



Time for an update on our 2022 **Simpson Desert Adventure**.

The issues of covid seem to be clearing and the country is opening up so it's full steam ahead with planning for 2022. I would like to think that everyone could be vaccinated for the trip, getting sick on such a trek will not be a lot of fun and evacuations whilst possible can be tricky and very expensive.

So here is a recap on previous information I have sent and further relevant updates.

WHAT TO BRING

- Personal gear, medical, toiletry, a good day pack with a 1-to-3-litre water pod, head torch with spare batteries, travel towel and a good sleeping bag, it will definitely get cold, well into the minus temperatures some times.
- Charging of devices will be possible, but there is no phone connection in the desert there should be connection in Birdsville.
- Some washing of socks and underwear will be available.
- More underwear than you think necessary is a good moto.
- Bring what you need, but try to pack tight and light.

PREPARATION

- Now getting fit for this should not be a real hassle, if your keen to do such a trip in the start you are more than likely quite fit anyway.
 - The key points are your Shoes and Socks and maybe use bike pants.
 - In the 6 weeks before you leave, walk 5 to 10 k per day and maybe the occasional 20k just for good measure and do a few hundred steps or climb a few mounds of dirt, little bit on the beach or a sandy paddock wouldn't hurt either.
 - Don't freak yourself out about it, you will be ok, one small step after another.
- Please make me aware of any problems or concerns as at the end of the day I am sure we can sort things out and remember if you're having a tough day there's always a seat in a vehicle.



- Pick up in Alice Springs early morning on the 31st May 2022. Pickups to be arranged when we know where you will be staying the night before.
- Time Line of the Journey: 31st May we pick everyone up in Alice Springs before sunrise and head to Dalhousie Springs, via Kulgera and Mt Dare, it's a 5 to 6 hr trip, we spend the next day at Dalhousie getting ready, talking, swimming in the warm waters of the hot springs and then blast out over the start line the next day.
- We start off slow with a 15k day followed by a 20k day and then it's 25k every day until Poeppel Corner where we have a rest day, from there it's the final charge to Big Red.
- Just before Poeppel corner a vehicle will go into Birdsville to pick up supplies.
- Water for a reasonable wash on our day off at Poeppel corner will be available.
- We will spend 20 nights and walk 400k across the desert to the iconic Big Red at the back of Birdsville, arriving in Birdsville on the 20th June. A couple of drinks or three in the pub that night and a good pub dinner to finish.
- As far as the order of when you walk and stop and who you walk with, well that's up to you and it can and probably will change as the days go by, sometimes it's nice to walk alone with music and nobody with you and sometimes it's good to solve the problems of the world as you walk along with a few others.
- Most people leave the camp by 8 am and arrive at the next camp by 3 pm at the latest. This gives you plenty of time to kick back relax and enjoy the sheer tranquillity of the desert, write poetry, meditate maybe and then get ready for dinner which is just after sunset.
- We would leave Birdsville for Brisbane with Rex aviation on the 21st or 22nd June.
- Whilst we very much try to operate with a set plan and time schedule, this can change due to the nature of this type of adventure, we are very remote and very exposed to the elements, rain and sand storms can be a problem but are rare.
- Some questions have come to me about how much sand and just how difficult is the walk.
 - Let me answer the how difficult question first, yes, it's a bit of a tough walk, 25 k every day, so maybe I would rate it at a 7 in degree of hardness, but to some it would be a three and to others a ten plus, the trick is get a little prepared and don't scare yourself too much, you will be ok.
 - The sand is not a real issue as it's only on the dunes and the dunes can be a long way in between. Yes there are a couple of demoralising dunes but best not to look up and take one step at a time, this is not a race and when you get to the top take a break have a drink and think "What the Bloody Hell am I doing here" 😊 Then walk to the next one.



If you're having a tough day there's always a seat in a vehicle.

CAMP FACILITIES

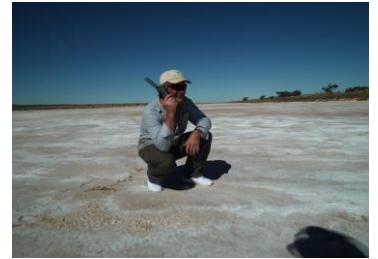
- We supply everything other than your personal gear that you will need from Alice Springs to Brisbane via a 20 day walk across the desert, it's the long way to Brisbane.
- We give you a new tent with an external solar light and floor mat for the entry, a self-inflating mattress, fly vail, shoulder bag, hand sanitiser and wipes, matches, stainless coffee mug and a fold up chair. We also supply all the necessary eating utensils and whatever it takes to live in our mobile desert camp.
- Putting your tent up takes a few minutes, pulling it down is just as quick, then you just drop it at the equipment trailer in the morning along with your main gear bags.
- The toilet is a two-foot deep hole in the top of the dune over the hole is a great wood frame dunny with a conventional toilet seat. Generally placed in a spot with a view, two sides have a privacy wall ...hat scarf or coat on the outside means it's occupied. We will have two of these set up each night. In the morning they are sterilized, the hole filled with hot coals from the fire and back filled with a disinfectant cover. If the need arises during the day whilst walking, duck off to the side of the track, but make sure you have matches to burn the dunny paper. You should always carry dunny paper and a box of matches
- We will leave no rubbish at all in the desert, everything that goes in comes out and that's why it's important to burn toilet paper, nothing worse than seeing paper floating through the air or tangled in the spinifex.
- We will have a fire every night except at Dalhousie Springs and we take the fire wood into the desert with us, taking fire wood from national parks is not permitted.



MEDICAL

- Blisters are the main problem on these walks, so be prepared. Use comfy light shoes that are well worn in. Cotton thin socks near the skin, with a Wool blended sock over that, bring several pairs
- If you are prone to blisters and are aware of it, bring the necessary repair medicine and bandages. We will have quite a bit of this gear in the main medical box if you run short.
- A good preventive answer for blisters on the rear end, and crutch rub is to wear a pair of reasonable quality Bike Pants, they are well worth it.
- Whilst we try to operate with a set plan and time schedule, this can change due to the nature of this type of adventure, we are very remote and very exposed to the elements, rain and sand storms can be a problem but are rare.
- We carry a very good medical kit and the crew are first aid trained with detailed emergency evacuation plans in place if needed.

- We have Satellite phone connection at all times and we also have access to an R44 helicopter on the eastern side of the desert that we can call on in emergencies.
- Personal Insurance is up to you, but as far as medical goes, what you have in your private medical fund should be enough and if needed the RFDS takes care of getting you to the hospital, and they are outstanding.
- We will have a Public Liability policy and everyone has to sign an indemnity form, which I have attached.
- I would like to think that everyone could be vaccinated for the trip, getting sick on such a trek will not be a lot of fun and evacuations whilst possible can be tricky and very expensive.



FOOD

- Vegetarian/Vegan food is available, just let us know if you require this and also any allergies you may have.
- Breakfasts: cereals, hot drinks of many kinds, fruit, noodles and soups, damper and spreads.
- Lunch stop: Crackers, cheese, cold meat, damper, spreads, hot drinks, noodles and soups.
- Dinner: will be a big hot meat meal with either Potatoes, Rice or Pasta. We have 12 menus eg: Chili Con Carne, Stroganoff, Spag Bol, Butter Chicken as well as many and varied Chicken meals, Pork Rogan Josh, Tuna Mornay etc etc
- On the road you can take: oranges, apples, mixed nut and dried fruit mix, muesli bars, beef jerky.
- The flies the flies the bloody flies....they can be pretty bad so fly nets are quite handy and we also try to eat just after they have gone to bed at sunset.
- We don't supply any alcohol, so when in Alice Springs, so if you would like a drink of an evening I would suggest you get 2-litre cardboard wine casks, bottles are a definite no go and chilling of drinks will not be available.



GENERAL

- I have a backup crew of 5 including myself, three four-wheel drives and supply trailer.
- Water is very valuable on a trip like this, so we must use it wisely, washing of body in a shower is a no go, but a combination of sponge, wet ones and a towel can be more than enough to keep the body reasonably clean.
- Take photos galore and if everyone gives me their best photos at the end I will put them together in a book and get them printed, cost would be \$30 - \$40 each.
- The route we walk is the infamous French Line which can be a four-wheel drive challenge trip, so you have to keep your wits about you as cars get a fare old speed up to clear the big dunes, they're not there all the time but they can occasionally appear out of know where. I remember on one of my previous walks we were standing just on the edge of the track and this small group of cars went by, we waved and smiled as they whizzed past. I always carry a hand held radio and from over the radio of one of the cars came the comment "Who opened the gates to the Old peoples home"we smiled.
- If you can play an instrument and would like to bring it along let me know.
- As far as group dynamics go and just plain old getting along, this can take some patience and understanding, we are all here to enjoy the journey, quite a few of us will be out of our comfort zone from time to time, so we must be considerate to our fellow walkers. 😊

PAYMENT

- I have had a few people asking about payment and could they pay now Deposits are due 1st January, but you can make payments from now on if you like.

Account Details are:

Paddy McHugh.com Pty Ltd.

BSB: 014 490 ACC: 417484282

- Receipts will be emailed.

If there is anything I have missed or something you are not clear on please contact me.

Map of the Route starting west and heading east. Yellow high lighted area

