evening.



### Mandatory Gear

In climbing Mt Kosciuszko, all participants, support team members and volunteers will need to have certain mandatory gear – a check of this mandatory gear will be conducted at the mandatory briefing and before your departure on Saturday morning. If anything is missing, it is NOT possible to commence the climb.

The Krazy Kosci Klimb is entirely dependent on the weather; as such, we'll be monitoring the weather very closely before and during the event. We'll be in close contact with the National Parks and Wildlife Service, specifically the local ranger, and we reserve the right to cancel or postpone the event if we deem safety is going to be compromised. A decision of this magnitude will not be taken lightly; it will be done in consultation with the Krazy Kosci Klimb organising team and the NPWS Ranger; but in most cases, a decision will need to be arrived at quickly.

The weather on the Mt Kosciuszko trail can vary greatly; the weather can also change rapidly. Whilst the historical weather records bode well for a February climb, we still need to be prepared for massive changes in the weather. And bear in mind, the weather can be completely different in Jindabyne as compared to Charlotte Pass.

The following mandatory gear is therefore required for every participant, which should always be in close proximity:

- **Water bottle – provided by CPA**
- **Fully charged mobile phone**
- **Backpack – make sure it's a comfortable fit**
- **Sun hat or cap**
- **Sunglasses**
- **Sunscreen (extra will be made available at all checkpoints)**
- **Closed-in footwear – ensure they are comfortable, and worn in**
- **Sports socks – comfortable, with reasonable padding (pack an extra pair in your backpack)**
- **Warm gloves**
- **Beanie, balaclava, buff or similar warm headwear**
- **Long sleeve t-shirt or thermal undergarment**
- **Wind proof jacket – provided by CPA**

Each lead team participant, their parents or chosen supporters, and their corporate sponsors will receive a water proof /wind proof jacket. All official volunteers will also receive a jacket plus a bright green polo shirt (this must be worn on the day...).

## Checkpoints

In addition to the start / finish line, there are 4 checkpoints along the way:

1. 2.5km, on the Left whilst climbing up the mountain
2. 4.5km, on the Right whilst climbing up the mountain, just before the Snowy River bridge
3. 6km, on the Right whilst climbing up the mountain, just after Seamans Hut
4. 7.6k, on the Left whilst climbing up the mountain, just after Rawson Pass toilets

Each checkpoint will have at least 4 volunteers and a qualified First Aider. There will be an assigned Checkpoint leader. The Checkpoint leader will have overall responsibility for the smooth running of the checkpoint. The Checkpoint leader will also have responsibility for any communications related to their respective checkpoint – a 2-way radio will be provided in this regard.

Each checkpoint will have a marquee, most with closed in walls, plus a table and some chairs. A Krazy Kosci Klimb banner, erected directly on approach to the checkpoint, should make the checkpoint easily recognisable. The intention is to erect the checkpoints on the Friday, ready for the event on the Saturday, but this is obviously weather dependent.

There are toilets located at Charlotte Pass and Rawsons Pass. In addition to this there will be bush toilets set up at checkpoint 2. All checkpoints will have a spare wheelchair, a First Aid kit, water and nutritional supplies, and rubbish bags. Please ensure all checkpoint rubbish is disposed of responsibly – we need to leave the trail exactly the way we found it.

Each participant and team will be required to register at the checkpoint, both on the way up to the summit and on the way back down. If at any stage in the trek you chose to stop and rest, you are encouraged to do this as a team and stay together. And at any stage, if you choose to stop and return to Charlotte Pass, please ensure your team members are told, and this is recorded at the nearest checkpoint.

## Team Leaders

In addition to the checkpoints – every team will have a Team Leader. This volunteer will have a first aid kit and a two way radio – and will be responsible for any communications back to the event managers or checkpoints leaders should they be required. It is also the responsibility of the Team Leader to ensure the team stay together at all times during the event.



### The Summit Trail

The Summit Trail takes you from Charlotte Pass to the top of Mt Kosciuszko. It is a popular trail which follows the Old Kosciuszko Road – it winds through the mountains to Rawson Pass, passing the well-known Snowy River and Seamans Hut, and then continues to the top of Kosciuszko. From Rawson Pass it is a fairly short distance up the footpath to Mt Kosciuszko's peak. On a clear day, the views span all the way to the horizon in every direction from the highest point in Australia.

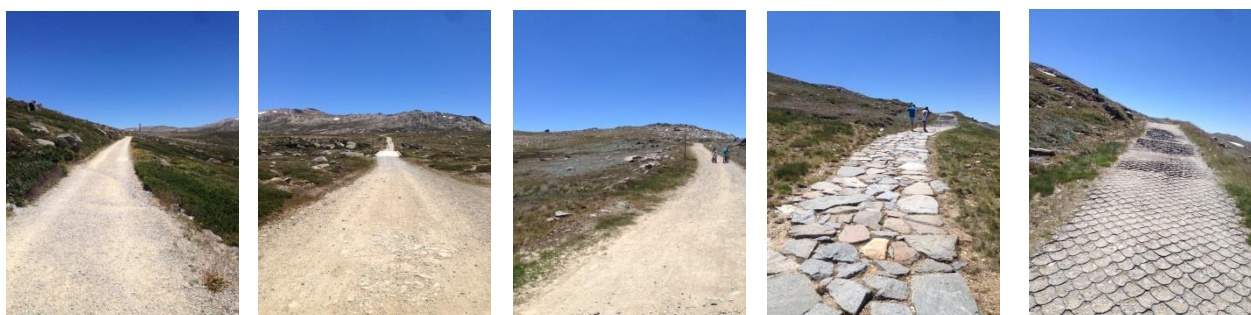
Certain snow poles along the way have Km markers, which denote the distance to the summit. Aside from these, the main points along the way are as follows:

- @ 4.5km, you cross the Snowy River
- @ 6km, you pass Seamans Hut
- @ 7.6km, you reach Rawson Pass
- @ 9.2km, you reach the summit of Mt Kosciuszko
- @ 18.4km, you safely return to Charlotte Pass

The trail from Charlotte Pass to Rawson Pass is a wide management trail, approx. 3m wide. It can be best described as a gravel trail with loose stones and sometimes very minor rocky outcrops. There are the equivalents of “speed bumps” along the trail, but these are there to prevent water erosion.

From Rawson Pass to Mt Kosciuszko's summit, the footpath is approx. 2m wide. The footpath varies along this section of 1.6km track – it varies between gravel; gravel with rubber strips incorporated within; flat rocks and a metal walkway. At the summit, there are a few steps to negotiate to be able to stand next to the Strzelecki Monument, which marks the highest point in Australia.

There are two intersections on the trail to be aware of: 1) at Rawson Pass, going up, choose the Right trail to the summit – don't choose the Left trail taking you to Thredbo; and 2) about 500m along the gravel trail from Rawson Pass to the Summit, there is a Y intersection – on the way up, veer Left to keep on the Summit track.



Sport and Recreation

# Jindabyne

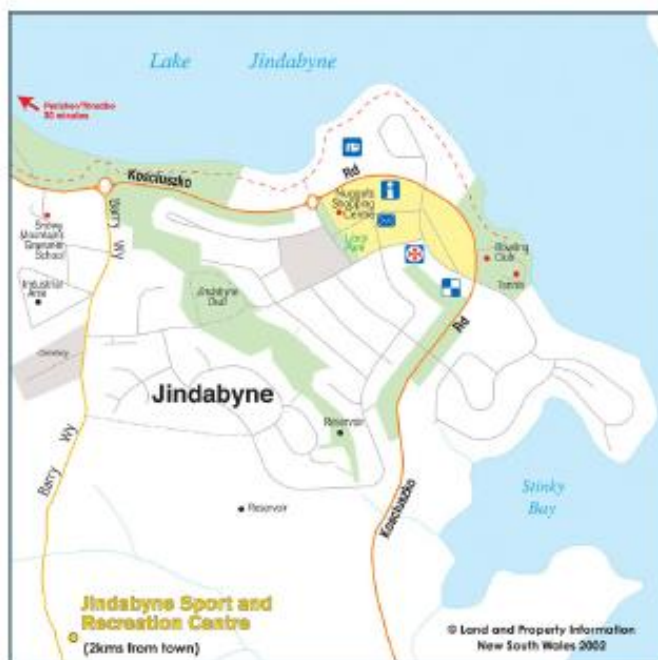
## how to get there



The journey from Sydney takes about seven hours, including meals and toilet breaks

### To get to Jindabyne by road

- From Sydney to Canberra, travel on the Hume and Federal Highways
- From Canberra, follow the Monaro Highway, passing through Cooma
- Continue on the Kosciuszko Road, passing through Berridale to Jindabyne
- At Jindabyne, proceed to the second larger roundabout and turn left at Barry Way
- The Centre is located about 2km along Barry Way on the left hand side.



Office of  
Communities  
Sport & Recreation

# KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

## MAP OF THE CENTRE

*\*Drive into the centre, down the hill and on arrival register at the conference room*

