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PARTICIPANT INFORMATION

KOSCIUSZKO NATIONAL PARK - JINDABYNE



KRAZY KOSCI KLIMB PARTICIPANT INFORMATION PACK

Introduction

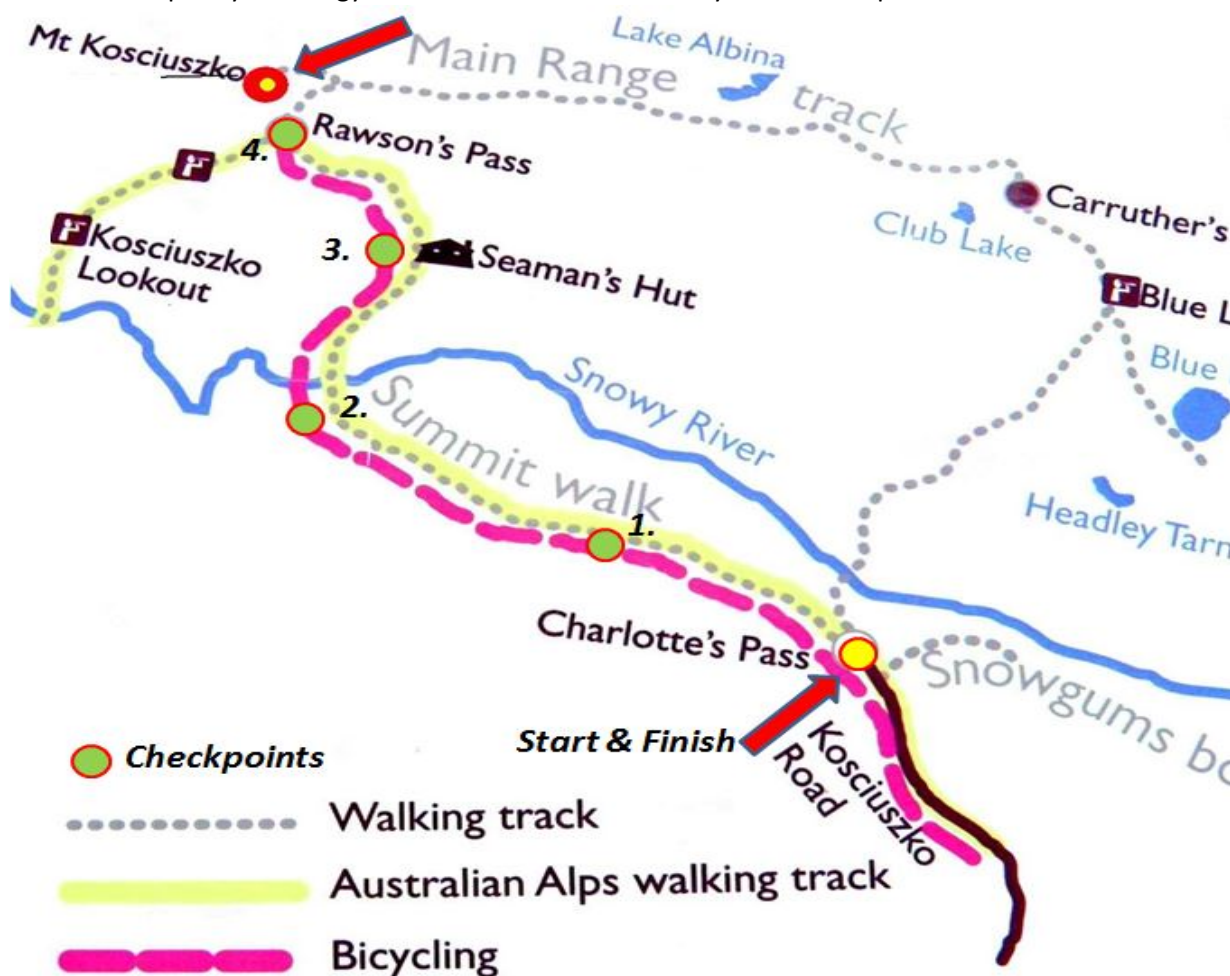
The Krazy Kosci Klimb is a once in a lifetime opportunity for children living with cerebral palsy and other disabilities. This thrilling challenge will see up to 20 young people, ably assisted by their respective support teams, attempt to reach the top of Australia! Participants will either be walking,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

Each team will start at Charlotte Pass, trek the 9.2km up to the top of Mt Kosciuszko, take the opportunity for a photo or two, then make their way back down safely to Charlotte Pass again.

We will be staggering the start times of each team, commencing from 7.00am (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 6.00am – 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 check in; 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.

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Event Schedule

The weekend will commence on the Friday night at 5.00pm with welcome drinks then with a group photo outside Moguls dining hall(COVID dependant) at the Jindabyne Sport and Recreation Centre followed by a dinner and event briefing.

The event briefing is mandatory for all participants, team members and volunteers.

On Saturday morning following breakfast, participants and their respective support teams will depart Jindabyne for Charlotte Pass. Parking is at Charlottes Pass Hotel and then a shuttle service will run between the carpark and basecamp. *Only lead participants may do a drop off at Base Camp.* Participants will have a pre-arranged start time, and these will be in fixed intervals from 7:00am to 9:00am. 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 a certificate presentations commencing at 7:00pm-10:00pm. The event will conclude on the Sunday morning with breakfast; and everyone needs to check out by 10:00am.

Day	Indicative Times	Event
Friday	2.00 – 4.30pm	Arrive at Jindabyne Sport & Recreation Centre. Check in at Recreation Centre
	5.00pm	Welcome Drinks– Lawn at Recreation Centre
	6.00pm 7.30pm	Dinner – Recreation Centre (there will be two seatings due to COVID requirements)
	6.15pm	Mandatory Safety Briefing for Volunteers Recreation Centre
Saturday	From 5.30am	Breakfast – Dining Hall
	From 6:00am	Drive to Charlotte Pass
	From 7:00am – 9am	Commence climb to top of Mt Kosciuszko
	3:30pm – 5pm	Complete climb to top of Mt Kosciuszko
	6.00pm 7.30pm	Celebratory dinner – (there will be two seatings due to COVID requirements)

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Sunday	6.30am – 9am	Breakfast
	Before 10am	Depart Jindabyne Sport & Recreation Centre

Accommodation & Meals

All participants will all be staying at the Jindabyne Sport & Recreation Centre. Accommodation for the 2 nights is organised and paid for all participants. For Teams bedding is supplied, it is recommended to bring your own towels. Most families have their own apartment and all volunteers and corporate sponsors will be in shared accommodation with their own room (due to COVID requirements).

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;

- Buffet style meal on Friday and Saturday evening,
- Buffet breakfast on Saturday and Sunday morning,
- For Families – option for food pack delivered to apartment for preparing own meals
- Packed lunch for the Saturday trek

Mandatory Gear – **please read this!**

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.

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 – *this will be provided to you***
- **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)**

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- Warm gloves
- Beanie, balaclava or similar warm headwear
- Long sleeve t-shirt or thermal undergarment
- Wet weather gear
- Any necessary medication
- Krazy Kosci Klimb jacket – *(Each team participant will be provided with a Krazy Kosci Klimb polar fleece Jacket)*

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 Seaman's Hut
4. 7.6k, on the Left whilst climbing up the mountain, just before 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.

NOTE - There are toilets located at Basecamp (Charlotte Pass), Checkpoint 3 (Seamans Hut) and Checkpoint 4 (Rawson Pass). *It's best to make sure you go before you leave Charlotte pass.*

All checkpoints will have 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 CPA Staff Member 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 Seaman's 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.

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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 Seaman's 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, you will 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.



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MAP OF THE CENTRE

**Drive into the centre, down the hill and on arrival check-in at the Recreation Hall*

