

Welcome to the Walkatjorra Walkabout Induction Booklet

This booklet has been written to give you an idea of what to expect when you go on the walk. It's based on our experiences from previous walks. Remember that every walk is different and things grow and change depending on our needs as a group. If you're unsure, there will always be experienced walkers around to ask. Always listen to Rangers and Traditional Owners who are our guides as we walk through their land.

Affinity Groups

We share in the work of our walking and camping community and organise all cooking, cleaning and set up of campsites in small groups called 'affinity groups'. Everyone is put in an affinity group at the start of the walk and each group takes turns with daily tasks:

- One group is responsible for cooking breakfast and lunch
- One group is responsible for setting up camp and making dinner.
- One group is responsible for cleaning up after breakfast and again after dinner.

When your group is on setting up camp, you may have to miss a day walking. Everyone helps with pack down of the camp in the mornings.

Here is more info on the tasks of Dinner/ Set up, Breakfast/ Lunch cooking, cleaning up and camp pack down.

First Aid

We all need to take care of ourselves and each other as a community. There are a number of first aid kits available, and people with first aid skills will identify themselves at the start of the walk.

- * A first aid kit will be kept with the kitchen truck, one with the support vehicle and an emergency one will be carried on the walk.
- * If you have a minor injury, like a blister, small cut or splinter, you can access what you need from the first aid kit yourself. Please keep it tidy, as we all use it.
- * Be sure to wash your hands before touching an open cut or a plaster etc.
- * If someone is injured more seriously, let one of the first aid people know as soon as you can. Try to keep the person calm and help as best you can. There is a health centre at Wiluna and at Leincester, and a district hospital at Leonora, so we are always not far from help if we need.

Emergency contact numbers

All emergencies: 000

Leonora Hospital 08 9080 4300

Leonora Doctors 08 9037 6238

Leonora Fire 08 9037 6046

Leonora Police 9037 6100

Wiluna Police 9981 7024

Wiluna Hospital / Ambulance 9981 7063

Leinster Police 9037 9000

Hygiene

We are all responsible for the health of our moving community.

- * Always wash your hands before handling food. Especially when cooking for the group and before you eat.
- * Wash your hands after each time you use the goona pit. There is a water container with disinfectant in it by the goona pit for this purpose.
- * There is soap and water-free hand sanitizer available in the kitchen truck. There will also be hand sanitizer in the support vehicle too.
- * Remind any children in your care to wash their hands too.
- * If you experience diarrhea (runny poos), vomiting or an upset stomach, do not help with food preparation. Keep away from the kitchen truck if you can, and take it easy until you feel better.

Camp cooking

Cooking on a camp fire for dozens of people can be bit daunting to start. There is an art to it, so here are a few tips for beginners. There will always be experienced camp cooks around to ask if you're not sure.

- * Always use the vegetables that are most ripe. Take a moment to check out what needs to be used and then decide what to make.
- * There are vegan and gluten free people on the walk. Think about making a gluten free option (like rice noodles when you're making pasta) and if you're making something with milk in it, put it on the side (like white sauce)
- * Rice is difficult to cook on a camp fire. Use the gas cooker instead. Position it in a sheltered spot. Cook up about 1/3 cup of rice for each person (rice expands 4 times when cooked).
- * As there are children on the walk, avoid making food too spicy or hot. You can always put out some chilli for people to add themselves.

Here is a brief explanation of what each job involves:

Breakfast/Lunch

- * Meet the night before to discuss what to cook for lunch. Check what is left over after dinner that can be used for lunch. You might want to boil eggs for lunch too.
- * In the morning, someone needs to get up an hour before everyone else to light the fire for cooking and to heat the water. This suits early birds who enjoy some quiet alone time in the morning.
- * Breakfast will involve making up some powdered milk for tea and cereal/ muesli, cutting up fruit and laying out breakfast foods. We may be cooking porridge or millet in the mornings, but this will depend on what donations we receive and how much work people want to do in the morning (in the past cooking the right amount and cleaning the porridge pot have been a challenge). This group will also do a wake up call to the whole camp.
- * Before breakfast, lunch needs to be made too. This could include left overs from the night before, boiled eggs, mountain bread, corn thins and salad. Basically you need to give people a carbohydrate (eg bread or rice), some protein (eg eggs, lentil dahl, seeds and nuts, peanut butter) and vegetables (eg salad or steamed veg).
- * Lay out the lunch foods with breakfast, and everyone will pack their own lunches.
- * Give a call out when breakfast and lunch are ready. You may need to stay on, to dish out lunch. Do a call out before the end of breakfast, to make sure everyone has got their lunch and had breakfast before pack down starts.

- * Fill up the cleaning sinks with water for cleaning (cold water in the first rinse sink and warm water in the soapy wash and final rinse sinks).

Aside from elders and traditional owners, people are expected to wash their own dishes.

- * Wiping down benches and clearing the kitchen is done as part of packing up camp.
- * Note: Make sure you have time to pack up your own gear and tent before or during breakfast/ lunch preparation in the morning – and remember to eat breakfast and get some lunch.

Camp set-up/ dinner

- * Each day some people need to go ahead and set up camp. If you have blisters or sore muscles, this might be a good job for you that day (though do be aware that it does involve some physical tasks, and you can take time off from jobs and walking if you are unwell and need a break). We all need to take a turn at this, which is an important part of the walk as a whole.
- * If you can drive you may be asked to drive someone's car ahead that day, we will organise that at morning circle.
- * Once the walkers have left, people on set up and drivers of the bus and kitchen truck will go ahead to the next camp site.
- * At the camp site you will first need to:
 - Set up the Kitchen area – pull out the awning on the kitchen truck, set up the tables, dig a cooking fire pit, set up the tea table.
 - Set up the Gunna pit (toilet) – dig the pit, put up the shade cloth as a screen for privacy, set up the toilet seat and equipment (shovel, toilet paper etc), fill the hands washing station with water and disinfectant.
 - Collect fire wood for the cooking fire and the social fire. Collect only dead branches from around the campsite, we may arrange to get wood from further away at campsites where it is scarce or where it is important to keep a supply for locals to use.

Fire

The Fire is the centre of the camp, used for cooking our food, as a place to gather, to warm ourselves and for protection. Always treat the fire with respect. It's local etiquette to never walk between someone and the fire – walk around them. Take care of children and each other near the fire.

Building a fire

- * Always make sure there is no spinifix, tufty grasses or tree branches within a meter or two of where you want to light a fire.
- * If it's windy, dig a hole for the fire or if that's not possible build a rock barrier around it. The cooking fire is always in a shallow pit or has a barrier.
- * To use a fire for cooking food, you need to build up the embers. Burn wood until it has broken down to embers. A fire with flames is likely to burn your cooking, while embers cook more evenly. Start burning the fire an hour before you need to start cooking.

Pace

Pace is always a challenge on walks like this. Some people like to go fast, while others like to wander. Since we are all walking together, the only option is compromise. We are walking with children and elders, and need to have a pace that works for them. We also do not want to spend too long out in the sun. So be considerate of others and do not stop unnecessarily, like to take photos.

Circles as an organizing tool

The way we make group decisions and share information is through 'Circles'. Each day, we have a Morning Circle (after pack down and before we walk) and Dinner Circle (before dinner). We will have special Circles on our rest days, sometimes to share information, to listen to special guests and traditional owners, for discussions or as a way to deal with conflict if we need to. Everyone needs to participate in some Circles (in the Morning and Dinner time especially) because this may be only time we have to all be together as a group and to share important information, organise some group logistics or make important decisions.

Morning Circle is a very important part of the day. It is the first time we all get together as a group, and important information about the day ahead and messages from supporters are shared. Sometimes we finish the Morning Circle with a hug (one person starts hugging each person around the group, and then the next person follows them, until everyone is hugged). There is no obligation to hug people, you can shake hands or high five if you want to instead or leave the circle. Do not put pressure on any one to hug or participate in the hug circle if they don't want to, respect each other at all times.

There is limited time at Morning circles and Dinner circles – everyone is likely to be keen to hit the road or eat their dinner – so we if we need time for longer discussions we will sometimes have a 'Circle' on our rest day. Information about when and what the rest day circles will be discussed the day before so everyone knows what's going on.

- * Chopping up the fire wood can be dangerous for people who do not know what they are doing. If you would like to learn about how to chop wood safely, ask a more experienced wood chopper to show you. There are gloves and safety glasses available, please use them.
- * During the day you may have time to do other tasks around the camp, like checking through fruit to make sure we are eating the most ripe, cleaning the tea towels, and tidying up the kitchen truck. Some days you may not have time/ energy to extra tasks!
- * The set up team also makes dinner. Discuss what you want to make and start in time to have dinner ready by about 6pm. There is a lot of chopping to do when feeding this many people, so even if you do not have much experience in the kitchen, there will be something to do. See the cooking section for more tips.
- * Self-care tip: make sure you drink water when you're on the set up team, you may end up being in the sun more than you realise and its easy to forget when you are used to having stops every hour when you walk to have a drink and snack.
- * Talk to the next day's breakfast/ lunch team about what is left over, so they know what is available to be used the next day.

Dinner clean up

- * Clean up the dinner prep dishes, wipe down the kitchen and the sinks once everyone is finished cleaning their own dishes. Offer to clean the dishes of elders/ traditional owners.
- * Put away any food in the kitchen truck and lock it up away from any browsing animals.

Packing up camp (Everyone who is able to)

- * The kitchen truck needs packing up, tables wiped down and packed away, as well as any equipment or food.
- * Once the kitchen is put away, a group of people need to take the awning down. If we have put up any other tarps for shelter (when its rainy or windy), we need to pack these down too.
- * Then the cooking fire equipment and water urn needs to be packed away and fire pit filled in with earth. Put aside any hot water left over in metal buckets for the toilet clean up team to use. There are gloves for handling hot parts. Be aware you are likely to get black stains on clothes doing this job.
- * At the same time one or two people will need to pack everyone's gear into the trailer or bus. There will be a special place we agree to leave bags to be packed.
- * The toilet needs to be packed down last. Give a call out for any last minute visits 10 minutes before you start. You will need 3-5 people to do this job. Anyone touching the toilet needs to use the toilet gloves and wash their hands thoroughly afterwards. Keep some hot water aside for cleaning the toilet equipment and washing hands afterwards.

Morning routine

The mornings can be the busiest time of the day. It involves a lot of sorting, packing up, cooking and cleaning – all this just after you have woken up! There are a lot of us walking, and in order for things to run smoothly we need to try and be as organised and on time as possible. We leave together as a group, so one person running late will impact on everyone. Ask for help if you need it, and keep an eye on others who might be struggling and offer a hand. Parents with children on the walk will have more work to do than others in the morning, and we want to make it as easier for them because we all gain a lot from having children on the walk.

Our morning will look something like this:

- * 5:30am - One of the breakfast/ lunch team wakes up early to start the fire and heat up the hot water urn.
- * 6:00am - Breakfast/ lunch team get up, get dressed and pack up their camping gear and start making food.
- * 6:30am – Wake up call for everyone in camp. Everyone gets up, get dressed and pack up their camping gear. Take your bags, tent etc to the trailer/ bus ready to be packed up.
- * 7:30am – Breakfast is served. When you get breakfast, also pack a lunch from what is provided.
- * 8:00am – Breakfast is finished and pack down of camp begins. We all help with this.
- * 8:30am (ish) – once we have packed down camp, call out for Morning Circle.