**Sahssi30 Frequently Asked Question**

* **How do I register?**

All registrations are online https://www.sahssi.org.au/sahssi-30-walk and made super simple by the SAHSSI team. Please contact Jo by emailing sahssi30walk@gmail.com if you have any problems.

* **What do I bring?**

The August weather is a little unpredictable, so lycra and comfortable layers are your friend. If the sun shines brightly remember whatever you strip off needs to be carried. Sunscreen and water are important though no need to be a super-size water bottle as there are many places to fill up on the way. Bring snacks and food to keep you going for up to six hours depending on the distance you plan to walk. A simple first aid kit with band aids and headache tablets.

* **How fit do I need to be?**

The beauty of this fabulous walk is that it is something that anyone can participate in. It is not a race, and no one will be cranky if you are only up for a cheeky 5kms, fabulous 15kms or the full SAHSSI 30!! However, to enjoy yourself please make sure you get out your walking shoes and have a crack a couple of times a week building towards the distance you are planning to walk. The more you do the more you will enjoy the scenery. Don’t sell yourself short as it is an amazing walk and challenging yourself isn’t a bad thing.

* **How accessible is the track for wheels of any sort?**

From the start at White sands Park to the bush track at the end of Nelsons Beach is approximately 8kms. This is easily accessible and has been an option for prams, toddlers on bikes and wheelchairs. From here it gets a little rougher and may be more challenging if you don’t have all terrain wheels, if you do it is possible to continue just past Blenheim Beach where there is a rocky section that may be difficult.

Please get in touch if you want any more information as we would love to have you involved.

* **Where are the toilets?**

Check out the map for toilets and water stops but public toilets are plentiful with only several kms between each.

* **How far do I have to walk?**

As far as you like.

This event has always been about the community getting involved in raising funds for the refuge. Some people set themselves a personal challenge and that is the thing about a personal challenge……it is personal. 30 kms even along a relatively flat and easy track is a **HUGE** walk. Loads of people opt out at Iluka which is the halfway point, and this is also a **BIG** effort, and you will have calves and feet on fire after walking on sand and cement to get to this iconic spot. For some making it to Nelsons Beach on an accessible pathway is **SENSATIONAL.**

So, the answer is a question. What is your distance and why?

* **Where can I get coffee?**

Depending on your level of coffee addiction you can grab a cup at any of the fabulous cafes in Huskisson who are open between 7-8am on a Saturday. About 1kmish after the start you can veer slightly off track at Emma’s caravan in front of Husky Caravan Park and get a great coffee, head up the hill at 5kms at the Vincentia boat ramp to the shops or hang on to Hyams Beach café at the 10km mark. Tea and coffee will be provided at the hallway point at Iluka if you are going all out with no distractions.

* **What if I hurt myself?**

Fingers crossed that this will not be you BUT we ask that you have a contact person that could pick you up if you got a blister, sprained an ankle, or felt a headache coming on that was too debilitating.

These are the most likely scenarios for an event like this so in addition to snacks we suggest a small first aid kit with some band aids or blister patches, headache tablets, sunscreen, and water. These will also be available at Iluka if needed.

If you have an injury that is beyond this or a pre-existing health condition that creates a hiccup that is the time for your support person to come to the rescue or to contact 000.

We will be informing the local ambulance station of the event, but it is difficult to have first aid on hand for the full 30kms and are relying on participants to have a support network on call.

However. As with all emergencies you will be able to contact Jo if all this goes pear shaped.

* **What if I get lost?**

Great question!!! All these years I have thought this would be difficult to do but 2021 taught us many things and one is that we all view the world differently. This is a good thing but leads to different paths being taken. If you keep the ocean on your left on the way to Iluka you are heading in the right direction. Check the map and follow the orange and purple flags. We will be heeding some of the confusing spots from last year and having signs or people on hand to help so look up and look ahead particularly once at Hyam’s Beach.

* **Is it a race?**

No. No. No.

* **Where is the morning tea and who provides it?**

The morning tea is at the halfway point at 15kms, Iluka Picnic area in Booderee National Park. This is provided by the amazing Jervis Bay CWA, members of Bay and Basin Amnesty, Heartcentre and community members who just want to see a better deal for women and their families. The morning tea is a super good reason to get your walking shoes out early to make sure you get to Iluka.

* **How do I organise a pickup?**

Simple. Just talk with your friends that you are walking with and if 15kms is your goal, plan for a pickup at Iluka Picnic grounds. Give yourself time to enjoy the treats and glow in the feeling of being a part of something really special before leaving.

Park fees will still apply but these are minimal if you are sharing with a couple of friends.

Some participants have organised a car shuffle and left one car at Iluka for the return home.

If you are stuck, please contact me via email and there is usually a lift heading back in who would be happy to help and we could give a shout out on Facebook prior to the walk.

* **Where does my donation go?**

Directly to the Nowra Women’s Refuge. The registration system has been set up to ensure that there is no middle person and no costs taken out. So, whatever you can afford you can be assured that it **ALL** is donated. When Sahssi30 began in 2017 this was such an important part of the event. This is true community, grassroots fundraising. No fancy stuff. Just an extraordinary community doing something simple to make things better for women and children.

* **How Long will it take?**

Great question! The average (what is average) walking pace is 5kms per hour.

If you are stepping it out or jogging (some people do) you may be at Iluka in under 2 hours. However, if you are enjoying the scenery expect 3 hours out and 3 hours back scenario.

Whatever your pace we are all in this together and the cuppa will be waiting for you at Iluka whenever you get there.