

OVERNIGHT HIKING WITH US



**TAKE SHAPE
ADVENTURES**

FITNESS

**GEAR AND
CLOTHING**

ADVENTURE

**CONFIDENCE
COURAGE
CONNECTION**



takeshapeadventures.com.au

Take Shape Adventures

Take Shape Adventures is your personalised avenue to the outdoors offering local and international activities. Our packless hiking tours allow you to get the most out of your surroundings, walking further, and experience more on the trail knowing that each night you return to a comfortable bed, nutritious healthy food and a hot shower! Our professional and supportive staff are there for you, and our itineraries are comprehensive so you see all the best sights, yet flexible enough allowing each group and person to achieve their best and enjoy their time. So don't worry about gear, food or details – that's our job. Just bring your enthusiasm and walking shoes.



Making the jump from day hikes to an overnight hiking adventure can be a bit daunting for some, however it is one of the most unique and rewarding experiences and we are here to help you get started. This brochure will give you all the background and benefits of overnight hiking with us.

Carrying everything you need on your back can be daunting and hard work. Our supportive booking, preparation and wonderful guides is all designed to make your experience a memorable one for the right reasons.

One of the best ways to truly get back to basics modern society is the experience of setting out with everything you need on your back, and we help get you prepared.

Our philosophy when it comes to your gear is to encourage you to use ours! then you save money, time, effort and the potential disappointment of buying the wrong gear for your needs. We want you to have a great experience and provide what we can so you can just get out there and have a go!

WHY GO HIKING?

When your life is the same day after day it seems like great stories are reserved for the world-travellers, the thrill-seekers and the fearless. But that's not the case, almost everybody we know would like more time outdoors in our lives! The life we were longing to live has little to do with specific events, activities or ability, and everything to do with attitude: a willingness to try something new and see what has been there all along. Hiking is one of the best ways to get outside, see more of the world, connect with nature, meet and find new like-minded and stimulating friendships and feel amazing.



SUPPORTIVE GROUPS

Scared of being the only single person, of not being fit enough, of wearing the wrong clothes and a whole range of other fears that may stop you from achieving your goal.

With our groups you can put those fears aside as we are supportive, like minded and you will feel at home straight away with new friends and old. Our groups are just like you, they are people, they are there for the experience as well and will happily chat and walk with you and by the end of the trip, it will be you inspiring them. How amazing will it feel to not only achieve your goal but to smash it!!



WALK GRADING & FITNESS

The majestic views that only come from steadily working your way up a mountainside or the feeling the accomplishment of reaching a destination is a wonderful memory.

However most people worry about their ability!

This is very common and that is why we are here. We can not only help by assisting to work out which hike will suit you, but can help you get ready for that particular event through training or even just re assuring you that you can will be ok.



Preparation is usually a good idea because even if you are fit enough, walking easier means a more enjoyable overnight hike and greater opportunity to relax and enjoy the scenery rather than stress about how far it is, or how heavy your bag feels. The amount of training you will need will depend on your current level of fitness and the type and difficulty of the intended hike.

This means that when you hike with us, your preparation is managed and you will be assured of getting through the trip and not only that - your preparation won't be the cause of injury as you desperately try and get out there prior to your walk and injure yourself :(

Now that you know you can get through the trip, we can assist in further hikes, helping you to work up from an easier Grade 2 to a multi day lap of Wilsons Prom, or what about a tackling some of the High Country, or one of our fantastic multi day trips to the Thorsborne Trail, the Overland Track, Walls of Jerusalem or the difficult Northern Prom circuit for a challenge. These are all options when you know what you can do and how we can get your there !

WHAT DO YOU BRING?

This is often the most unknown factor about hiking and it's really the easiest. You wear what you've got. Yep, wear your runners and your socks and tracksuit pants and a t-shirt. If you happen to choose your first walk in winter then you add an old jumper and borrow a jacket. Once you get back you will know so much more. This is because you will learn what equipment suits you, your style of walking, your intentions and your budget through our knowledgeable guides and other clients who have gone through the same process! Our motto: "Gear that is Fit for Purpose"

Here is simple pack list:

(you receive more detailed information prior to any hike)

- Trail shoes (Lightweight shoes with good grip)
- Shorts/ light pants/leggings
- Socks, underwear (no underwire bras as they can dig in)
- A light top, mid long sleeve/thin jumper
- A waterproof shell/Goretex jacket
- Warm jumper / jacket / puffer jacket for the evening
- Warm pants / tracksuit pants etc to wear in the evening
- Thermals for cold hikes / nights
- Beanie / neck warmer / gloves for cold hikes
- Sun hat / sunglasses for warm weather
- Camp shoes such as thongs, travel slippers
- Eating utensils incl knife, fork, spoon, plate/bowl and cup
- Sleeping bag
- Sleeping mat
- Hiking Tent. 1-2 person tent. Ideally 2kg
- Basic toiletries
- Headlamp or small torch
- Camera / Phone
- Toilet paper
- Personal Medication



WHAT DO WE PROVIDE?

We don't want you to go and buy lots of expensive gear just to come along.

So we can provide some stuff for you to use:

- We have a large set of two person overnight hike tent suitable for any conditions you'll be in. These tents weigh only 2kg and we can even pair you up with another like minded hiker.
- We provide a sleeping mat for you. Our range of mats will suit you and allow you a good nights sleep.
- We provide a rucksack. These 50 litre rucksacks are perfect for your overnight hike and are simple, comfortable and hardwearing.

Unfortunately we cannot provide sleeping bags.

During your trip, our guides will also carry the group cooking equipment and also cook it for you at each mealtime!

This leaves you free to explore the wonderful destination you have walked to, or just lie in a heap on the floor :)

NOTE:

Although our guides are awesome they can't carry all the food.

You are expected to carry about 1-3kg of group food in your rucksack. This is about as much as a football, and as heavy as a 2-3 litres of milk...



OUR GUIDES

We think our guides are superstars!

Our guides are like you. They are people.

They come from a range of backgrounds and have a combined wealth of experience in the outdoors, hiking, cooking and camping experience.

The one they all bring is enthusiasm, and that enthusiasm will get the best out of you, because they will encourage, support, cajole and push you along!

They know the tracks and trails, and they love to explore all the wonderful destinations we take you to, from the summit of Mt Buangor to the sandy beaches of Refuge Cove, they love to hike and hike some more. They also love sharing their experiences and assist you to accomplish your goals.

They will do their best to make sure you are supported throughout your hike, and have all the information you need to have a wonderful experience.

They have also had their share of ups and downs, both on the trail and off, so you can rest assured that they are approachable and will be able to chat to you about any of the hassles or anxieties you are having on the trail.

All our trips are backed by our safety procedures, high powered UHF Radios and Personal Locator Beacons and all our staff are Remote Area First Aid trained so you can be happy knowing they have got you covered if things go pear shaped.



WHAT HAPPENS?

Here is a summary of a typical overnight hike:

- Meet at the carpark and sort through gear, we'll give you your stuff, go through how to pack it, distribute food and make sure everyone has what they need and doesn't have too much crap.
- We'll walk for a while 1-2 hrs and stop for morning tea.
- Another section of walking to a lovely lunch spot.
- Clients get out any lunch food they are carry and our guide will prepare lunch.
- After lunch we walk between 2-4hrs depending on the trip.
- We might stop for afternoon snack on the trail or we might get to the destination by afternoon tea.
- Set up your camp with our help if you need it.
- Wander around, relax, chat, explore, rest.
- Our guide will prepare dinner and desert!
- Sleep
- Day two is sometimes a return journey or it could be a circuit however the same procedure as day one will be followed.
- We aim to have you back to your vehicle by 2-5pm on the second day.
- Unpack gear, say farewell and carefully drive home!

We can cater for a range of dietary requirements however please be aware that food needs to be carried and there is no refrigeration so some foods are not able to be carried. Contact us if you have any particular requirements.



FREQUENTLY ASKED QUESTIONS

What gear do I need to bring?

Apart from bringing your own sleeping bag, we can assist with everything else!. We also provide a complete pack list, plus a little side list of what not to bring!

What is provided?

We provide all dinners, lunches, breakfasts, morning and afternoon tea and all snacks for the event. We also supply all the cooking equipment and prepare your meals for you!

What should I not bring?

We know you're new to this, but please remember you have to carry what you bring. So NO spare food, extra extra clothes, spare shoes, radios, speakers, makeup cases, unnecessary toiletries, mirrors, phone chargers, big books, kindles, iPads etc etc etc.

What does the cost include?

The cost for the event includes all the usual things like bookings, permits, park entry and camping fees. It also includes car pooling assistance, our supportive and motivating guides plus all your food for the entire hike. Our guides also carry all the cooking equipment.

How hard will it be?

We won't sugarcoat it, overnight hiking can be hard work! But you know what, the reward is ALWAYS worth it and every one of our clients has revelled in their accomplishment. The biggest factor is overnight hiking is not the walking, not the terrain, or the distance - it's carrying the rucksack. So our suggestion is to grab a bag, fill it up with stuff and start going for walks.

Will there be toilets and showers?

Mmmm, sometimes a toilet... Depending on which walk you book into, some walks have toilet facilities and some require you to go bush. There are NO shower facilities on an overnight hikes, however there are rivers, streams, and beaches though :)

Do I need hiking poles?

No. You are welcome to bring them if you have them, however they are not mandatory. You can borrow ours if you want.



**DO IT NOW.
SOMETIMES
"LATER" BECOMES
"NEVER"**

