

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# AUSTRALIA

## Hike the Overland Track in Tasmania



March 24 - 31, 2019  
Optional Extension: March 31 - April 5, 2019

# AUSTRALIA

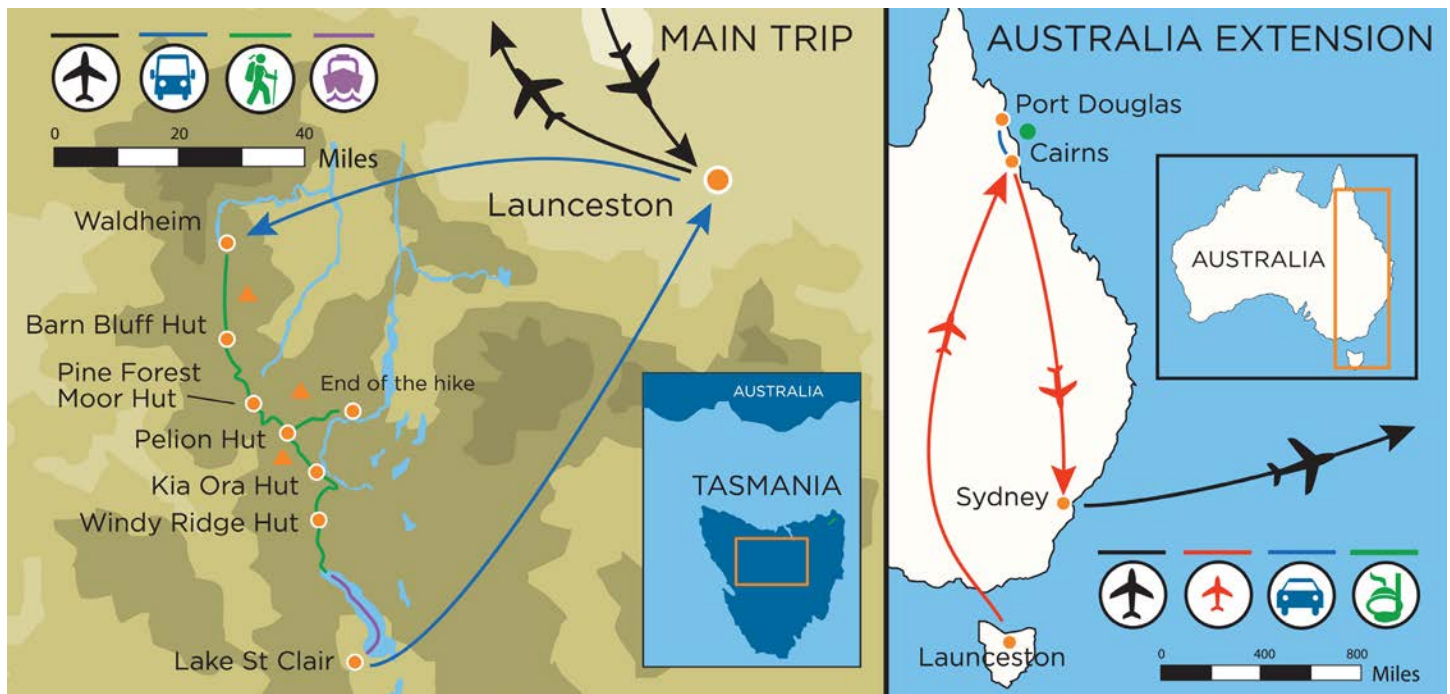
## Hike the Overland Track in Tasmania

March 24 - 31, 2019; Optional Extension: March 31 - April 5, 2019

### TRIP HIGHLIGHTS

- ▶ Walk the iconic Overland Track in Tasmania, Australia, one of the world's great walks
- ▶ Hike through ancient rainforest, spectacular old forests, and past majestic waterfalls
- ▶ Climb the Pelion Gap for spectacular views in all directions
- ▶ Learn mud crabbing and spear fishing techniques from your Aboriginal guide
- ▶ Snorkel among the coral gardens of the Great Barrier Reef

### TRIP ROUTE



# AUSTRALIA

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March 24 - 31, 2019; Optional Extension: March 31 - April 5, 2019

### QUICK VIEW ITINERARY

- Day 1: arrive Launceston, trip briefing, welcome dinner
- Day 2: start your hike on the Overland Track, 7 hours hiking
- Day 3: hike over undulating terrain and through a rainforest, 6 hours hiking
- Day 4: morning descent, gentle ascent to Pelion Plains, 5 hours hiking
- Day 5: climb to Pelion Gap, optional 5-hour climb of Mount Ossa, 3.5 hours hiking
- Day 6: hike through old forest and visit waterfalls, 4 hours hiking
- Day 7: hike to Lake St. Clair, boat cruise to Cynthia Bay, celebration dinner
- Day 8: depart Launceston

### QUICK VIEW ITINERARY - EXTENSION

- Day 8: early flight to Cairns, spear-fishing with Kuku Yalangi Traditional Custodian
- Day 9: full day snorkeling excursion on the Great Barrier Reef
- Day 10: river drift snorkeling in the rainforest, fly to Sydney, dinner on your own
- Day 11: full day in-depth exploration of Sydney, explore restaurants on your own
- Day 12: hike in the Royal National Park, farewell dinner
- Day 13: depart Australia

### TRIP PRICE

Main Trip: \$5,590

Extension: \$3,590

Internal Air (Extension Only): \$850

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### your adventure in depth

#### DAY 1

Sunday  
3/24/19

### Arrive in Launceston

Launceston, the second-largest city in Tasmania, is one of Australia's oldest cities and is the home to many historic buildings. As well as being known as the first Australian city to have underground sewers and the first Australian city to be powered with hydroelectricity, Launceston is home to the longest single span chairlift in the world across the Cataract Gorge, and is a beautiful city from which to start your hike of the Overland Track!

#### Make Your Own Way to Entally Lodge

Land in Launceston, Australia, and grab a taxi to the Entally Lodge on your own - it's just 20 minutes from the airport. When you check in, just say you're part of the AdventureWomen group. Settle into your room this afternoon.

#### Trip Briefing

This afternoon you'll meet your AdventureWomen Ambassador and your group for introductions and any last-minute gear organization questions.

#### Welcome Dinner

Walk about 25 minutes to your welcome dinner at a nearby restaurant. Toast the start of a wonderful hiking adventure. Walk or take a taxi back to the lodge after dinner.

#### Accommodations

Entally Lodge

#### Meals Included

dinner

# AUSTRALIA

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### your adventure in depth

#### DAY 2

Monday  
3/25/19

### Launceston to the Overland Track

The Overland Track is one of Australia's most famous hiking tracks, inside the Cradle Mountain-Lake St. Clair National Park in Tasmania. Officially, the track runs for 40 miles, but many people choose to extend to Lake St. Clair making the whole trip 51 miles.

- Early Pickup** You'll be picked up early this morning for your meeting prior to starting your hike.
- Start Hiking** Drive to Waldheim in Cradle Valley, and set off on the track by late morning. By lunch time, you'll have walked through your first section of ancient temperate rainforest, and you'll have witnessed the dramatic, glacially-carved Crater Lake. The steepest section of the whole Overland Track is now behind you. This steep section is mostly stairs and will take about an hour, but you'll be rewarded with spectacular views (weather permitting of course!).
- Picnic Lunch** Enjoy a picnic lunch by the peaceful Plateau Creek.
- Afternoon Hike** This afternoon, continue hiking for about four more hours around the base of Cradle Mountain. Drop into Waterfall Valley and cross it before arriving at your hut at the base of the towering Barn Bluff. Several hours of today's walk is over exposed alpine plateau, which allows great views on a clear day, but in rough weather, the wind can howl, which makes for exciting and sometimes challenging walking conditions. Some of the track is uneven underfoot, but you'll take your time to walk carefully and make sure to look at the wonderful scenery around you.

#### Accommodations

Barn Bluff Hut

#### Meals Included

breakfast, lunch, dinner

#### Hiking Time

7 hours

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### your adventure in depth

#### DAY 3

Tuesday  
3/26/19

### The Overland Track

The landscapes around the Overland Track were all carved by glaciers during the last ice age. The climate is quite variable, and snow can fall at any time, making this a true adventure!

**Today's Hike** Today's hike is over undulating terrain with a few sections of exposed moorland. There are no large hills, and the once notoriously muddy section is now a nice path over the mud. Travel across plains where glaciers once sat, and see the plains of button grass with ancient Pencil Pines sitting with their roots in the water. The peaks of Cradle Mountain and Barn Bluff sit behind you, and the stately Mount Pelion West lies directly ahead. Enjoy several lookout points and finish your hike through an enchanting rainforest.

#### Accommodations

Pine Forest Moor Hut

#### Meals Included

breakfast, lunch, dinner

#### Hiking Time

6 hours

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### your adventure in depth

#### DAY 4

Wednesday  
3/27/19

### The Overland Track

Mount Pelion West is the third highest mountain in Tasmania at an elevation of 5,120 feet, and is one of only eight mountains in the state over 4,900 feet.

#### Morning Descent... and Ascent!

Begin the morning with a long, slow descent around the base of Mount Pelion West. Head down to the Forth River before it plunges into the Lemonthyme Valley. After a break at Frog Flats by the Forth River, you'll have a long, gentle ascent out of the valley and onto the beautiful Pelion Plains. Enjoy outstanding views of Mount Oakleigh as well as side trips in the area to swimming holes, abandoned copper mines, or simply a peaceful spot to rest quietly.

#### Accommodations

Pelion Hut

#### Meals Included

breakfast, lunch, dinner

#### Hiking Time

5 hours

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### your adventure in depth

#### DAY 5

Thursday  
3/28/19

### The Overland Track

Mount Ossa stands at 5,305 feet and is the highest peak in Tasmania. It was named after Mount Ossa in Greece, following the practice of naming sites after classical Greek names set by George Frankland, an early Tasmanian surveyor.

#### A Shorter Day With A Longer Option

Begin today with a climb to Pelion Gap where there are phenomenal views both back from the north and forward to the south. You'll have extra time today for side trips from Pelion Gap, including an optional 5 hour trip to climb Mount Ossa. From Pelion Gap it's a few hours of gentle downhill to the hut, so this is an option for a relaxing or a challenging day.

#### Accommodations

Kia Ora Hut

#### Meals Included

breakfast, lunch, dinner

#### Hiking Time

3.5 hours

5 hour optional climb  
of Mount Ossa



# AUSTRALIA

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### your adventure in depth

#### DAY 6

Friday  
3/29/19

### The Overland Track

Tasmania promotes itself as the “natural” state of Australia; protected areas of land cover 42% of the land area of the state, including national parks and World Heritage Sites.

#### Waterfalls and Forests

Depart your hut this morning and walk for about an hour to Du Cane, where a hut remains from the long-gone days of animal trapping. From there, you'll wander through some of the oldest forest in the National Park, with King Billy Pines up to 2,000 years old! You'll get to visit one (or more) of the three major sets of waterfalls nearby, and likely enjoy lunch by the falls.

This afternoon, make your way over Du Cane Gap, and then descend beside the spectacular Falling Mountain to your hut for the evening.

#### Accommodations

Windy Ridge Hut

#### Meals Included

breakfast, lunch, dinner

#### Hiking Time

4 hours

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#### DAY 7

Saturday  
3/30/19

### The Overland Track to Launceston

Lake St. Clair is Australia's deepest natural lake, and has been shaped by glaciers. The Aboriginal people of the area called the lake Leeawuleena, which means sleeping water.

#### Your Last Hike

Walk through cool eucalypt forest (also known as sclerophyll forest), with bird song all around. Eucalypt forests host the highest diversity of flora and fauna of any area in Tasmania. You'll arrive at Narcissus at the northern end of Lake St. Clair in time for lunch.

#### Afternoon Cruise

Hop on the Ida Clair cruise boat for the ten mile cruise back to Cynthia Bay. Look around the visitors center and perhaps grab an ice cream before heading back to Launceston.

#### Celebration Dinner

Check into your hotel and then take a 15 minute walk to a dinner to celebrate the end of your hike! Walk back to your hotel or take a taxi back if you prefer.

#### Accommodations

The Sebel Launceston

#### Meals Included

breakfast, lunch, dinner

#### Hiking Time

3 hours

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### your adventure in depth

#### DAY 8

Sunday  
3/31/19

Extension  
Itinerary  
Continues on  
Following  
Page

### Depart Launceston

Head home from Australia today.

#### Taxi to the Airport

Make your own way to the airport in Launceston by taxi to connect with your flights home.

Meals Included  
breakfast

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#### DAY 8

Sunday  
3/31/19

### Launceston to Port Douglas

Australia's rich Aboriginal cultures are as varied and unique as the regions they call home. In eastern Queensland the Kuku Yalanji people are a coastal tribal group who has lived off the bounty of the sea for generations. According to their creation myth, it was the Rainbow Serpent, Nujakura that gifted them with their marine environment. Today the hunter-gathers continue to live a simple traditional life, deeply connected to the sea.

**Fly to Cairns** Head to the airport in Launceston with the group quite early. Your flight departs at 6:20am (time subject to change). You'll have a stop along the way and land in Cairns around 11:20am, where you will be met and transferred to Port Douglas.

**Kuku Yalangi** Meet with a Kuku Yalanji Traditional Custodian on Cooya beach where they continue to practice their cultural activities and maintain their cultural heritage. After explaining the cultural importance of this country, you will learn about traditional fishing, which is done by spear-throwing, and is still practiced here today. Take your spear along Cooya beach and learn about cultural medicine and food plants. Join in as your guide goes about his daily spear fishing and gathering for his family into the mangroves and onto the mudflats.

Before heading back to your lodge, see some Kuku Yalanji artifacts, and hear rare stories from their traditional land while they prepare their daily food for their families.

**Settle in at Your Hotel** Settle in at your hotel and relax after a very busy day. Dinner is on your own this evening.

#### Accommodations

By The Sea

#### Meals Included

breakfast, lunch

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#### DAY 9

Monday  
4/1/19

### Port Douglas

A UNESCO World Heritage Area and one of the Seven Natural Wonders of the World, this mind-boggling, 1,400-mile-long coral necklace is a unique ecosystem thousands of years in the making - and visible from outer space! The marine diversity within the reef system is staggering: More than 350 kinds of coral shelter 1,600 fish species, 3,000 species of mollusks, and an incredible array of sponges and sea anemones.

#### Snorkeling on the Great Barrier Reef

Enjoy a full-day snorkeling tour of the Great Barrier Reef. Explore some of the very best snorkelling sites on the outer Great Barrier Reef with great coral, fish life, and exceptional visibility. This means you will be immersed in the most pristine coral gardens amongst abundant wildlife at these unique locations. During lunch, marine biologists conduct an interactive reef talk. This is where you can ask questions on anything that you've seen through the day or simply relax and learn all about the ecosystem of the Great Barrier Reef.

Use of a wet-suit and snorkeling gear is included.

Accommodations  
By The Sea

Meals Included  
breakfast, lunch

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#### DAY 10

Tuesday  
4/2/19

### Port Douglas to Sydney

Among its long list of superlative features, Sydney is home to the tallest steel arch bridge in the world, the world's third largest fish market, the largest Greek community outside of Athens, the third busiest opera company in the world, and the on-location setting for 230 movies, including everyone's favorite fish tale, Finding Nemo.

#### River Drift Snorkeling Tour

Pack up this morning and head out on a rainforest excursion. This is the ideal tour for nature lovers and adventurers! Travel through untouched ancient areas of the rainforest where we explore hidden gems, both above and below the water's surface! Immerse yourself in the tranquil crystal clear river of the rainforest, as the slow current drifts you along unexplored waters. Along the way, you will encounter a diverse range of river marine life. Turtles and stunning fish frequent these waters, so be sure to keep a look out for them as you snorkel and drift along. An expert private river guide will escort you as you follow the gentle current through the stunning rainforest, providing information and insight about this magical setting.

#### Fly to Sydney

Transfer to Cairns airport and fly to Sydney. You'll be transferred to your hotel in a great location.

#### Dinner

Dinner is on your own tonight - explore one of the many delicious restaurants in Sydney.

#### Accommodations

Spicers Potts Point

#### Meals Included

breakfast, lunch

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#### DAY 11

Wednesday  
4/3/19

### Sydney

Sydney is the most populous city in Australia and all of Oceania. It surrounds the world's largest natural harbor and is one of the most-visited cities in the world.

#### Explore Sydney

Today, you will see the major attractions in the city, but also the real Sydney from a true local's perspective. Start your day within the city centre. Explore The Rocks area and some of the first streets developed as part of Sydney's original urban plan. Hear how the city was designed and what makes it so unique on a global scale.

Drive through the beautiful and highly sought after suburbs of Darlinghurst, Paddington and Woollahra. Discover Bondi Beach and the other famous Eastern Suburb beaches along the sandstone coastline. Drive past Tamarama and Bronte Beach to get a real feel for Australian surf and swim culture. Walk along beautiful Bronte Beach - a true local's beach with deep history and amazing viewpoints.

Visit an authentic Aboriginal Art Gallery to view art sources from some of the most remote Aboriginal communities in the country. Head north along the peninsular and stop at Dudley Reserve for uninterrupted views of Sydney Harbor. Visit the infamous Gap to see the sandstone heads of Sydney Harbor.

Next cross the Sydney Harbour Bridge and find yourself in Sydney's leafy north shore. Travel through the charming suburbs of Mosman, The Spit, Middle Harbour and finally Manly. Enjoy a lunch of fine Australian cuisine in a beautiful seaside setting on Manly Beach. Returning to the city, you have the choice to taking the Ferry, to Circular Quay from Manly (on your own) or being driven back to your accommodation by your guide. You will arrive back at your hotel at approximately 5:00pm.

#### Accommodations

Spicers Potts Point

#### Meals Included

breakfast, lunch

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#### DAY 12

Thursday  
4/4/19

#### Accommodations

Spicers Potts Point

#### Meals Included

breakfast, lunch, dinner

### Sydney

The 50-million-year-old Great Dividing Range sits west of Sydney, encompassing the stunningly beautiful Blue Mountains National Park, a World Heritage Area. In the late 19th century the first hiking trails and lookouts were carved from the hillsides with Victorian-era honeymooners in mind; today the network of trails covers 86 miles.

#### Hiking the Royal National Park

Discover the rugged natural beauty of Australia's oldest National Park, the Royal National Park. Venture off the well-worn tourist path to truly immerse yourself in Australia's wilderness in this pristine bushland setting. Visit the majestic Garie Beach where you can choose to swim at the beach or in salt water lagoons, sunbathe, and relax. Take in the breathtaking panorama from Garie North Head.

Venture on a tranquil bushwalk through a temperate rainforest, discover the Australian bush and get up close to Australian wildlife. Audley is an area full of history and you'll discover some unique birdlife here. Hike along part of the Coast Track - which is one of Australia's bucket list walk between Bundeena and Otford. The whole walk is 26km but there are many options for shorter day walks. Enjoy incredible coastal lookouts, swimming spots, and seasonal wildflowers.

For lunch, enjoy a quintessentially Australian gourmet picnic lunch, set atop Bald Hill with awe-inspiring views right down the coastline. On the drive back to Sydney, finish the day on Grand Pacific Drive including the incredibly scenic Sea Cliff Bridge - an engineering marvel that swerves out from the cliffs over the ocean.

#### Farewell Dinner

Enjoy a farewell dinner as a group to toast the end of a spectacular adventure!



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#### DAY 13

Friday  
4/5/19

### Depart Sydney

Enjoy one last morning in Sydney before departing for the US.

#### Head to the Airport

Say goodbye to your new AdventureWomen friends as you head to the airport for your flights home.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Accommodation Details

#### Entally Lodge

Entally Lodge is located southwest of Launceston, and is set in a beautiful rural landscape - the surrounding countryside has valleys, river flood plains, remnant uncleared bush, and undulating pastures. Entally Lodge has sweeping rural views to historic Entally House, former home to Thomas Reiby, Premier of Tasmania in 1877. The Estate dates back to 1819 and is home to Australia's oldest conservatory, a working vineyard, and beautiful gardens and colonial outbuildings.

#### Overland Track Huts

These huts are the only private hut accommodation on the Overland Track. Each hut is set off of the main trail, and offers good food, comfortable beds, and hot showers. You'll have limited ability to charge electronics - there are two USB ports to charge cameras and phones only.

#### The Sebel Launceston

Moments from Cataract Gorge, the Queen Victoria Museum and Art Gallery, and the city's vibrant dining district, this hotel is a contemporary and stylish space in one of Australia's oldest cities.

#### By the Sea

By the Sea Port Douglas is a relaxing beachside resort blessed with having with both Four Mile Beach and the town center on its door step. The location is simply perfect.

#### Spicers Potts Point

Located in the vibrant inner city village of Potts Point, this hotel places the best of Sydney at your doorstep. Just a short walk to trendy cafes, Sydney city, and harbor, and set amongst a mix of historic art deco and modern architecture, Spicers Potts Point exudes an effortless blend of classic Sydney heritage character with a fresh contemporary feel.

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### Included/Not Included

#### Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ Ground transportation as noted in the itinerary
- ▶ All activities as listed in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ All entrance fees
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare
- ▶ Domestic airfare
- ▶ Taxi from Launceston airport, to Sydney airport
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Passport and visa fees
- ▶ Travel insurance
- ▶ Gratuities

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### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before December 24, 2018.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Australia, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to the page about Australia.

### Money:

The currency of Australia is the Australian Dollar. US Dollars are generally not accepted. Credit cards are accepted, and ATMs are generally accessible. You should plan on bringing cash and exchanging it for local currency or using the ATM in Launceston before the hike starts.

**Suggested Gratuities:** Gratuities are not expected in Australia. However, if you feel you have received exceptional service, you may want to tip \$10 per day to guides.

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**Arrive:** Arrive in Launceston, Australia (LST) on March 24, 2019 by 2:00pm.

**Depart:** Main trip: Depart Launceston, Australia (LST) on March 31, 2019.

Extension: Depart Sydney, Australia (SYD) on April 5, 2019.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

On the hiking portion of this trip, you will need a very specific list of gear (see below). Please follow this list very carefully as you will not be allowed to start the hike without required gear. **Denim and cotton clothing are not appropriate for hiking.**

You will be provided with a 50-liter pack to carry during the hike, but if you prefer to bring your own because you prefer the fit, let us know. You can store any additional luggage during the hike. Please have the hiking gear separated and ready on the first morning of your hike.

The following gear is provided for you on the hike:

- ▶ 50-liter canvas pack, pack cover, and pack liner
- ▶ Rain jacket (3-layer membrane, waterproof and breathable)
- ▶ Sleeping sheet and pillowcase; sleeping bags are provided in the huts
- ▶ Lunch container, cutlery, travel mug
- ▶ Basic toiletries (sunscreen, after-sun care, insect repellent, moisturizer available at each hut)
- ▶ Biodegradable liquid soap/shampoo available at each hut - please do not use your own soap/shampoo

You should be prepared for all weather on this trip - on the hike you should be prepared for sun, rain, wind, and even snow, and on the extension, you should be prepared for hot weather.

The huts have drying rooms for wet gear, but do not have laundry facilities.

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### Clothing and Gear - Hiking:

- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 3 short sleeve shirts, quick-dry
- 1 pair of shorts, quick-dry
- 1 pair of hiking pants
- 2 medium-weight long underwear tops (one for trekking, one for evenings)
- 2 medium-weight long underwear bottoms (one for trekking, one for evenings)
- 1 pair of fleece pants for evenings
- 1 light-weight fleece pullover
- 1 medium- or heavy-weight fleece jacket
- 1 pair GoreTex, waterproof pants
- 1 GoreTex, waterproof jacket
- 1 pair fleece gloves/mittens
- 1 fleece/wool hat
- 1 pair tall gaiters (should hit just below the knee)
- Underwear/sports bras
- 3 pairs wool hiking socks
- Sleepwear
- Sandals for inside the huts
- Head lamp and spare batteries
- Sun hat and sunscreen
- Camp towel
- 2 liters of water bottles or water bladder
- 1 light-weight compressible day pack (should pack down to pocket-size)
- 1 pair collapsible trekking poles
- Camera and spare batteries or USB charging cord

### Clothing and Gear - Non-Hiking:

- 1 small duffel bag or suitcase
- 1-2 sets of nicer clothes for evenings
- 1-2 bathing suits
- 1 waterproof jacket

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 6 passport photos - 2 for your tourist visa, 2 for your trek permit, and 2 extras in case your passport is lost or stolen
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste



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### Essentials Continued:

- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

# AUSTRALIA

## Hike the Overland Track in Tasmania

March 24 - 31 or April 5, 2019

.....

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a