



GEOCACHING MELBOURNE

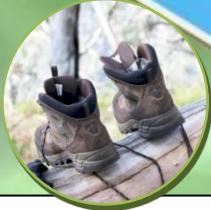
>> overnight and multi-day
hiking information

Although care has been taken to ensure the accuracy, completeness and reliability of the information provided, we can't guarantee some evil mistakes snuck in and therefore assume no responsibility.

You are getting there!

In Victoria there are some spectacular sceneries and amazing geocaches to discover. Some of them are hidden in nature's most precious gems but this also means you can't just drive there. If you put in the extra effort you will be rewarded with lasting memories, that knowing smile on your face and the smiley in your log. Overnight or multi-day hiking isn't rocket science and everyone can do it. After all millions of people have done it before and our ancestors travelled this way.

Now the good news: They only requirement is you need to want it. Don't let your physical fitness get in the way – just pick a shorter hike. It's also not more expensive than normal geocaching. You probably will be surprised how much of the needed gear you already have. You just have to get yourself out there!



Walking

Good footwear is the most important part of your gear. The smallest issue can change a wonderful weekend to a horrible experience. It is all about preventing blisters and keeping your feet in a good shape. Make sure you have the best possible shoes and therefore get expert advice from a dedicated hiking shop. While some hikers wear runners or even barefoot shoes, lightweight boots are most common. They give a bit of ankle support and protection.

Blister prevention also includes good socks and keeping your feet nice and callus-free in the first place. A common misconception is that callus prevents blisters. It doesn't – quite the opposite. Using foot-creme every day normally does the trick to get soft feet.

One of the most underestimated walking items are trekking-poles. They might look a bit weird and it takes a bit of time to get used to them but once you've seen an experienced hiker flying over a rock-scramble at the end of a long day, you will see the benefits. They take the load off joints, help to keep your balance in rough terrain and reduce fatigue. You don't need an expensive pair for starters – just get some.

>> No. 1 item to spend money on: Boots



Enjoying mother nature you will



Clothing

Keep it simple. Don't take too much change but have the extra layer just in case. Use breathable and quick-dry fabrics and avoid cotton at all costs.

No matter whom you ask, you will get a lot of opinions about the best combination of clothes. Trekking pants, long sleeve, fleece-jumper, hardshell jacket and a sun-hat should cover you. Normal sports-underwear is absolutely fine and don't forget to bring some undies to change ☺ If you suffer from chafing, try compression pants e.g. 2XU or Skins.

Other items you will see on the trail and which might be useful are scarfs, buffs, gloves, beanies and rain-pants.

>> No. 1 item to spend money on: Hardshell Goretex Jacket

Toiletry

Loo-paper & trowel, hand-sanitiser, soap, toothbrush & -paste, sunscreen, bug spray and any medication you are taking. That's it. If you haven't figured it out by now: You will survive three days without a shower. However while you have to cut back a bit on hygiene, don't risk getting sick out there. Wash your hands and at least try to keep clean.

Another thing to consider is to take some ibuprofen with you (trade names are Nurofen, Advil, Bugesic, Panafen, etc.) . It's an anti-inflammatory drug which can come in handy but ask your physician or pharmacist first.

>> No. 1 item to spend money on: Loo-paper ☺



Sleeping

Don't underestimate a good night sleep. Shelter, sleeping bag, mattress and pillow are the essentials. Load-sharing is a great if you go on a hike with friends. A three-men tent is lighter per person than a one-man tent. If you buy a light tent, get a ground-sheet as well because it protects your tent and keeps it clean.

The two choices for a **sleeping bag** are "synthetic" and "down".

The first one is cheaper, heavier, bulkier but easier to care for. If in doubt go for the better, lighter bag with the lower temperature range. You can always peel off a layer or unzip the bag if you're getting too warm. Do you remember those old-school foam-mats we had in summer camp? Yes? Just forget about these. Technology sooo moved on. Down-filled **inflatable mats** are awesome and worth the extra weight especially if you are a side-sleeper. If you are a back-sleeper you will get away with lighter mats.

There is a wide variety of **pillows** available but you can also put spare-clothes in the packing-bag of your sleeping bag.

>> No. 1 item to spend money on: Sleeping Bag



Food

A good meal is a nutritious and yum meal. While 2-minute noodles are light, you could also chew on some card-board soaked in water. For a hike you need breakfast, some snacks over the day, drinks and obviously dinner.

Brekky is one of the easiest meals to prepare: Cereals/Müsli with powder-milk, pancake-mix or instant porridge are all light to carry. Add a tea or coffee and you're ready to go.

Snacks are easy: the classic scroggin, muesli- & chocolate bars, fruit, sandwiches, wraps or whatever you like. Food is your fuel and if you don't eat you will run out of petrol, so make sure you take what you actually like to eat.

There are several options for **dinner**: Freeze-dried meals are great but pricey. Another option is dehydrating your own food which produces reasonable results but you can also make hiking meals from supermarket ingredients. Rice, pasta, couscous and mashed potato powder are all "dry carbs". Add a bit of veggies, meat/tofu & sauce and bang – you got a meal. Mac'n Cheese with some veggies e.g. are awesome.

The heaviest item in your pack will be **water**. There is no way around the 2 to 4 kg (which equals litres). Use old fizzy-drink bottles because they are cheap, light and robust. Make sure you know where to get more water if you need it. You can deal with running out of food but it is extremely dangerous to run out of water! Not every water you will find is potable and there are some options like using UV light (Steripen), tablets (Micropur), filtering (Katadyn) or simply boiling it.

Keep your **kitchenware** to a bare minimum. If you take the right food, you will get away with a spoon, a cup/bowl and a stove. Of course you can eat cold food and leave the stove at home but that's not recommended. There are three types: gas (e.g. JetBoil), metho (Trangia) or shellite (MSR Whisperlite) which all have their pros and cons in terms of usability and heat produced per fuel. A good stove lasts for decades if taken care of so this is money well spent.

In summary hiking food is one of the most discussed bushwalking topics on the web so just google and try for your next home-cooked meal. You can learn a lot about it without even leaving your house.



No. 1 item to spend money on: Hiking Stove



Backpack

Once again: You'll be happy if you buy one from the experts and it sits properly on your hips carrying the weight. Limit the pack-size since because no matter how big your pack is, you'll always fill it up and then you have to carry the extra weight. And no matter what the claim is, backpacks aren't waterproof. Pack your things into plastic bags and/or get a rain-cover.

Pack before you leave the house and make sure everything fits in and the weight is equally distributed. Heavy items should be lower and closer to your back. When you've done that take everything out again and check if you need every item.

Gadgets

Of course you are taking your GPSr but be prepared to navigate without it. Take a map and a compass for backup. Ziplocs are great for keeping your electronic stuff dry. Take your phone but also wallet and keys because things happen and you might not end up at your car again. A must is a small head-torch. Normally nature doesn't have a light-switch.

For the first few hikes leave the fun things at home: DSLR, tripod, binoculars, hammock, iPad, GoPro, VIRB etc. - you can always add them later on when you're more confident with carrying the extra weight.

>> No. 1 item to spend money on: You have enough of these!



The Little Things

Don't forget the small things which may or may not add value e.g. lighter, pocket knife or ear-plugs. PJs and crocs are a good example of optional stuff.

Leave extra food, water, fresh clothes and babywipes in your car – maybe even a beer in an esky. You'll love it coming back.

There is a lot of information out there - google hiking packing lists and adapt them to your needs.



Emergency Preparation

Things sometimes do go pear-shaped! Be prepared and avoid hiking alone. Always have a plan how to contact emergency services. A lot of areas don't have mobile reception so an EPIRB, spot or inReach might be a good choice. Be prepared to spend an extra night out there and take additional supplies (food & water) accordingly. Snake/spider bites, cuts, rolled ankles and broken bones are the things you have to be prepared for. Always let someone know where you are going.



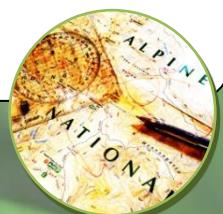
>> No. 1 item to spend money on: First Aid Kit

Trip Planning

You will get to this remote geocache in two stages: First you have to make your way to the trail-head. Good maps, the cache-description and old logs help you to formulate a plan, which is depended on season, weather, your car (2WD or 4WD) and time available. Second you have to plan the actual hike. One of the most crucial things is to know where to get water. Some sources dry out in warmer months.

Different track and terrain conditions can slow you down significantly. If you have to cover reasonable elevation it doesn't matter how far it is on the map but you can calculate an elevation gain of 300m/h. What looks like a half-day hike can be a two-day hike.

>> No. 1 item to spend money on:
Old school paper maps and compass



Shopping

If you feel the urge to spend some money, head into Little Bourke Street in the CBD between Queen and Elizabeth Street. This is where you'll get the "good stuff".

