

Mittagundi Nine Day Course

Program: We will be meeting you at the Albury railway station where your nine day adventure into Victoria's most remote country begins. The hike into Mittagundi takes two days as the group crosses the Bogong High Plains and descends into the Big River Valley.

Mittagundi comes as a very welcome sight as the group arrives after a challenging walk. Wood fired stoves, hot showers, log cabins, and lots of home-grown tucker. The next four days are busy ones! You will spend a day tackling the rapids of the Mitta Mitta as you raft down one of Victoria's most remote and beautiful rivers. Another day will be spent abseiling in the beautiful Mitta Mitta gorge and two days will be spent working on the farm and keeping Mittagundi going.

The final challenge of your nine day course is the hike out of Mittagundi that takes you through some magnificent scenery and eventually, back to civilization. Mittagundi provides transport from the mountains back to Albury railway station.

Course Cost: The cost of a course is \$325. Participants must secure their course booking by paying one calendar month prior to the start of their course and returning medical forms. Cancellations less than 1 month prior to course will be refunded will not be refunded. Sponsored places are available: to discuss a full or part sponsorship, contact the Directors.

Travel: You must organize your own transport to and from Albury railway station. If travelling by train, book well ahead. We meet the train at Albury railway station on the Friday the course commences. You will return to the station on the Sunday meeting the Melbourne bound train. Note: Please contact Mittagundi about train times as these change and travel costs to and from Albury are not included in the Mittagundi course fee.

Course Participants: Courses are made up of young people from all varying country and city schools and organizations. It doesn't matter if you don't know anyone else on the course when you arrive. Before you know it, you will be living in each others pockets and experiencing some great adventures together. By the end of the nine days you may well leave with a tremendous feeling of achievement and some very strong friendships with other course participants and staff.

Medical: We are as well prepared as possible for medical emergencies in remote areas, with all staff fully qualified in Wilderness First Aid. Participants should keep in mind the remote location, before any careless or stupid act results in a needless accident. All medical and ambulance insurance should be up to date before you come. Mittagundi cannot be responsible for any medical costs that you may incur. We carry with us on any remote trip into the mountains: comprehensive first aid kits and emergency radio equipment.

Equipment: Whilst at Mittagundi, you will borrow gear worth a lot of money and you must be prepared to cover willful damage or loss, at the cost of replacement. Mittagundi is prepared to cover costs of accidental damage.

Continued overleaf.



SMOKING, ALCOHOL & DRUGS: Smoking, alcohol and drugs are not permitted.

WEATHER: In the mountains the weather can change with frightening speed. It can be very wet and cold some days and very hot and dry on other days. It is very important to bring everything on the "what to bring list" to cater for all conditions regardless of the time of year.

STAFF: Mittagundi has seven permanent staff members, all trained and experienced in the bush and mountains. They are an outgoing bunch of people, who you will become friendly with. The staff work on a voluntary basis, each has a strong concern for young people and our environment. Mittagundi is their home, and you are being invited into their home for the week.

WHAT TO BRING:

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| <ul style="list-style-type: none">• 2 prs Runners / boots• 2-3 Woollen or fleece Jumpers• 2prs Tracksuit pants• 3 prs Shorts• 1 long sleeved collared shirt (to hike in)• Underwear• 6prs Thick woolen socks• 3 T-shirts• 1 pr Bathers• Towel• Toiletries• 1 broad brimmed sunhat | <ul style="list-style-type: none">• 1 pair of thermals• 1 pkt Band-aids• 6 large strong garbage bags• Torch and spare batteries• Cup, Bowl, Spoon for camping• Two - 1lt water bottles• 15+ Sunscreen• Camera (optional)• Musical instrument (optional)• Spending money for take away lunch <p>In the interests of living a Pioneer Lifestyle, please leave at</p> | <p>home or be prepared to hand in for the week:</p> <ul style="list-style-type: none">• Watches• Mobile phones• ipods/ electronic devices and any battery powered entertainment• Lollies, soft drinks• Magazines• Make-up• Books• Pocket knives |
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The following items of equipment are provided by Mittagundi: Hiking boots, water proof jackets, Sleeping Bags, Back Packs, Mittens, Balaclavas, Cooking gear, Tents and all gear to do with bushwalking, rafting and abseiling.

If you have any of these items you are welcome to bring them along, but we reserve the right to insist that you use our gear, if yours appears inadequate in any way. DO NOT bring tents.

MITTAGUNDI: Mittagundi is all about cooperation. There are no clocks, timetables or rosters. There are always lots of jobs to do, on the track as well as at base. We always operate on a volunteer basis and you must come along with a commitment to do your share, in the hard times as well as in the good.

CONTACT: Mittagundi can be contacted by phone, on +61 3 5159 7238.

Postal Address: The Directors
Mittagundi
c/o Omeo PO
Omeo Vic 3898

Or visit our website: www.mittagundi.org.au