



# MIDNIGHT *to Dawn*

24-25 APRIL, 2024

20KM RESILIENCE TREK

DEPART AT MIDNIGHT FROM FROM ANZAC SQUARE  
FINISH AT THE GAP 0515 FOR ANZAC DAWN SERVICE  
GUNFIRE BREAKFAST FOLLOWS SERVICE

**TREK 2 HEALTH**  
RESILIENCE VIA EARTH

**HANDBOOK**



Welcome to the Midnight to Dawn Anzac Service Trek, proudly supporting [Trek2Health.org.au](http://Trek2Health.org.au) – a controlled group oriented Trek capped at 100 participants, and will take place on Wednesday night 24th of April 2024 at 2300. Midnight to Dawn Anzac Service Trek will be hosted and conducted by Trek2Health. The meeting place for this event is ANZAC memorial Park – Walton Street Bridge, The Gap, event crew will be onsite at 2300 and the private bus charter will leave at 2320 for ANZAC Square, Brisbane city. When participants arrive at the departure location, they will receive an entry bib and Trek2Health Bandana. All participants will be provided with a trek hand booklet with the registration confirmation email, this booklet will explain all aspects of what to bring for this overnight trek.

There will be a small service at ANZAC Square, and a safety briefing before we commence our long journey to ANZAC memorial Park – Walton Street Bridge, for the 0515 dawn service. The route taken consists of a 20.0km walk via city streets onto the Brisbane river walkway towards Toowong, after some local streets we will cross the Western motorway and commence our climb up to the lookout at Mt. Coot-tha for a well earned rest and take in the views of the city below. We will then continue in a westerly direction along fire trails and down the western side of Mt. Coot-tha, we are almost home along local roads and tracks that will take us to ANZAC memorial Park – Walton Street Bridge by 0515 in time for the official dawn service. After the service we will be providing a free breakfast: bacon and/or egg roll and fresh coffee.

The event will have Event crew support staff – who have operated in the area and ranges for over 15 years, should you need water or support. PLEASE note that this walk is a controlled paced trek and we will be walking as one group at a 3.5km to 4.5km per hour, the group must stay in between the front trek leader and the rear trek leader at all times. Medical professionals will be roaming the route in 4x4 vehicles and push bikes.

Trek2Health is hosting this fund raising trek event as it important to support those who have sacrificed their physical and mental well-being for a safer community. Trek2Health is an organisation founded with a single, noble objective - provide ongoing support to First Responders and Emergency Services personal such as firefighters, EMTs, and police officers in our communities. It is a great way to get in touch with the Anzac spirit, get some exercise and support a great cause.

The Midnight to Dawn Anzac Service Trek is a community fundraising event and the entry fee is complimentary to register. It is expected and required that participants open an individual and/or team fundraising page, which can be completed during the registration process. The minimum expected amount to raise is \$250.00 per person. We are here to help you achieve or exceed your targets. Email us for assistance: [support@trek2health.org.au](mailto:support@trek2health.org.au)

# 2024

## MIDNIGHT TO ANZAC DAWN SERVICE

WEDNESDAY 24/04/2024 STARTING TIME 2300

20.2km walk from ANZAC SQUARE via Mt. Coot-tha  
Lookout to the dawn service at  
The Gap RSL



**TREK<sup>2</sup>  
HEALTH**  
RESILIENCE VIA EARTH



ANZAC SQUARE to The Gap RSL

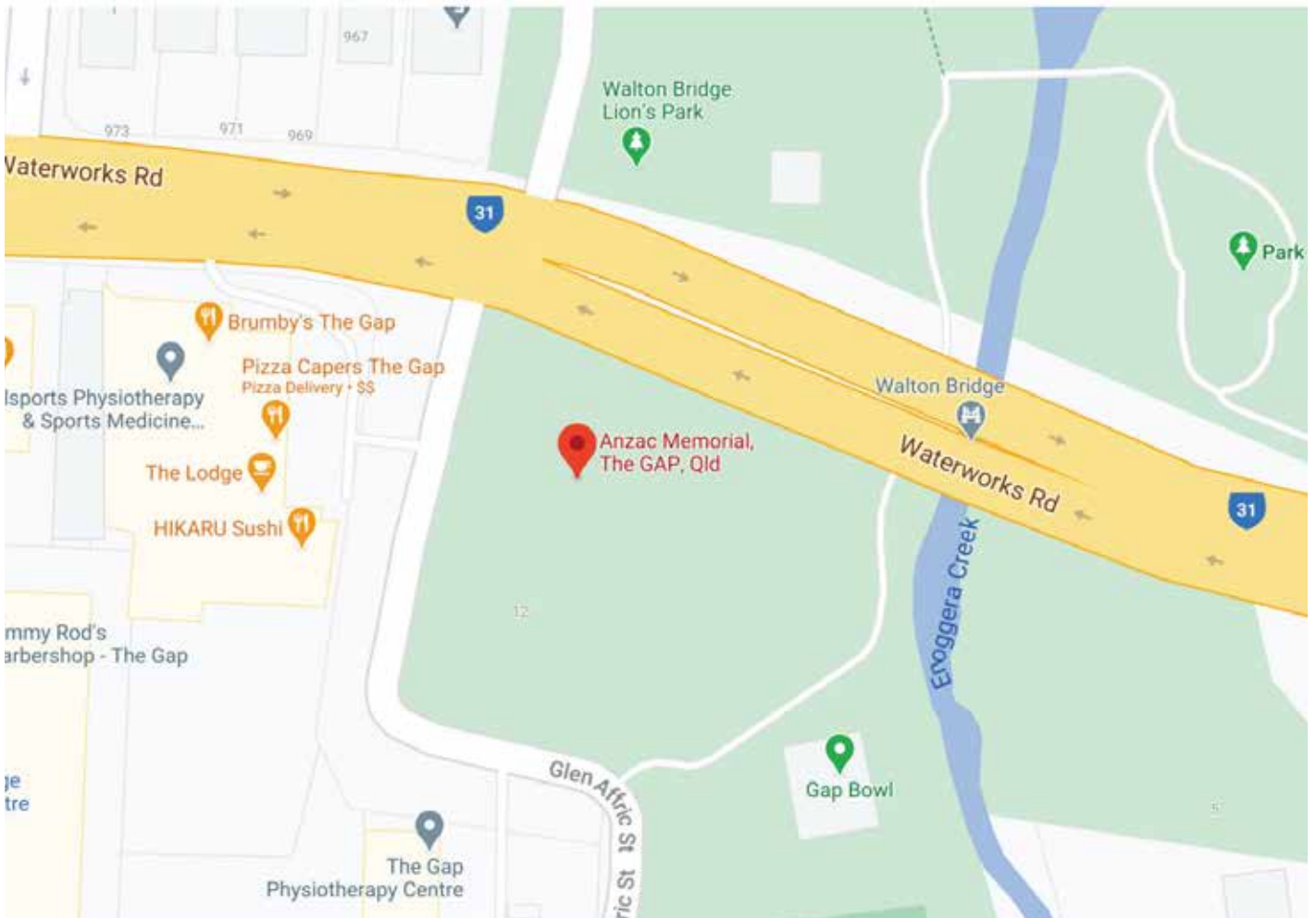
TRIAL PROFILE 20.2KLM



# MIDNIGHT TO ANZAC SERVICE TREK 20KM RESILIENCE CHALLENGE!

Test your resilience and assist in raising much needed funds to provide mental wellness services for QLD frontline workers and veterans. Event starts at 2300 ANZAC Eve 24/04/2024.

Meeting point: ANZAC memorial Park – Walton Street Bridge, The Gap – Please see map below for meeting point - public parking options are available within The Gap Village Shopping Centre – undercover parking at the Coles carpark is recommended.



# FAQS

## **CAN I MAKE MY OWN WAY TO THE START POINT?**

All trekkers must register and arrive at Anzac Memorial Par Walton Street Bridge The Gap, no registration available at Anzac Square Brisbane, therefore all trekkers must meet at the meeting point located at ANZAC memorial Park – Walton Street Bridge, The Gap.

## **CAN CHILDREN UNDERTAKE THE TREK?**

This event is being conducted in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access. Therefore, only children aged 16+ can participate and must be registered by and accompanied by an adult.

## **DO I HAVE TO FUNDRAISE?**

Your entry ticket is complimentary and each trekker must fundraise a minimum of \$250.00 to enter this walk, or be part of a team that has collectively raised \$250.00 for each trekker in the team. When you register for the trek your personal fundraising page will be automatically generated – this makes asking for and receiving donations easy. To reach your fundraising goal you only need to find 5 sponsors to each donate \$50 in support of your commitment to complete this epic trek. Or you can fundraise your own way, e.g. hold a BBQ for 10 friends requesting a \$25 donation each. PLEASE DO NOT bring cash donations on trek day, ask your supporters to donate to your online fundraising page. Contact us if you need any help -> [support@trek2health.org.au](mailto:support@trek2health.org.au) And feel free to give Trek2Health call on 0401 713 039 to discuss your fundraising ideas. We have rewards for individual fundraisers who reach targets of \$250/ \$500/\$1000. The cut off time for earning rewards is 2300 24/04/2024 (trek starting time), however your fundraising pages will still be open for a few weeks after the trek should you need a bit more time to collect pledged donations on your fundraising page.

## **WHAT IF I NEED HELP WHILST TREKKING?**

If you need medical assistance to reduce the distance you walk, you can speak to one of the medics and/or support vehicle crew who will assist you. This can be arranged by calling 0401 713 039 or 0414 311 972.

## **WHAT/HOW MUCH FOOD/WATER SHOULD I BRING ON THE TREK?**

You will need 1 litre of water at the commencement of the trek. There will be mobile car drink stations at all times, all support vehicles will carry water. Please bring your own water container. Participants will need to have enough snacks for this five hour walk. Please note we will have fresh fruit available should it be required.

## **WHAT HAPPENS IF I REGISTER BUT THEN CANNOT PARTICIPATE?**

Please let us know ASAP if you are unable to attend by emailing [support@trek2health.org.au](mailto:support@trek2health.org.au) or for last minute issues contact: 0401 713 039. We do not refund registration fees or any donations for Trek2Health, however if a trekker is unable to participate they may transfer their registration (but not fundraising) to another person by notifying Trek2Health in writing 3 days prior to commencement of the trek.

## **DO I NEED INSURANCE?**

While we undertake all measures possible to ensure your safety, but you are responsible for your own health and wellbeing in the lead up to and during the event. Make sure you have the relevant health insurance and ambulance cover.

# SAFETY

1. Use your personal discretion in the event of injury or emergency as to which of the following recommended procedures to use: - If the injury or emergency is considered life threatening ring 000. State your name and that you are participating in the MIDNIGHT to ANZAC DAWN SERVICE TREK - If the injury or emergency is not considered life threatening alert the nearest Medic or Trek Leader or, if they are not in close proximity call 0401 713 039 or 0414 311 972, and inform them of the situation.
2. Teams are responsible for both their own and their team's behaviour. Contravention of any checkpoint property owner's regulations may lead to the team's withdrawal for the trek. All trekkers must stay between the front and rear trek leaders.
3. Teams must carry mobile phones, preferably on two different networks. It is highly recommended that one phone is connected to the Telstra Network. All phone numbers in use must be provided to event organisers on registration.
4. Prescription medication and pain killers are your own responsibility. These cannot be issued by First Aid.
5. It is recommended to keep a rain poncho on hand depending on forecast weather.
6. BUSH FIRE Alert officials if you site a bush fire on 0401 713 039 or 0414 311 972. An emergency evacuation plan will be enacted by your trek leader and the support network. Follow event officials' instructions and remain at a checkpoint if advised to do so by officials. In the unlikely event that you are trapped, TREK2HEALTH LTD will call emergency services on 000 or 112 from a mobile; attempt to find a safe position in water, away from trees (in clear ground), in low ground or dig a trench, cover your mouth and nose with a wet piece of clothing.

# DRSABCD action plan



In an emergency call **triple zero (000)** for an ambulance

## D

### DANGER

Ensure the area is safe for yourself, others and the patient.

## R

### RESPONSE

Check for response — ask name — squeeze shoulders

#### No response

- Send for help.

#### Response

- make comfortable
- check for injuries
- monitor response.



## S

### SEND for help

Call Triple Zero (000) for an ambulance or ask another person to make the call.

## A

### AIRWAY

Open mouth — if foreign material is present:

- place in the recovery position
- clear airway with fingers.

Open airway by tilting head with chin lift.



## B

### BREATHING

Check for breathing — look, listen and feel.

#### Not normal breathing

- Start CPR.

#### Normal breathing

- place in recovery position
- monitor breathing
- manage injuries
- treat for shock.



## C

### CPR

Start CPR — 30 chest compressions : 2 breaths

Continue CPR until help arrives or patient recovers.



## D

### DEFIBRILLATION

Apply defibrillator if available and follow voice prompts.

© St John Ambulance Australia. St John encourages first aid training as this information is not a substitute for first aid training.

# CHECKLIST

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Provided below is a suggested list of equipment that can help you and your team prepare for the trek ahead.

## **TREKKERS ON THE TRACK:**

- High Illumination Torch with spare batteries
- FOOTWEAR – proven and trialled hiking shoe or boot
- SPARE LACES
- SOCKS – include spares
- GATORS – lightweight keep gear out of boots/shoes
- NICKS /SKINS/TIGHTS – prevent chafing, support recovery and performance.
- CLOTHING – consider all weather conditions - ensure you have clothing suitable for windy raining, hot and cold conditions.
- LIGHTWEIGHT GLOVES – Keep the hands warm
- HATS – baseball cap, lightweight beanie, broad-brimmed lightweight hat – personal preference
- BUFF – Multi use – sun protection, dust protection, neck protection, sweat, etc.
- SUNGLASSES
- HIKING POLES – personal preference
- SMALL CAMELPAK TO CARRY GEAR – lightweight, durable, tested and trialled
- HYDRATION – Camel pak or water bottle.
- SNACKS – food packs specially designed, lightweight, individual food packs.
- PERSONAL MED KIT – lightweight – covers personal medications, band aids, tape, chafing, Insect repellent, sunscreen, hand gel, painkillers, etc. – Please note trek medics and first aid tents are also available.
- COMMUNICATIONS – mobile phone (fully charged)
- PERSONAL ID

**Carry only what you need on the course, anything extra should be given to the trek leaders. Remember to bring your light snacks, hydration and first aid will be provided on course and at rest checkpoints. Please note that you are responsible to bring water container, either camel pack or water bottle, no cups at hydration stops.**



# TERMS & CONDITIONS

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TREK2HEALTH LTD are the event organisers of this trek. If we deem the route unsafe (due to but not limited to heavy rain, lightning, high winds, bushfire or 'acts of god') we may, at our sole discretion, re-route the trek, find an alternative shortened course, or cancel the event. If the event is cancelled, re-routed or shortened, no refund of registration fees, fundraising monies or transfer to another Trek2Health event will be made. Due to the nature of our events and the months of preparation involved, the event will not be rescheduled to any other weekend. We also reserve the right to change the route or checkpoint locations or distances as necessary. Any changes will be communicated to participants prior to the event.

1. All team members must be aged 18 or above unless approved by the organiser in advance in writing and will only be so approved where a parent or guardian has signed the appropriate form(s). The minimum age for students participating in the event is 16 years of age and they must be accompanied by an adult for the entirety of the course or where multiple adults are involved for each leg. Where necessary adults accompanying minors must be Blue Card certified.

2. Individuals must register and check in during their allocated check in period (refer to the Critical Times on the first page). Please note that the buses are unable to wait for late arrivals.

3. Do not drop litter on the ground. Please respect the environment and carry out all your rubbish or discard at any bins provided. (This includes cigarette butts. Do not leave butts in tall grass or other flammable materials.) Anyone observed littering will be removed immediately from the event.

4. With all events we ask you to support each other and work in teams where possible. Under no circumstances is any participant to be left unattended. If a participant is seriously injured and cannot be moved, one person must remain with them while another participant alerts the accompanying medical personnel. At all times an TREK2HEALTH Event Medic should be no further than 500 metres away.

5. Identification (ie Bibs) must be worn at all times during the event.

6. If you want to withdraw during the event, you must first report to the mobile Trek Group Leader or mobile Trek Group Medic who will sign you out. You will then hop into a transport vehicle and dropped off at finish line, at which time you will have your entry bib code recorded as having left the event.

7. If you do not notify event organisers of your intention to leave a checkpoint prior to doing so, this will result in an emergency services response. This can waste valuable resources, which may be required elsewhere and for which you may be held financially accountable.

8. A team must notify TREK2HEALTH LTD organisers of any change of team members via email. No substitutions will be allowed once the event starts. Any team found to be substituting without prior notification or during the event will be withdrawn.

9. If, in the opinion of medical personnel, a team member is unable to continue for medical reasons the event organisers reserve the right to remove that member from the event.

10. Every participant must have completed their training, so they are fit enough to complete their chosen distance.

11. All participants must read the Trekkers Handbook and be fully prepared on the morning of the event to commence trek with all equipment and provisions.

