

## **Facilities at the checkpoints**

### **McPhails (the start)**

*Food and Drink:* There will be a mobile tea and coffee cart at the start, so you can purchase hot drinks. There will be some free muffins available. Although we ask everyone to arrive with full water bottles, there will be limited fresh water available at the start for those who forget to fill up their water bottles.

*Collection of receipt books and cash donations.* You will be able to hand in receipt books, with cash and cheque donations you have collected at the registration. *Access for support teams and parking.* There is access for support teams and free parking in a paddock adjacent to the start.

There will be *toilet facilities* available.

*Clothing deposit.* There will be a clothing deposit for all runners and walkers available at the start if you would like to donate old warm clothes to charity and avoid having to carry them on the trek.

*Note:* This checkpoint will close at 10.30am

### **Fitzroy Falls**

*Food and Drink:* There is a Cafe at the Fitzroy Falls visitor centre adjacent to the checkpoint. Water is available.

There are *public toilets* at Fitzroy Falls.

*Access for support teams and parking.* There is access for support teams and parking available. A shuttle bus will be available to transport 14 km trekkers back to the start.

*First Aid* will be Available.

*Note:* This checkpoint will close at 4pm.

### **Meryla Pass- just over half-way**

*Food and Drink:* There will be free sandwiches, hot drinks, water, fruit and afternoon tea available.

*First Aid* will be available.

There are *toilet facilities* available.

*Access for support teams and parking.* There is no access for support teams at the Meryla pass checkpoint.

*Note:* This checkpoint will close at 5pm

### **Jack's Corner -just over three-quarters**

*Food and Drink:* There will be free soup, bread roll, fruit, hot drinks and water available.

*First Aid* will be Available. There will also be free massage available.

There are *toilet facilities* available.

*Access for support teams and parking.* There is access for support teams and parking along the road.

*Note:* This checkpoint will close at 8 pm.

**Rabbit Flat- the finish.**

*Food and Drink:* There will be free soup, bread roll, snacks, hot drinks and water available.

*First Aid:* Available.

There are *toilet facilities* available.

*Access for support teams and parking.* There is access for support teams and parking.

*Please note:* For teams unable to organise to be picked up at Rabbit Flat, we will provide a shuttle back to McPhails (the start). This checkpoint will close at Midnight.