



The Aussie Camino For Pilgrims Everywhere



MERRY CHRISTMAS

AND A HAPPY 2014

Our pilgrimage in this world must have an end. Then, but not till then shall we have our rest and reward.

Mary MacKillop



As I sit down to write this issue the temperature climbs to 44 degrees outside and us poor Melburnians are no longer wishing for that summer that never arrived. The weather gods somehow have stored up all our prayers and delivered it in biblical proportions of four consecutive days above 40C. Be careful of what you wish for!!

I have received some terrific feedback on an article that was done by Jesuit Publications in the quarterly magazine; Madonna. I was quite overwhelmed so I will include it in my next issue. For this newsletter I have included some handy tips for walkers. These articles are from the Oxfam 24hour Walk. The Oxfam Walk is quite gruelling however the handy hints are useful for pilgrims too - particularly ones with limited experience.

Another big thanks to Nikki Veriga who contacted me and sent me all the photos that appear in this issue. Nikki and her two sisters have just completed the Portuguese camino to Santiago. (see page 10)

Most importantly in this issue I want to calculate the numbers of pilgrims for this year's camino from Portland to Penola. Please refer to the itinerary and registration form on the next page. I ask that pilgrims register by 28th February. I have also sent a PDF separately with this email.

Although I have some people on hand I am also asking for a driver who may assist with the transport of luggage. This would ideally suit someone who may not feel quite up to the task of walking each day but still enjoy the company of the pilgrims along the way. Please let me know if you can or know someone else who may like to help.

Any questions please feel free to call or email and I hope to see as many pilgrims as possible on April 5th
Buen camino!!

Luke
email: lukej.mills@bigpond.com
Mob: 0433 301 196



Camino Australia 2014

Portland to Penola

April 5 - 13

Registration and Important Information

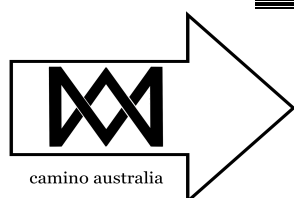
Planning the camino has taken quite a few months work and I wish to thank Sean Deany for assistance with maps and the guidebooks. I have gone through many scenarios to make the camino interesting, enjoyable, achievable and one which has some spiritual significance. In previous correspondence I stated I did not want to be a tour guide. However, just by inviting a group of pilgrims on a camino I take on a small amount of responsibility in order to make it slightly easier for the group to complete the journey.

However it is important for each pilgrim to understand that:

- In order for me to calculate numbers, each pilgrim must complete a registration form. Some of the towns we pass through are quite small and I want to ensure we have a meal and a bed each night. At first, I did not want to take any money however I have asked for a small registration fee of \$30 to cover initial costs. This also ensures a greater commitment and a better idea of numbers.
- I have also made plans for two short bus runs to cover a long section of the camino, and another bus from Penola to Portland on return. Vehicles can be collected at Portland for the drive back to Melbourne.
- I anticipate that many people will drive to Portland after we meet at the Mary MacKillop Centre East Melbourne and I have asked that drivers indicate if they can take passengers. We have received permission to leave cars at the All Saints Parish church in Portland. Also a vehicle with a trailer will be provided so that pilgrims will be able to travel with just a day pack. If pilgrims wish to have luggage transport and bus transport I will be asking for a further \$70 that can be paid on the first day.

Itinerary - April 2014

Sat 5th April	10:00 am	Meet at	Mary MacKillop Heritage Centre 362 Albert Street East Melbourne
	10:30am		Registration and pilgrims' farewell mass in Chapel
	12:00am		Depart to Portland by cars (arrive around 5pm)
Sun 6th	Portland - Cape Bridgewater		
Mon 7th	Cape Bridgewater to Bridgewater Lakes		
Tue 8th	Lake Mombeong to Nelson		
Wed 9th	Nelson - Port MacDonnell		
Thu 10th	Port MacDonnell - Mt Gambier		
Fri 11th	Mt Gambier - Kalangadoo		
Sat 12th	Kalangadoo - Penola		
Sun 13th	(Palm Sunday) Penola return to Portland (charter bus departing 11:30am)		

REGISTRATION
CAMINO AUSTRALIA

NAME _____

ADDRESS _____

PHONE / MOBILE _____

Email _____

GENDER

MALE / FEMALE

I will be able to drive my vehicle to Portland.

YES / NO

I will be able to take _____ passengers to Portland.

I have paid \$30 Registration fee to

L.J. Mills

YES / NO

BSB 063-167

Account Number 1051 3784

I will bring \$70 on the departure day for transportation of luggage and bus transport. YES / NO

Important:

Registration fee (\$30) will entitle each pilgrim to a bag tag, a pilgrim's passport and a guide book of maps and reflections which will be handed out on arrival. Pilgrims will also receive a certificate of completion in Penola.

Transport fee (\$70) will entitle each pilgrim to have luggage transported each day, two short bus trips to cover a long section of the camino and a return trip back to Portland from Penola.

It does not include transport between Melbourne and Portland before and after the camino.

Registration does not include meals and accommodation. Although a place will be found each night each pilgrim will pay for his/her meals and accommodation.

Forms maybe emailed to lukej.mills@bigpond.com or

Luke Mills

11 Barkly Ave

Richmond VIC 3121

Handy Hints

The following tips are taken from the Oxfam 24 Hour Walk in which walkers complete a staggering 100km in a 24 hour period through the outer suburbs of eastern Melbourne. It has been popular for walkers, hikers and even runners and has grown in numbers since it was launched as the 'Walk Against Want' 44 years ago.

The Oxfam walk is quite gruelling and in no way will the Aussie Camino be as demanding. However these tips can be a useful guide for novice walkers. We will be walking in quite mild conditions in quite flat terrain.

For me my biggest 5 tips for this camino are:

- Walking poles - very helpful. Try them out before going
- Keep back pack light. (4kg max) Just a rain jacket and food.
- Carry 3 litres of water.
- Worn in runners are probably better than heavy hiking boots.
- I use Skins (compression pants) which helps stop stiffness in the legs.



Buen camino!!

TOP 10 GEAR TIPS



Experienced past participants from Paddy Pallin have offered the following top 10 gear tips essential for a successful Oxfam Trailwalker event.

1. BE WEATHER READY

Prepare for all weather and the varying terrain. The weather can change dramatically during the course of the event. Cold to hot, wet to dry.

2. TEST EVERYTHING

Plan and test what you'll wear and carry in training. Do not try anything new at the event!

3. TRAVEL LIGHTLY

Leave heavy and spare gear and food with your support crew.

4. NIGHT TIME

Travelling at night can be the toughest element of the event. Use a head torch to keep your hands free for balance and don't compromise on the power of the light. A wide, strong beam will help you stay emotionally and mentally strong.

5. CLOTHING

Be prepared for your clothing to get wet from either sweat or rain. Clothing that dries quickly, is light weight, and breathes will help keep you dry and comfortable. Carry extra clothing if the weather looks like it will change.

6. FOOTWEAR

Wear a good pair of hiking shoes, boots or trail running shoes. Make sure they are well broken-in before the event by wearing them on practice walks. Do not wear new shoes for the event!

7. SOCKS

Just as important as your shoes! They must fit your feet and then fit beautifully inside your shoes.

8. DAYPACK

Keep it small, light and comfortable. As you only have to carry the gear, food and water between each checkpoint, you'll be surprised how small the pack can be.

9. WALKING POLES

At least one set per team is advisable. You never know when a weary or injured team member will need the support that these poles provide.

10. MANDATORY GEAR

Make sure you have your mandatory gear as specified in the event rules.

Oxfam Trailwalker is more than your average walk in the park! It is a long, tough, endurance event. But, with proper preparation, just about anyone can complete the 100 kilometres.

Toby Cogley — experienced adventure racer, Oxfam Trailwalker Legend and a member of the fastest team at Oxfam Trailwalker Sydney 2008 — has provided the following training programs and advice. These programs are suggestions only and participants should consult their physicians or personal trainers for specific advice.

TRAIN LOCALLY

Train as close to home as possible. If this is your first Oxfam Trailwalker, walking or running 100km for the first time is tough enough without the addition of travel stress!

GET FAMILIAR

Train on the course whenever possible. When this is difficult, train on terrain that reflects what you will encounter in the event.

TEST YOUR SHOES

Wear a good pair of hiking boots or running shoes. Make sure they are well 'broken in' before the event by wearing them on practice walks. Do not wear new shoes for the event! A spare pair of broken in shoes is recommended.

PACK A BAG

Pack well. In training, find out what you'll need to carry, including the type and amount of food, amount of water, etc. There is no reward for carrying more than is absolutely necessary.

TRAINING DIARY

Keep a training log to record the distances, sections of the trail and total time you've covered. This helps you find out what training works best and will provide time estimates for your support crew.



TEN PERCENT RULE

From one week to the next, do not increase your total weekly distance covered or the distance of your long walk/run by more than ten percent. A big increase in distance or level of intensity greatly increases your chances of injury.

CROSS TRAINING

Cross training, along with regular stretching and possibly a weight training program, will reduce your risk of injury and keep the training interesting. It's particularly important for beginners who are just starting to build their strength and endurance.

TAKE A BREAK

Stopping briefly for breaks during training will help you to work out the best strategy for your team, including what to eat, how long to rest, what gear changes you'll need, etc. Use this strategy to help plan your team's transition through the checkpoints.

FIND A RHYTHM

Use your training to establish a rhythm for the event. If you are planning to include running in the event, a popular run/walk pattern is to run 20 minutes then walk 5 minutes. Some people prefer a walk/walk or even a walk/jog pattern where you might jog the flats and walk the rest. Again, apply the pattern that you practiced in training. Nearly all teams (including the most advanced) walk the up hills — even the small hills — to conserve their energy.

FIND YOUR FEET

Trailwalker training is not about speed, or even distance, but rather time on your feet. The most important part of training is the long walk/run 'sandwich', where you do back-to-back walk/runs on successive days (like Saturday and Sunday).

INTERVAL TRAINING

If time is a problem, a shorter, faster session is a great alternative. More intense interval training will improve your endurance because it boosts muscle strength and stamina.

NAVIGATION

Always take maps and make sure you know how to use them. Also, take a torch and some spare money — just in case.

MAKE IT FUN

When you're going in for the long haul, teammates or friends make for more fun. They will also help you to establish more credible team goals, and provide entertainment and encouragement. Arrange your training hike to finish at a beach or local restaurant, and then invite your support crew to join you for a small celebration.

INSURANCE

You are strongly advised to take out insurance to cover injury or death, and any damage to personal property.

Oxfam Trailwalker is a serious physical undertaking. If you don't take proper precautions, participation could cause adverse health conditions that could ultimately result in death.

PLEASE BE AWARE OF THE FOLLOWING RISKS:

DEHYDRATION

Dehydration is the condition of having insufficient fluid in your body tissues. There is a serious risk of dehydration in a long and strenuous event like Oxfam Trailwalker. Dehydration can lead to impaired performance, vomiting and, in very extreme cases, muscle failure potentially resulting in death.

Symptoms:

- ☐ Tiredness
- ☐ Irritability
- ☐ Tight/heavy feeling muscles
- ☐ Headache
- ☐ Dry mouth and lips

Note – Symptoms of dehydration are only apparent when you are already dehydrated. Symptoms are very similar to those of hyponatremia.

Prevention:

- Drink electrolyte drinks instead of, or in addition to, water. Try these during training to ensure you can drink them comfortably.
- Monitor your urine and make sure you are urinating at regular intervals and that the urine is light yellow to clear.

If you are not urinating or your urine is dark in colour, you may be dehydrated. If you experience any of the symptoms of dehydration, consult the medical staff at the nearest checkpoint or follow emergency procedures.

DO NOT PROCEED.

HYPONATREMIA

Hyponatremia, or water intoxication, occurs when you have consumed too much water. This results in reduced salt levels in the blood and body tissues. It is an extremely dangerous condition that can rapidly lead to a coma and may result in death.

Symptoms:

- ☐ Headache
- ☐ Fatigue
- ☐ Nausea
- ☐ Lack of coordination

Note – these symptoms are very similar to those of dehydration.

Prevention:

- Drink electrolyte drinks instead of, or in addition to, water. Electrolyte drinks contain salts and thereby assist in maintaining the correct salt balance in your body. Try these during training to ensure you can drink them comfortably.
- Monitor your fluid intake. Drink just enough so you don't feel thirsty and are urinating at normal periods. If urination becomes frequent and clear-coloured, you may be drinking too much.
- To pre-hydrate during the two to three days before the event, use sports drinks at 50% concentration instead of water. Normal intake should be approximately 5ml/kg, five times per day for base hydration. For example, if you weigh 75kg, drink 375ml five times per day.

If you experience any of the symptoms of hyponatremia, consult the medical staff at the nearest checkpoint and follow emergency procedures.

DO NOT PROCEED.

HYPOTHERMIA

Hypothermia is a condition in which your core body temperature drops below 35° Celsius. If left untreated, hypothermia can ultimately result in heart failure and death.

Symptoms:

- ☐ Fatigue
- ☐ Shivering
- ☐ Muscle spasms
- ☐ Clammy skin
- ☐ Stammering
- ☐ Hallucinations

Prevention:

- Carry warm clothes and be prepared for dramatic temperature drops.
- Wear extra layers of clothes. Change into warmer clothes when it gets cold, especially at night.
- Carry, or have your support crew carry, a change of clothes in case you get wet.
- When you rest at checkpoints, either cover up or change out of damp, sweaty clothes to avoid catching a chill.

If you experience any symptoms of hypothermia, consult the medical staff at the nearest checkpoint and follow emergency procedures.

DO NOT PROCEED.

HEAT EXHAUSTION

During hot weather, the body's internal temperature can rise resulting in heat exhaustion or heatstroke. In extreme conditions, heatstroke can ultimately lead to heart failure and death.

Symptoms:

- ☐ Muscle weakness
- ☐ Nausea
- ☐ Fast, shallow breathing
- ☐ Irritability
- ☐ Severe headaches

Note – As the condition worsens, symptoms include confusion, decreased responsiveness, little to no sweating and flushed hot dry skin.

Prevention:

- Maintain adequate fluid intake.
- In exposed sections of the trail, wear sunscreen and a hat.

If a member of your team exhibits symptoms of heat exhaustion, find a shady area, administer frequent sips of water and follow emergency procedures.

DO NOT PROCEED.

CHAFING

Chafing is a common discomfort during Oxfam Trailwalker.

Prevention:

- Underarms, nipples and legs are all prone to chafing. Put band-aids or a hypoallergenic tape over the nipples and apply anti-friction skin balm (not petroleum jelly) to the other areas.
- Chafing between the thighs can be tackled with bike shorts or by shaving the affected areas and applying tape.
- Wear a base layer of clothing that pulls perspiration away from your body. This helps with both chafing and reduces chills from sweating. Outdoor stores have a full range of 'wicking' clothes for just this purpose.

MANAGING YOUR MEDICINE

Take caution when using painkillers and other medicines during training and the event. In the past, some participants have overused painkillers like Nurofen. This can lead to serious health complications and hospitalisation. We advise participants to seek medical advice regarding the use of all medicines.

We also suggest that participants consider a planned approach to taking medicines, including painkillers. This minimises the risks created by poor decisions that can easily occur due to exhaustion or a lack of knowledge.

PERSONAL CONDITION AT EVENT TIME

Your ability to safely complete Oxfam Trailwalker is greatly impacted by how you're feeling just before the event.

Factors to consider:

- Are you recovering or suffering from an illness?
- Did you participate in another endurance event within two to three weeks of the event?
- Did you have a big night out (i.e. late night and/or high alcohol intake) within a week of the event?
- Have you been on a long-distance plane trip within 48 hours of the event?

If you answer yes to any of these questions or, just prior to the event you feel less than 100% for any reason, reconsider participating in the event and seek advice from your physician.

FOOD FOR THOUGHT

To get you across the finish line at Oxfam Trailwalker, adequate nutrition and hydration are just as important as your fitness training. You may not be able to complete the 100 kilometres if you don't provide your body with the fuel it needs. And, on a more serious note, if you don't drink enough liquids — or not the right types — you may find yourself in hospital.

FUELLING UP

Carbohydrates, fats and proteins are all fuel for your body. Carbohydrates and fats are your primary energy source during exercise. Most people have a plentiful store of fats in their bodies — enough to last 100 kilometres and beyond — however the body's store of carbohydrates is limited. That's why it's essential to replenish these stores during an endurance event like Oxfam Trailwalker.

Carbohydrates

- Carbohydrates are your main fuel source during high-intensity exercise.
- Your body only stores limited amounts of carbohydrates, so it's essential to replace them to avoid hitting the wall.
- Foods that contain carbohydrates include bread, cereals, starchy vegetables, legumes (e.g. lentils), fruit and their juices, dairy products, sugars, honey, soft drinks, cordial and confectionary.
- Scientifically-formulated sports foods (e.g. sports drinks and gels) will also provide carbohydrates (and electrolytes) and assist with hydration. Sports drinks will be provided along the trail, but remember to test them during training.

Proteins

- Proteins are building blocks for your muscles.
- People who are in the early stages of an exercise program may require more protein than people who don't regularly exercise but, in reality, most people already consume enough protein to meet this extra requirement.

- Foods that contain protein include meat (red, white and fish), dairy, eggs, nuts and legumes (e.g. lentils). Other foods provide small amounts of protein.

Fats

- Your body only needs a small amount of dietary fat, which provides fat-soluble vitamins and assists with other bodily functions.
- Your body will use fat as fuel during the event, but you don't need to increase your fat intake during training or the event (unless you're trying to prevent weight loss) as your body probably already has enough fat available for the event.
- Foods that contain fats include meat, dairy (including butter), eggs, margarine, oils, nuts, seeds, fried foods, takeaway foods, and certain confectionary and bakery goods.

WHAT TO EAT BEFORE THE EVENT

Your body can only store a limited amount of carbohydrates. However, you can increase your store of carbohydrates directly before the event by carbohydrate loading.

Carbohydrate loading:

- Three to four days before the event, increase your carbohydrate intake to 8–12 grams per kilogram of your body weight. For instance, if you weigh 75 kilograms eat up to 900 grams of carbohydrates per day.
- During this time, eat less high-fat food because it makes you feel full and you won't be able to eat carbohydrates.

Pre-event meal:

- On the morning of the event, eat a high-carbohydrate breakfast to top up your carbohydrates one last time.
- Eat breakfast 1–4 hours before the event. If you have an early start, eat a bigger dinner the night before and a smaller, carbohydrate-rich snack in the morning. Alternatively, you can simply be mindful of eating carbohydrates early and

consistently in the event to ensure your levels are topped up. This will help you to avoid hitting the wall.

On the starting line:

- During the hour before the event starts, continue to hydrate but make sure you have time for bathroom stops!
- If you're consuming additional carbohydrates at the starting line, try to eat a fair amount — at least 50 grams.

WHAT TO EAT DURING THE EVENT

Beginner to intermediate participants:

- Eat meals and snacks that are high in carbohydrates, and drink appropriate fluids at regular intervals. Eating every three hours should keep you on track.
- Meals can include sandwiches, wraps, rolls, noodle soups, rice and pasta.
- Snacks can include fruit, pikelets, muesli bars, fruit loaf with jam, and pretzels.
- Drink plenty of fluids. Drinking water is particularly important when eating a salty meal or snack. Otherwise, sports drinks are a good way to stay well hydrated and they provide carbohydrates for your muscles.

Intermediate to advanced participants:

- Every hour, try to eat one gram of carbohydrate per kilogram of bodyweight. The minimum amount is 60 grams per hour. So if you weigh 75 kilograms, that's 75 grams of carbohydrates per hour.
- If you're part of an advanced team and you're aiming to finish the event in close to record time, your carbohydrates will primarily come from sports drinks and sports gels. This helps to avoid the discomfort of having bulky food in your stomach while undertaking intense exercise.
- Try out sports drinks and gels while you're training to ensure they work well with your body.
- Consume gels with water. Drinking gels with sports drinks often raises your carbohydrate levels too high

and can cause stomach upsets.

- Plan when you'll eat and drink. It's often hard to replenish carbohydrates and/or rehydrate once you've hit the wall.

HYDRATION

- Maintaining the right level of hydration is essential for events like Oxfam Trailwalker. In extreme cases, over-hydration can result in a severe medical condition called hyponatremia (see *Your Health* section). On the other hand, failing to hydrate sufficiently can lead to significant health consequences like dehydration.
- Ensure you maintain a steady intake of fluids throughout the event, consisting of both water and electrolytes. Monitor your urine and ensure you are urinating at regular intervals and that the urine is light

yellow to clear. If urination becomes very frequent and clear in colour, you may be drinking too much. On the other hand, if you are not urinating or urine is dark in colour, you may be dehydrated.

- It is beneficial to consult a health professional for a personal hydration strategy.

RECOVERY

- Drinking water and eating carbohydrates and protein is important for recovery.
- Fifteen to thirty minutes after the event, have a snack that includes some carbohydrates and protein. This will help you recover effectively. During this time your muscles can easily absorb carbohydrate and protein.

- Make sure you drink plenty of fluids (including sports drinks) 24 to 48 hours after the event.
- Avoid drinking alcohol after the event. It has a negative impact on the recovery of nutrition and on soft-tissue injury caused by exercise.

Text by Emilie Isles, Accredited Sports Dietician and Oxfam Trailwalker past participant. For more information, consult a local sports dietician via Sports Dieticians Australia at www.sportsdietitians.com.au

BLISTER TIPS

DON'T LET BLISTERS STOP YOU IN YOUR TRACKS

Blisters are the number one reason people don't finish Oxfam Trailwalker.

There are many varied views on treatment and prevention of blisters and a variety of ways to help prepare and strengthen your feet. Below are some suggested measures for prevention:

- **Shoes.** Make sure you have a comfortable, worn-in pair of good walking shoes, boots or runners plus a spare pair in case the first get wet; you feel pressure or rubbing; or for different terrain. Find out what works for you by experimenting during your training. Don't wear new shoes during the event!
- **Socks.** The best advice is to wear good quality moisture-wicking socks in a synthetic/cotton or wool blend. Some Trailwalkers find that double

socking using a thin liner sock under thicker walking socks works for them. Regular sock changes during the event are recommended and also provide welcome relief for your feet.

- **Moisture control.** Keeping your feet dry will reduce the likelihood of friction blisters. Some walkers use spray-on antiperspirant on the feet before and during the event. Don't apply petroleum based products as they are known to actually increase skin friction on long walks. Simple measures such as changing out of wet shoes and socks are the most effective.
- **Know your feet.** Get to know where your feet are prone to blisters. Cover these areas with blister patches or tape before the event.
- **Recognise hot-spots.** The key to blister prevention is to recognise hot-spots, which are slightly sore or warm patches of skin that can be caused by rubbing or pressure.

Anyone who has experienced bad blisters will need no convincing that prevention is better than cure so if you notice a hot-spot, stop and fix it.

- **Try taping your feet.** Taping feet with a hypoallergenic adhesive bandage (not brown sports tape) may help. You should round the edges of the tape to prevent it rolling up when you put socks on. Practice different foot taping techniques during training. Massaging feet with anti-friction skin balm may also help.
- **Prepare your feet.** Clip your toenails so they are short and rounded to help prevent pressure and bruising. A little callous is healthy, however you should gently file back excessive callous in the weeks prior to the event. Moisturiser can also be used daily to prevent hard skin and improve skin elasticity.

Below is a general checklist of recommended gear to wear and carry for Oxfam Trailwalker. Every walker is different and it is strongly recommended that you find what works for you during training.

This checklist has been compiled by experienced staff at Paddy Pallin, the official Oxfam Trailwalker outdoor supplier. Paddy Pallin has a broad range of the items listed below, in-store. Paddy Pallin staff have more than 10 years experience with Oxfam Trailwalker and can provide advice on what will suit you best.

WHAT TO WEAR IF IT'S HOT:

- ☐ Quick-dry shorts, shirt and underwear to move moisture away from your skin.
- ☐ Tights/leggings or compression garments in short or $\frac{3}{4}$ length to reduce muscle fatigue and chafing.
- ☐ Breathable, moisture managing and comfortable socks.
- ☐ Thin liner socks can be considered to go under the thicker sock to help prevent blisters.
- ☐ Trail running shoes or light weight boots.
- ☐ Hat or cap.
- ☐ Sunglasses.
- ☐ Sunscreen.

WHAT TO WEAR IF IT'S COLD:

- ☐ Quick-dry long pants, shirt and underwear.
- ☐ Tights/leggings or compression garments in $\frac{3}{4}$ or full length.
- ☐ Thermal top and pants.
- ☐ Lightweight wind-proof and/or insulated jacket.
- ☐ Thin (liner) gloves.
- ☐ Beanie.

WHAT TO WEAR IF IT'S WET:

- ☐ Waterproof rain jacket with hood.
- ☐ Waterproof over-pants.
- ☐ Waterproof shoes or light weight boots can be considered.

WHAT TO CARRY WITH YOU:

- ☐ 15-25 litre daypack.
- ☐ Water containers totalling 2-3 litre capacity. A 2 or 3 litre water bladder with drinking tube is recommended as it allows for more frequent and hands-free drinking.
- ☐ Walking poles; either one or a pair. One pole for more balance and a pair for more body drive and reduced leg fatigue.
- ☐ Anti-chafing lotion.
- ☐ Personal identification and some money for emergencies and purchasing food along the trail.
- ☐ Event Map Book and protective pouch.
- ☐ Dry (waterproof) bag or plastic bags to keep clothes dry and/or put wet gear in.
- ☐ Snacks (salty and sweet) and energy food.
- ☐ Head torch with ample light and good battery life.

WHAT TO CARRY AMONGST THE TEAM:

- ☐ Mobile phone. Two per team, ideally on different networks, as per event rules.
- ☐ Spare torch batteries (and bulb if required).
- ☐ Each team must carry at least one first aid kit at all times containing as a minimum: a compression bandage; a triangular bandage; strapping tape; sterile dressings; antiseptic wipes; selected blister treatments; and four thermal blankets (one per team member). Other useful items include a needle (for splinter removal); folding scissors; and nappy rash powder. Prescription medication and painkillers are your team's responsibility.

WHAT TO LEAVE WITH YOUR SUPPORT CREW:

- ☐ Duffle bag or box for storing the listed gear.
- ☐ Spare socks.
- ☐ Spare shoes, in case the main pair gives you blisters or are damaged.
- ☐ Spare shirt/s and pants.
- ☐ Your cold or wet weather gear.
- ☐ Very warm jacket, pants and blanket/sleeping bag for relaxing at checkpoints.
- ☐ Extra first aid gear.
- ☐ Spare torch, batteries and bulbs (if required).
- ☐ Small walker's repair kit (spare shoelaces, safety pins, string).
- ☐ Your team's food supplies.
- ☐ Electrolyte replacements.



Pilgrims' Tales



One of the lovely things about writing this newsletter is that many people have contacted me about their own camino experiences. Since the first issue my colleague and intrepid fellow pilgrim Mick Dillon (pictured left) has not only completed 1200km throughout France and Spain but since returning to Australia has walked from Melbourne to Apollo Bay. That's over 200km in 7 days. Mick has been a great inspiration by putting in many long days and has provided me with much valuable information about this stage.

Next stage on the list is Apollo Bay to Portland which would complete Mick's entire journey from Melbourne to Penola. Follow Mick on ozcaminoantarg.edublogs.org
Buen camino compadre!!

The Portuguese Way

Nicki Veriga has sent me a lovely Powerpoint on her camino on the lesser known Portuguese camino to Santiago. Starting in Porto on October 13 she and her sisters; Lydia and Lee completed the 230km journey on November 3. Passing through Vila do Conde, Barcelos, Ponte de Lima, Rubiaes, Tui, Rendodela, Pontevedra, Caldas de Reis and Padron to Santiago. After her camino in which she enjoyed immensely she passed on these handy tips to would be pilgrims;

- Travel lightly
- Take time to enjoy your surroundings
- Toilets are not always where you want them – take lots of tissues
- Your back pack should include:
 - a small medical kit with blister plasters
 - water bottle
 - small lunch box
 - raincoat
 - waterproof bag for your guide
 - extra socks
 - spare camera battery and memory card
- Be prepared for the unexpected
- Accept the kindness of others
- The journey is as important as the destination!!

Thanks Nicki
LM



The ubiquitous scallop shell of the Camino de Santiago de Compostella.(above)
The Cathedral of St James , Santiago. (below)



DVD Review: The Way

DIRECTED BY EMILIO ESTEVEZ;

STARRING EMILIO ESTEVEZ AND MARTIN SHEEN

This is the pilgrim's must see film and for me this is where it all started. Having heard a little about the Camino de Santiago de Compostela I had no real understanding of what it looked like. Enter 'The Way' (2010) directed by Emilio Estevez he plays a son to his real life father Martin Sheen.

It is a powerful and inspirational story about family, friends, and the challenges we face while navigating this ever-changing and complicated world. Sheen plays Tom, an American doctor who comes to St. Jean Pied de Port,



France to collect the remains of his adult son; Daniel, killed in the Pyrenees in a storm while walking the Camino de Santiago, also known as The Way of Saint James. Rather than return home, Tom decides to embark on the historical pilgrimage to honour his son's desire to finish the journey. What Tom doesn't plan on is the profound impact the journey will have on him and his "California Bubble Life". Inexperienced as a trekker, Tom soon discovers that he will not be alone on this journey. On his journey, Tom meets other pilgrims from around the world, each with their own issues and looking for greater meaning in their lives: a Dutchman (Yorick van Wageningen, a Canadian (Deborah Kara Unger) and an Irish writer (James Nesbitt).

This is a great movie, one that some pilgrims can watch time and time again. It reminds us that there whilst is a vast world out there for us to explore the most important thing in the world are the real people that are right under our nose.

In the same way as Tom discovers from his last conversation with Daniel, we also come to realise "There is a difference between the life we live and the life we choose."

