WomDomNom

27, 28, 29 & 30

November

2025

Wellington – Dubbo -

Narromine

Event Guide

Purpose of this document

This document is designed for the information of paddlers and support containing information on each day's activities. This document contains vital information, so please read it carefully and arrive prepared for a safe and enjoyable time on the river.

General principles for all participants

- **THIS IS NOT A RACE** - this is a social event. Take the time to get to know the other participants and enjoy the paddle down the river.

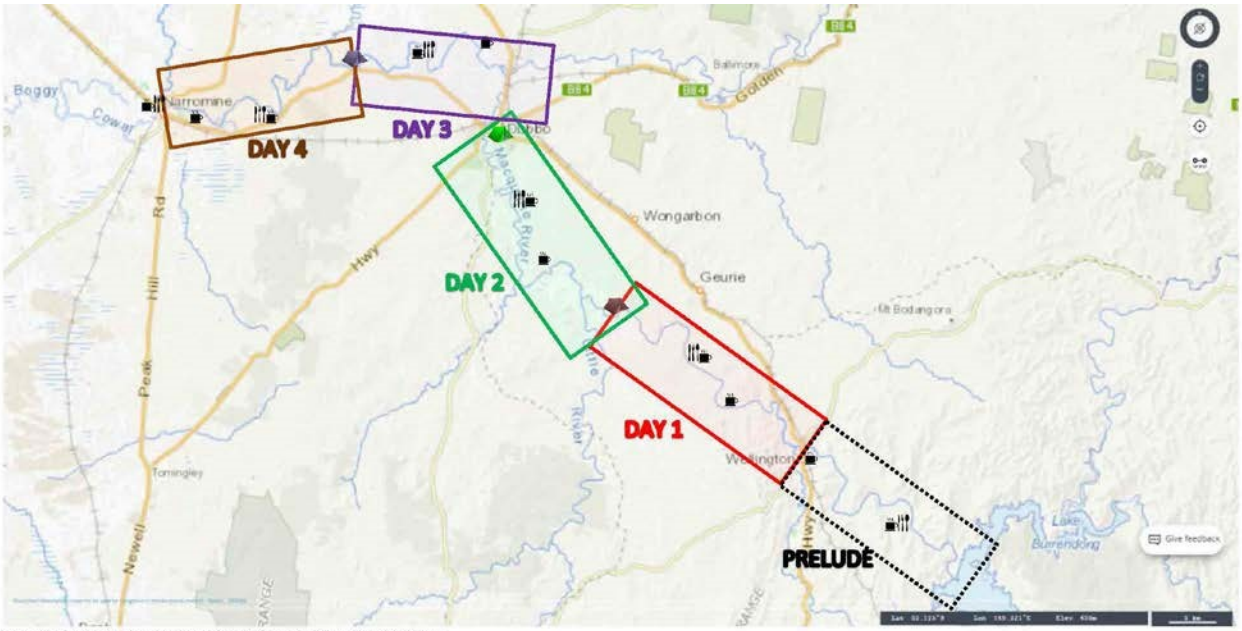
- The event is about having fun, getting some exercise in the great outdoors and learning to appreciate why healthy rivers support healthy communities.

- It is about appreciating the values of the river in a safe, friendly and relaxing environment. You will be able to find out things about the river from our paddling guides, be entertained at night, have your meals prepared for you along the way.

- This guide has been prepared to help you have an enjoyable and safe learning experience, so please read it and take note of the things we are suggesting you do to be well prepared.

- We will paddle 153km over 4 days. The Macquarie River is regulated by Burrendong Dam. The river flow is not known until a few days before the paddle, but is expected to be in excess of 800 Megalitres per day, which will make the paddle quite safe.

- The charity that the 2025 paddle will support is the Black Dog Institute, a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.



Prelude Paddle - Burrendong Dam Wall to Wellington 33.3 km

WomDomNom Paddle - Wellington - Dubbo - Narromine 153.5km

WDN	Start	Morning Tea	kms	Lunch	kms	End Destination	kms	Total km	Cumulative
DAY 1	John Oxley Park, Wellington	'Rocklee', Maryvale	13.2	Ponto Falls Reserve	13	Bril Bral Reserve	12	38.2	38.2
DAY 2	Bril Bral Reserve	Buckhobble Road	16.8	Butlers Falls Reserve	16.6	Sandy Beach, Dubbo	8.6	42	80.2
DAY 3	Sandy Beach, Dubbo	Terramungamine Reserve	19.9	26R North Burrabadine	10	Dickigundi Reserve	8.3	36.7	116.9
DAY 4	Dickigundi Reserve	The Falls Camping Ground	10.6	Brummagen Reserve	12.6	Rotary Park, Narromine	13.4	36.6	153.5

ACCOMMODATION – WEDNESDAY 26 NOVEMBER 2025

There are many places to stay if you need accommodation in Wellington on the Wednesday night. These include:

Bridge Motel
5 Lee St, Wellington, NSW, 2820
(02) 6845 2555

Wellington Riverside Caravan Park
1 Federal St, Wellington, NSW, 2820
(02) 6845 1370

Wellington Motor Inn
37 Maxwell St, Wellington, NSW, 2820
(02) 6845 1177

MAPS OF THE PADDLE ROUTE

Maps and daily paddle notes can be viewed on the WomDomNom website

PRELUDE PADDLE – Wednesday 26 November 2025

Burrendong Dam Wall to Wellington

This is an optional 36km paddle the day before the WomDomNom. It covers the very pretty section of the Macquarie River between the Burrendong Dam Wall and Wellington. This paddle can be selected during the registration process and is intended for returning experienced paddlers.

For those that have registered for this paddle, we organise a car shuffle from Wellington. We will post further details for this paddle in our newsletter, so stay tuned.

Welcome Dinner, "Lion of Waterloo Tavern" 93 Montefiores St, Wellington NSW, 2820 – 6.30pm Wednesday 26 November 2025

A great way to meet fellow paddlers and ask any question you may have. The Lion of Waterloo is one of the oldest pubs in Australia! Space is limited, so we encourage people to mingle and stand when not eating, and grab a seat when your food arrives. Similarly, once you have finished eating, stand up, find someone you haven't met etc.

THE START – OXLEY PARK, WELLINGTON THURSDAY 27 NOVEMBER 2025

How to get to Oxley Park, Wellington (Bottom end of Herbert St)

Oxley Park is very close to the Lion of Waterloo pub. If you're coming from Dubbo on the Mitchell Highway, turn right into Montefiores St, then left into Herbert St. If coming from the other direction, turn left into Montefiores St, then left into Herbert St.

Registration and safety check commences from 5.45am at Oxley Park

We will have a list of paddlers that have registered, so no need to bring any paperwork. Just present yourself to the **registration desk** and check in. If you are not a PaddleNSW member, you will have to fill out a "Single Event Insurance Form".

All paddlers must have the following **compulsory equipment** with them at **scrutineering**:

- Kayak with:
  - Buoyancy (floatation or sealed compartments) in bow and stern
  - Carry handles at each end
- Lifejacket/PFD (one per occupant, type 2 or 3, or level 50 or 50s) in good condition, and which are a good fit
- Paddle
- Hard soled paddle booties or runners
- Whistle attached to pfd
- Sponge
- Tow rope attached to front of Kayak between 4 and 5 metres long easily accesssible
- Water (at least 2 litres per paddler)
- Food (snacks for along the way – these are provided, so pick some up)
- Brimmed hat
- Sunscreen
- Personal first aid kit including all the band aids and or tape you may need for blisters
- Your own medications (if required)
- Tissues/toilet paper
- Ziplock bags (for used toilet paper and other rubbish)
- Rain jacket if rain is forecast

A scrutineering (kayak id) sticker will be attached to your craft, indicating you have produced the correct basic equipment for the journey.

Yellow shirts will have additional compulsory items.

Additional recommended items for all paddlers:

- Mobile phone in dry pouch, with Emergency + App on phone.
- Dry bag

- Gloves
- Extra bandaids
- Throw rope
- Knife
- Spare dry clothes (not cotton)
- Space blanket
- Insect repellent
- Painkillers, antihistamines
- Torch

Event shirts

We recommend wearing a Womdomnom shirt because they promote an awesome event. They are also very practical for identifying who's who on and off the river:

- Blue shirt = general participant
- Yellow shirt = river safety team.
  Please do not wear a yellow shirt unless you have been approached by the organising committee to be part of the 2025 yellow shirt/river safety team.
- Green shirt = land crew
- Red shirt = first aid team

Transport of camping and other equipment

If you want your equipment such as camping gear and other provisions (extra food and drinks for example) transported to the overnight location, take these things to drop-off location. To save time please ensure that all gear is labelled and then load for transport. Please ensure your gear is in enclosed bags – not in plastic tubs or lots of loose items that may get lost or broken in transit to the overnight location. No eskies will be transported – there will be ten 50L eskies for your use.

Event Briefing

Immediately before the paddlers take to the river there will be a short welcome.

This will be followed by the pre-paddle briefing and introductions to our river safety team, first aid team and support crew.

You will then be given information on what to do in case of mishap, how to get the best from your paddling efforts, and most of all, how to have a great time on the water.

Departure

All paddlers must wear a properly fastened and compliant PFD at all times when on the water.

No pets please Please note that this is strictly a no pets event.

Minimal Environmental Impact

This event follows the Australian Canoeing Minimal Environmental Impact Practices Guidelines. Please note the following key points:

- Pick up all your rubbish - place in bins or carry with you
- This includes food scraps and compostable items. Other people have to see it before it breaks down, including the property owners who are nice enough to let us access their land – please be respectful to them and others, and leave no trace.
- Recycling and general waste bins will be provided at breaks and campsites, please sort your rubbish appropriately so the recycling waste is not contaminated.

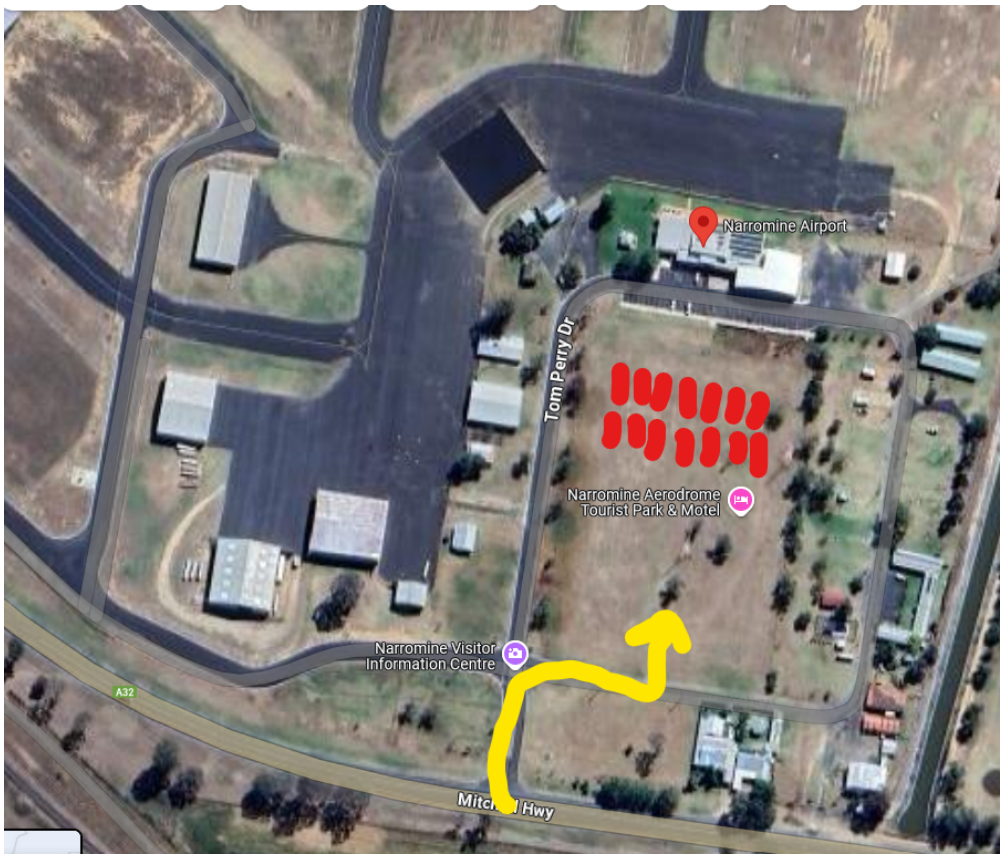
- Toilet stops along the way: Do #2's more than 100m from the water. CARRY OUT YOUR TOILET PAPER – yes it eventually breaks down, but other people and wildlife have to see it or tread on it before then. Burying it isn't effective unless you have got a shovel. Again, we want to be respectful to property owners – they are graciously allowing us to use their land, so pick up your toilet paper and put it in your zip lock bag for disposal at the camp toilets. *If you make a deposit at the bank, keep the deposit slip.*
- Please don't use soap or detergents in the river.

Vehicle Transport to Narromine from Wellington

If you wish for your vehicle to be available at Narromine at the conclusion of the paddle, you will do the following:

1. Pre-register for this service when you register for the paddle.
2. Meet at Oxley Park, Wellington at 5.45am on Thursday 21 November 2024 and drop off your gear near the luggage trucks to be packed into. Leave your Kayak and essential gear for scrutineering whilst your gone.
3. Have your name marked off the car moving sheet (so we know you are catching the bus that will return from Narromine).
4. Drive your car to Narromine and park it at the Narromine Airport in the front paddock adjacent the red and white towers.
5. Get your name marked off as you get back on the returning coach at 7.15am
6. Arrive back at 8.30am for a bite to eat before the paddle briefing and departure at 9.00am

Cars will be secure at the Narromine Airport.



Breakfast

Make sure you have plenty to eat before we embark on our 4 day adventure. There will be cereal, fruit, bacon and egg rolls and juice available at the start.

Day 1: Thursday 27 November 2025 Wellington to Brilbral – 38km

Departure Time: 9.00am

How will it work once you are on the water

You should note that the final say about what happens on the water comes from the on- river safety team. Their word is final in terms of when we depart, who can participate in each stage etc. Initially a group of "Yellow Shirts" will paddle off and identify any potential hazards on the river. They will nominate someone to stay at that potential hazard until all paddlers are through. It is crucial that paddlers do not paddle alone and paddle in groups of at least 3 paddlers. We need to ensure we can account for all paddlers at all times.

We will be using the three paddler buddy system throughout the event as a safety measure; the thinking being that if one of your group gets into trouble, another can help them and at least a third craft is there as backup if required. Please do not paddle off on your own!

In this stage there are some hazards not far downstream from where we start so take care at these places where we will have ground crew stationed to help if required.

All paddlers must be wearing a properly fastened and compliant PFD when leaving Oxley Park, and at all times whilst on the water.

There is no turning back

Unless you become unwell or exhausted (when we will help you out), we expect paddlers to finish the stage they start. It is not possible to change crew during a stage.

Morning Tea will be 13km into the paddle, which should take 2 ½ hours to complete.

Lunch Stop will be at Ponto Falls which is approx 7.5Km from morning tea - this should take about 1 ½ hours

From Ponto to Brilbral will be 17.3km – approx 3 1/4 hours

What to do if an emergency situation arises

Before taking to the water you should familiarise yourself with the emergency procedures Put simply, each paddler will have a safety whistle and if your buddy group gets into trouble you should use it to alert other nearby groups and a Yellow Shirt or First Aid Responder. NB if there is no Yellow Shirt or First Aid Responder around, anyone can give first aid, and anyone can ring 000.

THURSDAY NIGHT AT BRILBRAL

Once you get to Brilbral

Upon arrival at Brilbral we will check you off the roll, and then ask you to move your kayak out of the water to make way for others. Your camping gear will available for collection and the area set aside for camping will be indicated. Avoid the area near the Rotary van as this is where the marquee will be erected. Remember - don't pitch your tent under big old trees!

There will be port-a-loos on-site and camping wash-up tubs to freshen up. Remember that weather can be highly unpredictable at this time of year so bring clothing for hot, cold or wet weather.

It's then time to relax, so you should remember to bring your own camping chairs.

Chip in for night time drinks

While we will provide water and soda stream soft drink along the whole trip, other drinks you may want are available, if you chip in (at cost). We encourage responsible drinking so please note our advice in the Code of Conduct attached about alcohol consumption. We will put the drinks on ice for you, so they are cold when you finish at the end of the day. The Captain will be operating a pre purchased ticket system this year please bring your card along for payment.

How you get your meals and what you need to bring

Meal will be provided. All plates, cutlery, mugs etc are provided – we have a washing up procedure that everyone is expected to help out with.

If you're not camping out

For those who will not be camping out please let us know, and note that you're responsible for arranging your own transport to and from the overnight campsites and returning next morning in time for the daily briefing.

Driving to Brilbral

From Geurie turn left onto Chalmers St (0.17km), Right into Wellington St (0.45km), Left into Geurie St (0.26km), Right towards Old Dubbo Rd (0.25km), Left towards Old Dubbo Rd (0.40km), Slight right onto Old Dubbo Rd (1.70km), Turn right onto Back Dubbo Rd (2.50km) then turn left to stay on Back Dubbo Rd (6.80km). You will see a Green Sign on your left "BRILBRAL RESERVE". Go through the gate and drive for about 1.0km and you will find the reserve.

From Dubbo. At the intersection of Macquarie St and Darling St turn left into Macquarie St and travel 1.50km, at which point it will turn into Old Dubbo Rd. Follow Old Dubbo Rd for 18.40km You will see a Green Sign on your right "BRILBRAL RESERVE". Go through the gate and drive for about 1.0km and you will find the reserve.

Day 2: Friday 28 November 2025 BrilBral to Sandy Beach Dubbo – 42km

During day 1 we will gather who the slower paddlers of the group are. It is up to everyone to ensure these slower paddlers enjoy the paddle as they may be getting tired etc. These paddlers will get on the water first up and leave the tasks of packing up the camp site to the faster paddlers. First light is at 5.24am and sunrise at 5.51am. We will aim to have the first group of paddlers away by 7.00am. Breakfasts will start from about 6.30 am.

All paddlers must be wearing a properly fastened and compliant PFD when leaving BrilBral and at all times whilst on the water.

Before you start the paddle you'll have to pack up your camping gear and provisions and deliver these to the transport vehicle. Please also clean up your space. There will be recycling and rubbish bins on-site.

About 40.7km into the day (2.3km from the end), there is a weir to portage around in the stage. The weir is marked by yellow buoys strung across the river. At the weir the front safety boat will be stationed to warn you not to get too close. Each buddy group will be required to queue up until asked to land on the left side of the river about 150 or so metres above the weir. You will then be assisted to get out of the water. Move your kayak to below the weir and then re-board and move off, again in your buddy groups.

Safety checks for Friday starters

For those starting the event on Friday morning you will undergo the same registration and safety check process as those who started in Wellington. You need to be dropped off on-site to undergo this process, preferably at around 6.00am but no later than 6.30 am. Make sure you bring all the items listed on the scrutineering checklist!

Before departing you'll again be asked to review your preparations… lots of water and sunscreen especially!

There will be a morning tea and lunch stop along the way where you can rest a while and restock with food and water.

We will finish at Sandy Beach Dubbo.

Overnight at Sandy Beach, Dubbo

Friday evening dinner and camping will be at Sandy Beach, Dubbo. There are showers and toilets.

Day 3: Saturday 29 November 2025 Sandy Beach Dubbo to Dickigundi Reserve– 37km

Breakfast will be served from 7.00am, with an expected departure time of the first group at 9.00am. The Dubbo Parkrun starts right on our doorstep and faster paddlers are encouraged to complete this before heading off.

All paddlers must wear a properly fastened and compliant PFD when leaving Sandy Beach, and at all times when on the water

There is a shallow weir just beyond the town limits at the 2km mark. You will need to portage around it on the right hand bank. There will be yellow shirts to instruct you.

Your group will be marked off again at Troy Bridge (6km) and again at Terramungamine (13km). Lunch will be served at 26 North Burrabadine Rd (24km), before we finish for the day at Dickigundi (35km).

Upon arrival at Dickigundi we will check you off the roll, and then ask you to move your kayak out of the water to make way for others. Your camping gear will available for collection and the area set aside for camping will be indicated. Again - don't pitch your tent under big old trees! There will be port-a-loos on-site and camping wash-up tubs to freshen up.

Day 4: Sunday 30 November 2025 Dickigundi to Narromine – 36km

Sunday morning we will again get an early start. We will need the first group to be on the river by 6.30am so we can be finished by early afternoon.

Today we have 35.5km to go which should take approx 6.5 – 7 hours paddling time.

Don't forget to pack up your camping gear and provisions and deliver these to the transport vehicle. Please also clean up your space.

All paddlers must wear a properly fastened and compliant PFD when leaving Dickigundi, and at all times when on or in the water

We will regroup before reaching Narromine and paddle as a group to the finish. Enjoy this time to celebrate your achievement with the rest of the group. On arrival at the finish we will be joined by family members and Narromine locals. We will have lunch and celebrate with a cold drink while having a quick debrief, sort out gear, pack up and take our tired bodies home.

Sunday night accommodation

For accommodation in Dubbo on Sunday night, we highly recommend the Cattleman's Country Motor Inn, 8 Whylandra Street (Ph 02 6884 5222) – walking distance into town for post paddle celebrations later that evening. The owners of the Cattleman's have been staunch supporters of WomDomNom since inception.

Preparations for paddling checklist

Recommended list of what to have with you:

- Mobile phone in a dry pouch or dry sack
- Synthetic paddle clothes (synthetic materials dry fast). Long-sleeved tops and long shorts or pants (if you have an open-topped craft) are recommended to avoid sunburn. Sunburnt ankles and legs are very uncomfortable!
- Wide brimmed hats are recommended, with chin strap to avoid losing them in the wind. This is not a time or place for baseball caps or other fashion statements!
- Participants are encouraged to wear hard-soled footwear at all times during the event. This is a bush setting and it will be snake season! And our cat-heads hurt!
- Water bottles and lots and lots of water or energy drinks. We provide some energy drink powder
- Sunscreen and insect repellent
- Gloves (to protect you from blisters and sunburn) if you wish
- Treatments for if you get blisters – bandaging for example
- Lots of energy food to 'graze' on as you paddle. Fruit, nuts, etc to help you sustain your energy levels. We will provide some, but if you have favourites best to bring them along
- First aid kit. Some first aid support will be on-site but all participants must bring your own kit, for minor injuries, blisters, wear and tear! Include painkillers and antihistamines.
- Wide, crepe bandage is a good idea to have with you in case of snake bite
- Dry sack (for valuables and personal belongings stored in your kayak. These should be tied/clipped in, in case of capsize)

What you need to bring for overnighting

- Camping gear (tent, bedding and torch). Beware the evil cat-heads! These tack-like seeds will pop the mattress of unsuspecting victims and can easily pierce soft soled paddle shoes and thongs. They can be all over the ground where we camp. A picnic blanket or thick mat under your air mattress is recommended

- Toiletries

- Camping chair
- If you have special dietary needs please assist us by self-catering where you can.

- Clothes for all sorts of weather – hot, cold or wet. And changes of clothes if we get rained on. Given that we are experiencing drought across NSW, rain will be a cause for great celebration and jubilation, so pack your best rain dance just in case

- Suitable footwear – for both paddling and on dry land. It's snake season!

- Head torch

- See also the advice under what to bring for when you're on the river

Please note – if you expect us to transport these items for you please ensure they are in a clearly labelled closed bag or bags... no loose items or plastic tubs please.

What to do in an emergency

Precautions

While paddling we will be using the buddy system throughout the event as a safety measure; the thinking being that if one of your group gets into trouble, another can help them and the third craft is there as backup, if required.

Use of your safety whistle

Each paddler must have a whistle to use in the event of trouble. Please do not use it for anything else as this will cause a false alarm situation.

If someone in your group gets into trouble and needs help, blow your whistle to get the attention of other paddlers.

If you're a nearby buddy group approaching such a situation from upstream take extreme care, as you may end up in the same trouble or make it worse.

The situation might be sorted out by nearby paddlers, or contact might be made with a Yellow Shirt or First Aid Responder, who can radio for additional help if required. NB if there is no Yellow Shirt or First Aid Responder around, anyone can give first aid, and anyone can ring 000 (for urgent or life threatening situations), and anyone can give CPR (whether trained or not – any attempt at CPR is better than none. Once you ring 000, they will talk you through CPR anyway).

In the event of snake bite – see the advice below on how to treat it until a trained person arrives.

Medical /First Aid

There is no doctor on the paddle, but we have a first aid team (volunteers with first aid certificate) within the paddling ranks who will be able to provide first aid.

It is expected paddlers bring all regular medication with them as well as any over the counter medications such as Paracetamol / ibuprofen / antihistamines that they feel they may need. Don't rely on someone else having it in their kit.

Please be aware of fellow paddlers and how you feel yourself. If in doubt seek medical advice.

Treating snake bite

Snake venom travels slowly through the body and first aid treatment is to try to slow this down even more until help arrives.

Wrap a bandage firmly around the place where the bite is. This should not be so tight that the blood supply is cut off. If the bandage hurts it is too tight.

If the bite was on an arm or leg, wrap another bandage over as much of the limb as possible starting from the fingers or toes.

Do not take these bandages off - the doctor will take them off when there is special care available, eg in a hospital emergency department.

Stop the person from using the arm or leg by putting on a splint (this can be a long stick).

Keep the injured person still. Do not let the person walk to get to help, bring help to the person, or carry (or paddle) the person to help (if you can)

Try to keep the person calm. Poison spreads faster if the heart beats faster.

Remember even though there are lots of poisonous snakes in Australia it is very rare for a person to die from a snake bite now.

Some things NOT to do

Don't wait to see if the bite causes any problems, always treat it straight away

Don't cut, wash or suck the bite. Ignore all those old cowboy movies where the hero sucked out the poison!

Don't wash the bite area. If there is some venom on the skin this can help doctors find out which snake caused the bite, so that they can give some anti-venom to help fight the effect of the snake poison.
Don't use ice on the bite. It will not be helpful.
Don't try to catch the snake. Other people might get bitten too!

Don't waste time trying to identify the snake, even experts have trouble working out what snake it is and whether it might be poisonous.

Some lightning safety tips

- Avoid high ground, water, solitary trees, open spaces, and metallic objects.
- Search for low ground, but avoid ditches or trenches if they contain water, or if the ground is saturated. Seek clumps of shrubs or trees of uniform height.
- Immediately remove all metal objects. Get into a low, crouching stance on the balls of your feet with your hands covering your ears. Stand spread out from others, put 15-20 feet of space between each person.
- If a fully enclosed metal automobile is close, seek refuge there with all the windows rolled up and your hands in your lap.
- Avoid metal rain and sun shelters.

Hyponatremia

Hyponatremia - low Sodium – can occur, especially on hot days.

Hyponatremia signs and symptoms may include:

Nausea and vomiting	Headache
Confusion	Loss of energy and fatigue
Restlessness and irritability	Muscle weakness, spasms or cramps Seizures

There will be Sports drinks available to help replace salts lost through sweat.

Emergencies and medical centres

In case of medical emergency, call 000. If out of mobile phone range, the following medical centres are in the vicinity of our route listed in the order that we will travel.

Hospital	Phone Number	Address/Directions
Wellington Hospital	(02) 6840 7200	30 Thornton St, Wellington, NSW, 2820. (from Cameron Park head towards Dubbo on Mitchell Highway and take first right after Warne St, Gisborne St and follow across Railway Line until you get to hospital)
Dubbo Base Hospital	(02) 6885 8666	Follow Newell Hwy to Cobbora Rd / Golden Hwy.
Narromine Hospital	(02) 6889 1377	128 Cathundral St, Narromine, NSW, 2821 (follow Dandaloo St across railway line as if going to Tullamore, go past Bowling Club on right and the hospital will be next left

Event Personnel Contact Details

Andrew McKay (Event Organiser)	0405 494 684
Neville Stapleton (Event Organiser)	0438 615 653
Dean Walkom (Event Organiser)	0427 903 855
Doug Swain (Event Organiser)	0409 776 128
Julee Hunt (Event Organiser)	0400 111 161
Pat Swain (Event Organiser)	0409 776 128

FREQUENTLY ASKED QUESTIONS

Q: Where do we start?
A: Oxley Park, Wellington.

Q: What time do support crew have to arrive?
A: 5.30am, Thursday 27 November 2025

Q: What time do paddlers have to arrive?

A: From 5.45am, Thursday 27 November 2025

Q: Where do I park at Wellington if I am one of the support crew?
A: Next to the luggage truck.

Q: As support crew, once I have parked my vehicle, what do I do?
A: There will be six (6) tables set up at Oxley Park. Please make your way to the relevant table.

1. **Registration Table**: any queries that paddlers and support have will be answered here, as well as minor tasks that require attending to will be delegated here.

2. **Water and Gatorade powder Table**

3. **Bananas and muesli bars Table**.

4. **Shirt Pick up Table**

5. **Breakfast Table**

6. **Breakfast Table**

Q: As a paddler, what do I do once I first arrive at 5.45am?
A: Make your way to the relevant table for your group and get your name marked off, pick up a paddling shirt (if pre purchased). Take your overnight bag to the luggage truck.

Q: What is the second thing I do when I arrive as a paddler?
A: Make sure your vessel is checked and marked off, your water bottles filled, and that you have everything you need for the first 20km.

Q: What is the third thing I do when I arrive as a paddler?
A: Proceed to the breakfast table to ensure you have something to eat before the event briefing and paddle starts.

Q: How can I help before the start?
A: Our support crew will need help with packing the luggage trucks, scrutineering boats, helping with the breakfast packup and other tasks on the day. Check at the Registration desk when you are free, to see where helpers are needed.

Q: What are the radios for?
A: WomDomNom have 30 radios, worth about $300 each, which will be used for communication between the paddlers and support. Each “Yellow Shirt” will have a radio.

The radios are only to be used when necessary and not for idle chit chat. They must be secured to the user's PFD to avoid loss and handed in for recharging each evening.

Q: What is the procedure for moving cars to Narromine and how much will it cost?
A: With over 40 cars to move, it is impossible for our support crew to move cars and look after the paddlers. It is the responsibility of all participants to move your own vehicle so it is where you need it to be at the end of the paddle. We have hired a coach. $20 each person.

You will do the following:

1. Thursday 5.45am – meet at Oxley Park, Wellington, drop camping gear and luggage to luggage truck, boat and paddling gear to the scrutineering area with essential items for checking whilst you're gone and get your name marked off at the Registration table.

2. Thursday 6.00am – drive to Narromine and park your car at Narromine Airport.

3. Thursday 7.15am – board the bus that is going back to Wellington

4. Thursday 8.30am – arrive back in Wellington – have a bite to eat and get ready to paddle off at 9.00am

Q: What is the procedure with drinks at night?
A: All soft drinks are free. There will be a "communal" esky full of drinks. These will be: Coopers Green, XXXX Gold, Corona, a decent Sav Blanc and Cabernet Sav. If you wish to have these 5 options, they will be available at cost via a ticket system from the captain. We endorse responsible service of alcohol.

SUPPORT CREW

There will be a briefing for support crew at Oxley Park at 5.30am on Thursday 27 November 2025.

Q: As support crew, do I get a special shirt?
A: Yes you do – green for Land Crew, yellow for River Safety Team, Red for first aid; these will notify the paddlers who the support crew are.