



Meridian Kayak Adventures

“Wilsons Prom” 4 Day Sea Kayak Proficiency Skills Course



Wilsons Prom, located 230 km south east of Melbourne, is the southern most tip of mainland Australia. With its 130 km of coastline, framed by granite headlands, mountains, forests, fern gullies and pristine beaches, it is perfectly suited to the requirements of our 4 day sea kayak skills course, thanks in part to the mix of sheltered bays and exposed water, as well as the varying effects of tides and currents in the area. This all adds up to a great environment to expand your horizons under the expert guidance of our qualified sea instructors.

A QUICK ITINERARY

Selecting the right equipment, energy efficient and injury preventative paddling strokes, managing risks and rescues, surfing, rolling, open sea travel, navigation for sea kayakers, weather forecasting,

MEETING PLACE AND TIME

We meet at our base location – Yanakie Caravan Park -Duck Point - at 9:00 am on Day 1 (unless arriving the previous evening).

HOW TO GET THERE

To the Prom from Melbourne. Allow 2 ½ hours driving. Take the South Gippsland Highway through Korumburra and Leongatha. Turn right just past Meeniyan and continue through Fish Creek and again turn right following the national park signs. To Duck Point, Corner Inlet. Take Foley Road on the left which is about 4 km past the village of Yanakie and follow it all the way to the caravan park.

ACCOMMODATION

The course is “residential” so accommodation is provided throughout, including the option of the previous night. For help in finding something else before or after give us a call. Or www.promacom.com.au has a booking service as well.



SEA KAYAKING

Sea kayaking requires only a moderate level of fitness, similar to brisk walking or cycling. An average day's kayaking is about 4-5 hours. No previous sea kayaking experience is necessary. The weather conditions play a big part in the degree of difficulty and comfort and the Prom can turn on some varied weather. A note on safety! Naturally sea kayaking plans can be affected by the weather.

PROPOSED ITINERARY

For adverse weather, we have alternative plans to continue the course and to safely achieve our learning objectives. One of the attractions of a sea kayaking adventure is the uncertainty.

- Day 1** . Fundamentals of energy efficient and injury preventative paddling strokes plus rescues and safety issues,
- Day 2** Negotiating surf and waves plus open-sea paddling techniques, introduction to rolling,
- Day 3** . Navigation, touring and piloting as well as remote camping,
- Day 4** The final day – rolling, coaching, refining and debrief plus....

Days are spent “on the water” learning and practicing practical skills while the evenings cover the theory parts of seamanship; navigation, weather, planning,

COURSE ORGANISATION

The course delivery is flexible in terms of the depth and breadth of skills and knowledge. We believe that some skills in particular are vital to effectively build and progress competence. These “building blocks” are then added to by mutual agreement to further develop and enhance the individuals'

particular wants and needs. Typically, the course runs for four consecutive days so that skills learned one day are still fresh to progress on the following day.

INSTRUCTIONS

Your sea kayak instructors are fully trained and qualified to AC Inc to look after all the course details. Their job is look after the safety of their dients and ensure that everybody has an unforgettable experience.

CLIMATE

Victoria's weather has a "changeable" nature to it. *"If you don't like the weather, just wait 5 minutes"*. By far the best season for kayaking here is mid summer through to early winter. (Jan to May). The Prom is especially changeable with its many moods and changing vistas.

TRAVEL ARRANGEMENTS

Delays are always possible due to weather and transport difficulties and whilst Meridian Kayak Adventures will do its best to fix the problem we are not held responsible for any additional charges incurred.

TRAVEL INSURANCE

It may be prudent to take out a personal insurance policy to cover yourself against sickness, accident, loss of baggage, trip cancellation and in the unlikely event that you may need emergency evacuation by helicopter due to illness or injury

TIME AND COMMUNICATION

Victoria operates on Australian Eastern Standard Time and daylight saving time from late October to late March. Mobile phone reception is possible in many places with Telstra only.

CONSERVATION

Minimal environmental impact. Meridian Kayak's motto is "take only your memories, photos and not leave any footprints" Sea kayaks have the potential to go where no other form of transport can take you. Through very shallow channels and across wide mudflats to undisturbed places of vegetation, breeding grounds and fauna. Therefore we are very sensitive of the ecology of the areas we visit and take steps to limit our impact on them. We ask that each person do their bit and take out every thing we bring in including all rubbish. At times we only sit quietly in our kayaks, observe and soak up nature instead of being "interactive": visitors.

PHOTOGRAPHY

Expensive cameras and sea kayaking do not mix well. Often the best photo opportunities are on the water and salt water can harm the delicate electronics in digital and film cameras. Waterproof disposable cameras can produce some surprising and stunning results.

MONEY TO BRING WITH YOU

Not much in the way of shops or craft or souvenir vendors during the course.

SECURITY

Unfortunately this is always seems to be a problem and while Australia is an affluent country, there are some who will take an advantage when they can. Valuables can be left in a safe at our office in Melbourne and we suggest that only copies of important documentation be taken on the trip.

MEDICAL MATTERS

Any person undertaking this course or any activity with Meridian Kayak Adventures is required to provide us with a medical questionnaire filled out completely and accurately. In the unlikely event of a medical treatment and /or evacuation these details are made available to paramedics.

Hygiene

Be conscious of hygiene. Regularly wash your hands, be wary of uncooked food and be thorough when washing up after meals.

Vaccinations

We ask that our dients ensure that all relevant vaccinations are up to date.

Please advise us of any side effects of any medication you take and any dietary requirements related to the medication. Inform your sea guides of any drugs to which you are allergic to as well as noting on the Medical fom.

Medical supplies

On our trips into remote areas we carry a comprehensive first aid kit. However it is your responsibility to bring a sufficient supply your own medications. In addition to that we suggest you bring

- Sun screen (water resistant at least 30+ SPF)
- Lip protection

- Band-aid strips
- Insect repellent
- A mild anti-nausea drug if you feel you may be susceptible to sea sickness
- A mild antiseptic soap

Dental

Sometimes assistance can be a considerable time away so it is advisable to have a check-up for undertaking any remote area activity.

MONEY MATTERS

Your course cost includes:

- Single person fully equipped expedition sea kayaks,
- Paddling gear including PFD, paddling jacket and naturally a paddle
- 2 person tent, sleeping mats where applicable.
- Dry bags for your personal gear
- Professional sea instructors and safety equipment
- All accommodation, meals, water, refreshments, snacks, cooking equipment, eating utensils.
- Park fees and charges.

Not included is:

- Items of a personal nature such as toiletries, photographic equipment and films.
- Sleeping bags, bed linen, pillows. (
- Meals on route to and from Wilsons Prom
- Travel insurance.

EQUIPMENT & CLOTHING – WHAT YOU NEED TO BRING

We often visit remote areas and to minimise environmental impact we travel self sufficiently. This means that we carry everything with us, including the kitchen sink! It is important then to keep personal gear to a minimum. All equipment is packed into waterproof bags in the kayaks. Some of the hatches have small openings to improve water proofing and craft strength, so a number of small parcels are better than one big bag. When considering clothing many layers of light weight garments are preferable to a single bulky item.

We will carry all our drinking water. Many sea kayaking locations do not have a reliable supply of fresh water so it may be some days before we can wash in fresh water.

GEAR LIST

This list ought to be used as a guide when packing.

When sea kayaking

Optimal / Best

Clothes

Polypropylene thermals, polartec (long sleeve, top & bottom.)

OR Wetsuit ('Long john' sleeveless)

Spare change of clothes for on and off the water

Footwear

Reef shoes/ Wetsuit booties

Hat - Wide brim

Sunglasses - polarised

Sun screen SPF 30 +

1 or 2 x one litre water bottles or a camel pack drinking system

Personal insect repellent.

Suitable

Woollen or fleece jumper / pants, or
Fleecy tracksuit

Runners - ("Dunlop Volleys")

Baseball caps

Factor 15 +

NO! Don't bring

Cotton (unless very hot conditions which is not often in Victoria)

Shoes / boots
Chunky runners
Sun visors

Tanning lotions

General comments on Paddling Clothes.

Special clothes are not necessary for sea kayaking. Mostly warm clothing that will retain your body heat is best.

Three separate layers is ideal.

The first, closest the skin is to "wick" or remove moisture from the skin. Polypropylene or "polartec" under garments.

Second is an insulation layer which keeps any heat generated by the body next to the body. Fleece or wool.

Thirdly, on top is a protection layer to keep out wind or moisture.

Some garments achieve all three but tend to be very expensive and offer little flexibility. Wetsuits are

excellent but need to be wet to work effectively. A warm top should still be worn with a wetsuit. Sleeveless wet suits are more comfortable. Even on a warm day some wind will cause spray which has a remarkable cooling effect.

Shoes: Reef booties, wetsuit booties or a light pair of runners are best in that order. Heavy boots are not advisable for swimming. Footwear must be worn in and around the boats for safety (rocks, shell fish, broken bottles, syringes). Expect to get them wet with salt water so inexpensive ones are fine.

Trousers: Synthetic / fleece tracksuit pants work well. Shorts are good in hot weather. Swimsuits alone are uncomfortable. Long thermal underwear is excellent.

Tops: In colder weather one or two light wool jumpers, synthetic pile or thermal underwear is best. A light windproof jacket is always in reach while paddling. Cotton clothing is to be avoided as it loses all insulating value when it gets wet and actually acts to cool you down. It's only good application is in summer as sun protection when there is no wind. (I've yet to sea kayak with no wind!)

Headgear: A hat is important to maintain body heat and for sun protection. A wide brimmed hat or legionaries hat is excellent. Visors alone are inadequate. Canoeing type helmets are a must for surfing or rocky landings.

Sunglasses (polarised) Sun glare can be a problem for eye health and visibility. There is no shade on the open sea. Side flaps or a wraparound style is a good idea as well as looking stylish." Hats and glasses MUST be secured to yourself by some form of drawstring or strap.

A point to ponder! . With so much water about it is difficult to get too hot while sea kayaking. The trick is keeping warm!

Off the water /camping

- Light weight rain jacket
- Camp clothes - underwear, socks, shoes, long trousers, long sleeve shirts. Mosquitoes and other insects at times can be prevalent.
- Shorts, t-shirts.
- Warm jacket / top
- Sleeping bag - lightweight and compact plus a sleeping sheet or bag liner if required.
- Small towel (a chamois towel is ideal or a medium sized hand towel)
- Minimal toiletries. A bio-degradable soap that will lather in salt water is very useful.
- A small torch and spare batteries.
- Insect repellent.

Optional items.

- Camera and film with waterproof container.
- Book
- Small hand line and lures. A fishing licence is mandatory in Victoria. These can be obtained from most stores that sell fishing gear
- Binoculars.

MAPS / READING / INFORMATION

The Parks Victoria Information Centre at Tidal River has a range of excellent publications covering the history, fauna and flora of Wilsons Prom. In particular;

Wilsons Promontory National Park – Outdoor Leisure Map. Scale 1:50000

Meagher, D and Kohout, M. *A Field Guide to Wilsons Promontory* Oxford University Press 2001

Westcott, G.. *Wilsons Promontory Marine and National Park*. UNSW Press 1995

Or visit the Parks Victoria website at www.parkweb.vic.gov.au

DELAYS OR PROBLEMS

In case of last minute delays or any problems, contact Meridian Kayak Adventures in Australia on +61 3 956 8876

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