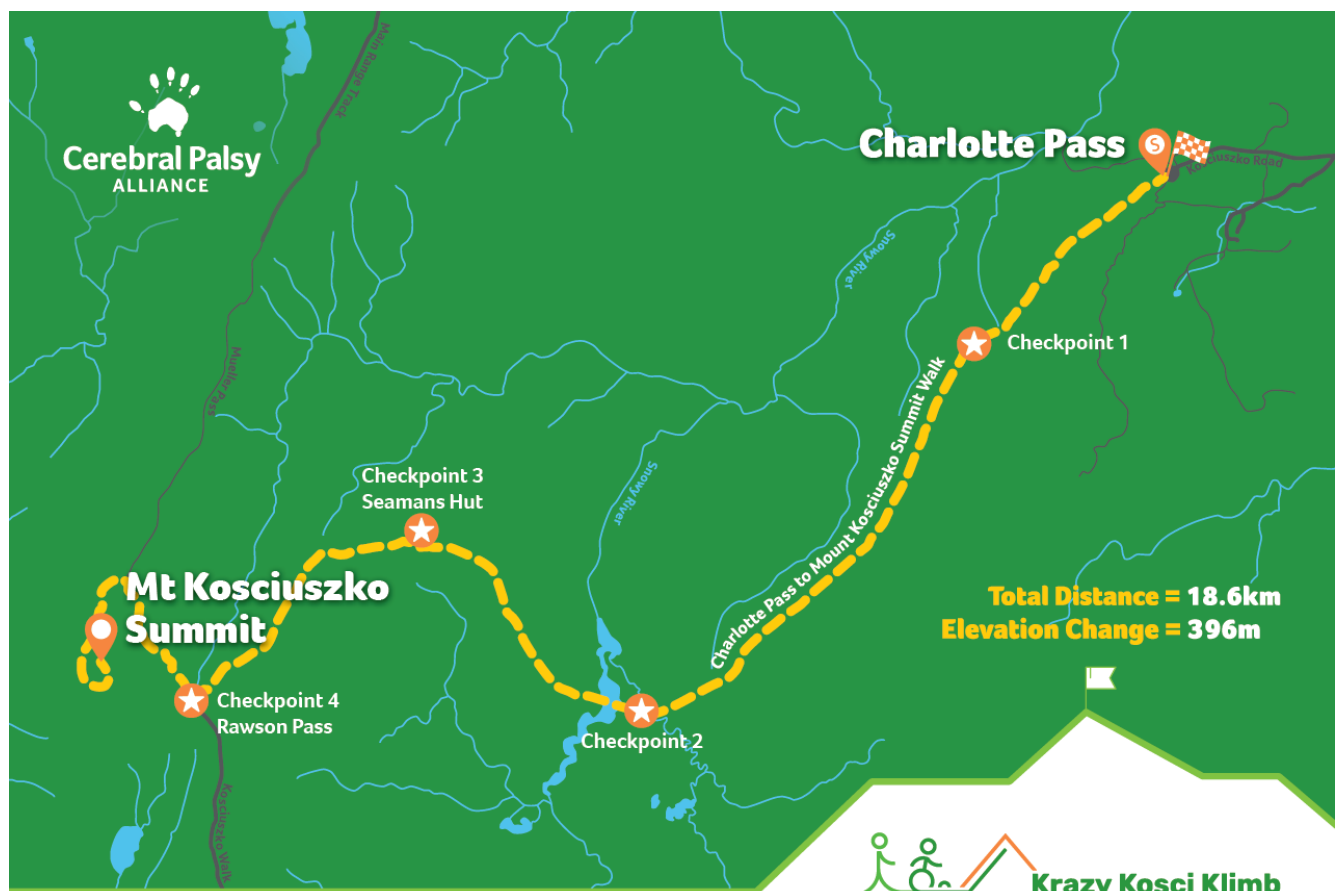


KRAZY KOSCI KLIMB 2024

PARTICIPANT INFORMATION

The Krazy Kosci Klimb is a once in a lifetime opportunity. This thrilling challenge sees 15 young people with cerebral palsy or similar disability attempt to reach the top of Australia. Participants will either be walking, using walking aids or using a wheelchair to reach the summit. Supported by their team of usually three family/friends and four corporate sponsor representatives plus a CPA Team Leader.

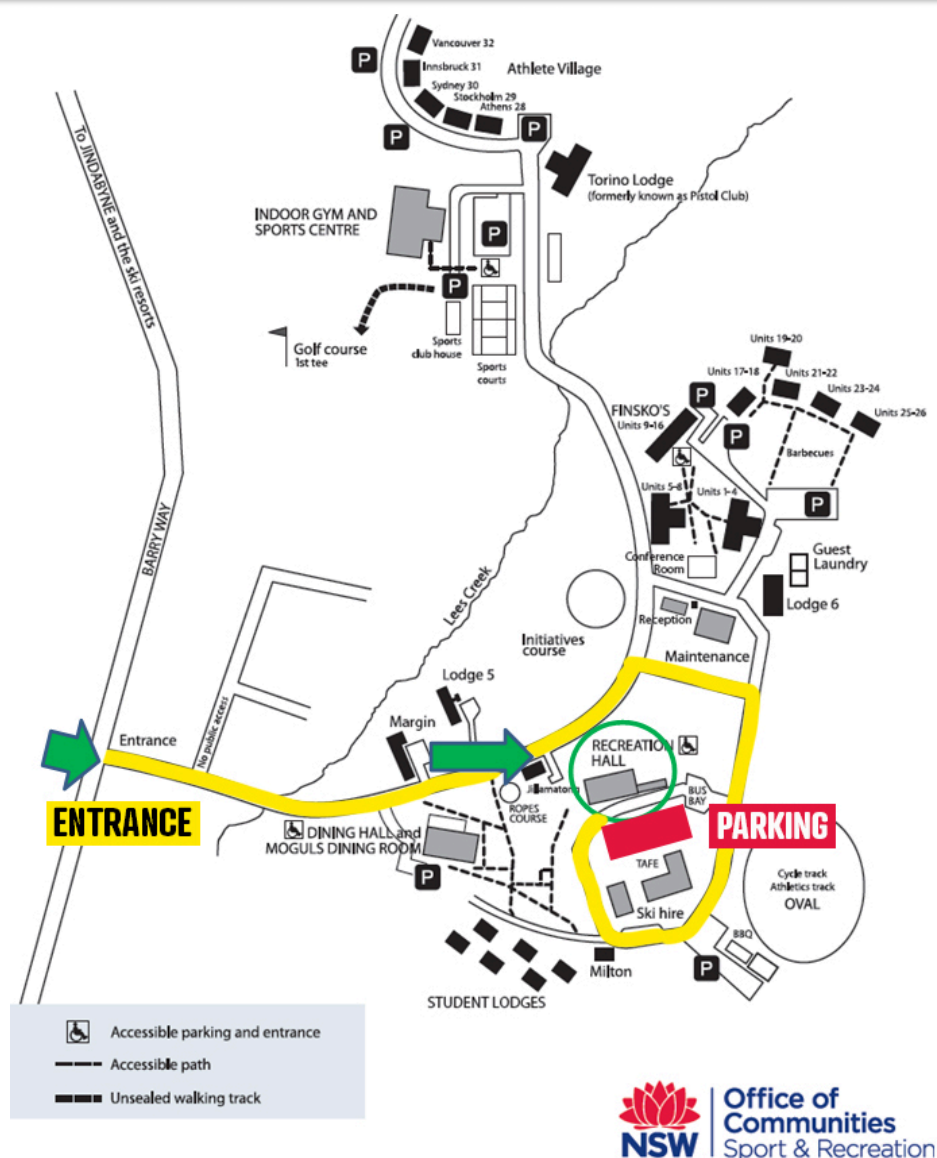
Each team will start at Charlotte Pass, trek the 9.3km up to the top of Mt Kosciuszko and back down.



Weekend Schedule

Friday 9 th February		
3 - 4.30pm	Sport & Rec Centre 207 Barry Way, Jindabyne	Arrive at Jindabyne Sport & Recreation Centre Please do not arrive before 3pm Settle into accommodation
5.15pm	Rec Hall, Sport & Rec, outside	Welcome Drinks Group Photo at 6.00pm
6.15 - 7.30pm	Dining Hall, Sport & Rec	Dinner (self – serve buffet dinner)
7.30pm	Rec Hall, Sport & Rec Centre	Mandatory Safety Briefing for Volunteers
Saturday 10 th February – Klimb Day!		
5.30 - 7.00am	Dining Hall, Sport & Rec Centre OR Alpine Adventist Dining Room	Breakfast in your accommodation dining area
From 6:00am	From Jindabyne	Drive to Charlotte Pass Approx. 45 minute trip. You will drive your own cars National Parks Pass - will be digital based on your vehicle and validated by NPWS staff using your vehicle registration. Parking - lead participant vehicles may do a drop off at base camp then park, others please head straight to car park at the Charlotte Pass Lodge then take the shuttle to basecamp.
From 7:00 - 8.15am	From Charlotte Pass	Commence climb to top of Mt Kosciuszko *Fixed interval starting times
3:30 - 5pm	Charlotte Pass Finish Line!	Complete climb to top of Mount Kosciuszko Return to accommodation
6.30 - 10.30pm	Dining Hall, Sport & Rec Centre	Celebratory dinner and award presentations
Sunday 11 th February		
7.00- 9.30am	Dining Hall, Sport & Rec OR Alpine Adventist Dining Room	Breakfast in your accommodation dining area
10am		Depart accommodation. Well done!

KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK



Accommodation

Participants will be staying at either the Jindabyne Sport & Recreation Centre or the Adventist Alpine. Accommodation for the 2 nights is organised and paid for all participants.

Bedding and towels will be supplied for everyone (base sheet, top sheet, and doona **or** blanket and towel) please bring your own pillow and any other extra bedding you may need.

Families have their own apartment or chalet, and all volunteers and corporate sponsors will be in shared dorm-style accommodation.

Meals

All meals have been catered for. For all participants who have advised of their dietary requirements, these have been catered for in each meal. For those who have dietary requirements please make yourself aware to the catering staff and they will provide your meal on a tray separate from the buffet.

KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

Meals included:

- Buffet style meal on Friday and Saturday evening
- Buffet breakfast on Saturday and Sunday morning - at your accommodation
- Packed lunch for the Saturday trek

Mandatory Gear

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 changes in the weather. Be aware, 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 nearby:

- Water bottle – *this will be provided to all participants*
- Beanie, balaclava, or similar warm headwear - *a beanie will be provided to all participants*
- Backpack – *this will be provided to all participants*
- Warm jacket - *a puffer jacket will be provided to all participants to wear over their fancy dress in the morning as it can get incredibly cold first thing*
- Lip balm – *this will be provided to all participants, this will help against windburn*
- Fully charged mobile phone
- Sun hat or cap
- Sunglasses with good UV protection
- 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
- Long sleeve t-shirt or thermal undergarment
- Wet weather gear
- Any necessary medication
- Blanket (optional) for participants predominantly in a wheelchair as it may get very cold.

Your CPA Team Leader is first-aid trained. They will have a first aid kit and a two-way radio.

A reminder for participants who are walking, to bring their AFO even though they may not want to wear them. Our experience has been that participants end up wearing them when they are tired and sore, so it's better to have them with you in case. And there are plenty of people in your team to carry them!

National Parks Passes

Parking passes are digital and will be assigned to your vehicle. They will be allocated as per the car registration details provided when you registered. We will be confirming these details with you in January (in case the situation has changed).

Parking

Lead participant cars may do a drop off at base camp and then park, others please head straight to the car park at the Charlotte Pass Lodge, then take the shuttle to base camp.

Checkpoints

In addition to the start / finish line, there are 4 checkpoints along the way where all team participants will be required to check-in:

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 before Rawson Pass toilets
5. Plus the top!

Each checkpoint will have a registered nurse with first aid kit, at least 6 checkpoint team members including a Checkpoint leader who will have responsibility for the smooth running of the checkpoint including any communications via a 2- way radio. They will also have shelter (a marquee plus a table and some chairs), a rubbish collection point, plenty of water, energy snacks, and drinks to sustain your travels up and down the mountain. The checkpoints will be easily recognisable.

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 choose to stop and rest, you must do this as a team and stay together. **It is the responsibility of the Team Leader to ensure the team always stay together during the event.** 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. The CPA Team Leader is responsible for any communications back to the event managers or checkpoint leaders should they be required.

Toilets

There are toilets located at Basecamp (Charlotte Pass), Checkpoint 3 (Seamans Hut) and Checkpoint 4 (Rawson Pass). Accessible toilets are located at Basecamp and Check Point 4 Rawsons Pass.

Weather

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 committee and the National Parks Wildlife Services.

Covid-19

Nothing is more important to us than the health and safety of our guests. We ask that if you are feeling at all unwell before the climb weekend, please be COVID safe and complete a Rapid Antigen Test and ensure a negative result before arriving onsite at the event.

KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

The Summit Walk

The Summit Walk takes you from Charlotte Pass to the top of Mt Kosciuszko. It follows the Old Kosciuszko Road, winds through the mountains to Rawson Pass, passing the Snowy River and Seamans Hut and then continues to the top of Kosciuszko. 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:

- @ 2.5km Check Point 1
- @ 4.5km you cross the Snowy River
- @ 5.9km you pass Seamans Hut
- @ 7.6km, you reach Rawson Pass
- @ 9.3km, you reach the summit of Mt Kosciuszko!
- @ 18.6km, you have safely returned to Charlotte Pass

The trail from Charlotte Pass to Rawson Pass is a wide management trail, approx. 3m wide. A gravel trail with loose stones and sometimes very minor rocky outcrops.

From Rawson Pass to Mt Kosciuszko's summit, the footpath is approx. 2m wide. The footpath varies along this section of 1.6km track which varies between gravel; gravel with rubber strips incorporated within; flat rocks and a metal walkway.

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

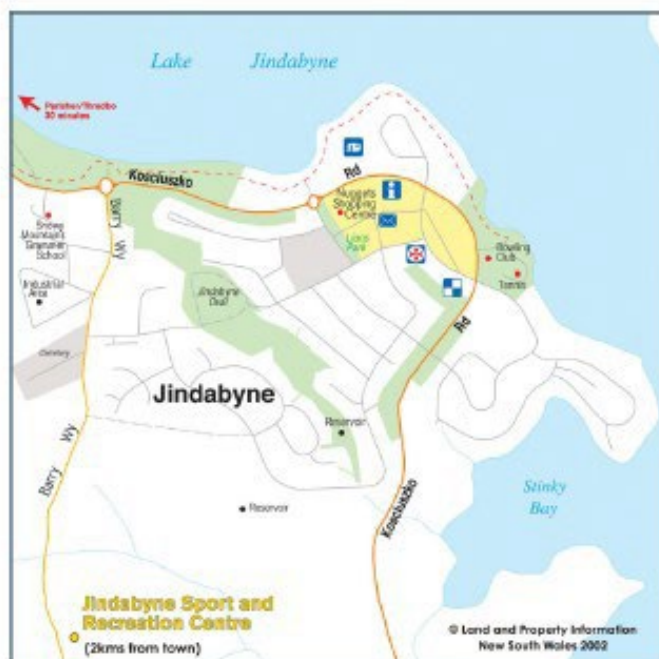
how to get there



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

A big thank you to all our 2024 sponsors



And our supporters

