



## GENERAL INSTRUCTION: TROJAN'S TREK 2019

### Introduction

1. Trojan's Trek 2019 for male and female participants will be conducted in the vicinity of Millmerran, Queensland from 31<sup>st</sup> March to 5<sup>th</sup> April 2019. The trek will cater for up to 12-15 ex-service or serving personnel of each gender identified as individuals who will benefit from the experience.

2. The trek will be based at SSAA range facility at Captain's Mountain which is 20 km west of Millmerran on the Gore Highway between Toowoomba and Goondiwindi in south east Queensland. A significant part of the course will involve presentations on a number of wide-ranging subjects by skilled leaders. **Some nights will be spent in the bush in relatively rough conditions** so please prepare accordingly.

### Aim

3. The aim of Trojan's Trek is to provide a setting and conditions under which participants will experience a lasting positive shift in personal values and interpersonal relationships.

### Objectives

4. The objectives of the trek are to develop in the participants through joint and individual challenge:

- an understanding of how thoughts and feelings influence behaviour,
- exposure to various strategies which will bring about positive change,
- suggested individual responses which are effective in achieving the aim, and
- enhance self esteem

### General

5. The course will involve a group of up to 12-15 participants who will be taken on a journey, both literally and figuratively, to explore issues which affect their lives. Group dynamics will be utilised by activities at team and individual levels. It is anticipated that the calming effect of the remote environment and the peace experienced by being part of this landscape will positively affect awareness, perception and outcomes.

6. The area in which the trek will be conducted is out of mobile phone range and commercial radio signals are also weak. The nearest large town is Millmerran which is 20 minutes away from the SSAA base camp. The next largest town is Toowoomba, about 75 minutes by road. Participants are to ensure that enough personal items, such as soap, tobacco etc are carried in sufficient quantity to last the period.

7. The course delivery is the responsibility of the Director, Peter Keith, assisted by staff members.



## Organisation

8. Peter Keith, Director has overall responsibility for the conduct of the trek. The trek will be based at the SSAA Range Facility Base Camp but the participants and most of the staff will be living in the field. Staffing will be as follows:

Ser	Male Trek	Name	Remarks
1	Director/Facilitator	Peter Keith	
2	Administration Officer/Facilitator	Brett Van der Heide	
3	Facilitator	TBA	
4	Medic/Facilitator	TBA	
5	Mentor	TBA	
6	Mentor	TBA	
7	Mentor	TBA	
<b>Female Trek</b>			
8	Team Leader/Facilitator	Amy Vickers	
9	Facilitator	TBA	
10	Mentor	TBA	
11	Mentor	TBA	
12	Mentor	TBA	
13	Mentor	TBA	
14	Mentor	TBA	
<b>Support Staff</b>			
15	Camp Commandant	Trevor Hewitt	
16	Chef	Brad Coleman	
18	First aider	TBA	
19	Admin Officer	Brett Van der Heide	<a href="mailto:brettvanderheide@hotmail.com">brettvanderheide@hotmail.com</a> 0427 198 259
20	Male POC	Brendan Barry	<a href="mailto:brendan.r.barry@gmail.com">brendan.r.barry@gmail.com</a> 0419 384 214
21	Female POC	Suz Baker	<a href="mailto:Suzanne.baker@ymail.com">Suzanne.baker@ymail.com</a> 0438 315 321

## Selection

9. Participants must volunteer to attend. The website [www.trojanstrek.com](http://www.trojanstrek.com) provides anecdotal and other reports which explain the trek's philosophy. The course is not physically demanding however a basic standard of fitness is required. Points of contact are listed at paragraph 26. Potential trekkers are encouraged to call or contact those listed for further information. Candidates are selected on the basis:

- that a clearance from their GP is completed
- they have volunteered to attend, and
- they have completed and submitted Annex A



10. Annex A is the ***Personal and Medical Information Form*** which is to be completed by participants and their respective doctors. **This form MUST be returned by 1st March 2019** to the POC. Participants should note this Annex includes other relevant information which is required during the trek. For example, it is vital that the details of next of kin and personal contact details are accurately recorded. Staff members are required to complete **only** parts 1 and 3 and special dietary requirements.

### **Movement and Deployment**

11. Travel assistance to and from Brisbane is available for those who require it. Early contact with the POC is advised as soon as possible to confirm entitlement and funding availability.

Note. **Once teams have arrived at Captain's Mountain it will be difficult for individual participants to return to Brisbane earlier than Friday 5th April.**

12. Movement to the base camp at Captain's Mountain will be as follows:

**a. Base Staff**

Fri 29th March. Camp Commandant, Chef and a staff member will depart Brisbane in one 4 WD vehicle with trailer to organise the delivery of food and stores from local suppliers.

**b. Field Staff**

Sat 30th March, the remaining staff members will depart Brisbane to arrive at 1200 hrs in 4WD vehicles, one with trailer.

**c. Participants**

Sun 31st March. Participants will depart by bus from Kedron-Wavell Services Club, Kittyhawk Drive, Chermside at 0830 hrs under the direction of a staff member.

The driving time from Brisbane to Captain's Mountain is approximately three and a half hours.

13. Participants are requested to arrange their own transport to and from the departure location.

14. Vehicles are to carry complete tool kits. Drivers are to ensure that spare tyres, wheel brace, first aid kits and the like are present and serviceable before departure. This includes the trailers. Separate instructions will be issued to drivers.

15. Various roads in the trek area are unsealed. Due care must be exercised by all drivers and supervising staff. Normal speed limits apply, and care must be exercised when driving off roads. Further instructions concerning driving standards will be issued after arrival.

### **Dress and Equipment**

16. Day temperatures are expected to be around 25-39 degrees. Evening temperatures are warm and will drop to around 18 deg. Rain is likely so the carriage of some form of wet weather gear is advisable.



17. All participants are to bring the following items packed in a duffle bag or similar:
- personal toilet items
  - camera (preferred instead of mobile phone camera)
  - towel
  - sleeping bag, pillow and night wear
  - swag (swags are available from Trojan's Trek if required, refer Annex A for indication)
  - insect repellent and sunscreen
  - comfortable sturdy boots suitable for walking – sneakers/runners are ok
  - good quality socks
  - long sleeved shirt/T-shirts and long trousers/shorts for bush wear
  - warm jacket or pullover for night wear
  - torch/head torch
  - money and driver's licence
  - water bottle (preferably 2) brew mug optional
  - prescription medicines
  - wide brimmed hat/ball cap, and
  - notebook, pen or pencil

#### **Stores and Equipment**

18. Rations, stores and equipment will be carried to Captain's Mountain with the advance party and staff in the 4 WD. Rations will be organised separately by the Admin Officer.

#### **Medical**

19. A first aider will be in each camp for the duration of the trek. A St John's medical kit will be located at the SSAA Kitchen/Quarters. The nearest hospital is located at Millmerran with evacuation available. Medical advice from a Doctor is available by phone 24 hours per day. Refer paragraph 26.

#### **Rations and Quarters**

20. Rations and quarters will be provided for the complete duration of the trek. Stops on route to and from the trek area will allow the purchase of snacks at members' expense. Participants will spend at least four nights in the bush in swags. **Any special dietary requirements should be indicated at Annex A.**

21. **No alcohol, drugs (other than covered by prescription) or weapons** are to be taken to or consumed during the trek.



## Evaluation

22. Each participant is required to complete a series of psycho-social instruments immediately before and after the trek, as well as three months post. This information is confidential and will be used only to gauge the effectiveness of the project. Honesty is paramount in completing these documents. Further instructions regarding this aspect will be issued during the Trek and afterwards by email/mail. An internal evaluation will also be completed by the staff and participants.

## Use of Private property / State Forest

23. The exercise will be conducted on private property as well as Crown land /State forest. All participants are reminded of the common courtesies demanded in the bush. They are:

- gates are to be left as found
- remove all litter
- do not cut vegetation
- respect flora, fauna and stock, and
- extinguish unattended fires.

## Fuel and Repairs

24. Fuel and repairs including repair of punctures are available from Millmerran on a debit card held by the Director.

## Communications

25. Communication to and from SSAA quarters is by telephone. The number is listed below. This is to be used for incoming calls in an emergency only. Mobile phones do not operate in the trek area. Communications during the trek will be by CB radios and satellite phone when required.

## Contact Numbers

26. The contact details are listed below:

- Director Peter Keith 0478 7550322 [peter@trojanstrek.com](mailto:peter@trojanstrek.com)
- Female Team Leader Amy Vickers 0414 566 913 [amsmee\\_aimz@hotmail.com](mailto:amsmee_aimz@hotmail.com)
- Male POC (pre Trek) Brendan Barry 0419 384 214 [brendan.r.barry@gmail.com](mailto:brendan.r.barry@gmail.com)
- Female POC (pre Trek) Suz Baker 0438 315 321 [suzanne.baker@ymail.com](mailto:suzanne.baker@ymail.com)
- **SSAA Quarters** (07) 4695 4273 answered out of hours during the Trek
- **Captain's Mountain Base** 0407 538 357 answered during business hours during the Trek
- Camp Commandant Trevor Hewitt 0409 021 165
- Millmerran Hospital (07) 4695 3111
- Trojans Trek Sat Phone 0147 169 143



### Media/Publicity

27. A media release will be issued prior to the commencement of the trek. Queries will be handled by the Director.

### Public Liability

28. The trek is covered by the Trojan's Trek public liability policy.

### Report

29. The report will be completed by the Director.

### Return

30. Participants will return to Brisbane on Friday 5<sup>th</sup> April arriving back at the Kedron-Wavell RSL Services Club at approximately 1300 hrs. Those requiring airport travel will then be taken straight to the airport. **Please do not book return flights before 1600 hours on Friday 5<sup>th</sup> April.**

### Visitors

31. Visitors wishing to visit the project are requested to seek approval from the Director prior to Friday 1<sup>st</sup> March 2019.

### Conclusion

32. Trekkers are encouraged to attend the trek with an open mind. The opportunity to meet and share experiences with other individuals in a similar position is unique. For a short investment of time, trekkers have the opportunity to make a new start with relationships and in life.

Peter Keith  
Director

30<sup>th</sup> October 2018

Distribution List:           Staff, Candidates, Participants

Annex A.                       Personal and Medical Information