



SUPPORT CREW GUIDE

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Our support crew was phenomenal. We arrived at each checkpoint to four chairs sitting in a line, with the crew waiting to pounce on us to get us ready for the next leg, cramming food and drink into our mouths, refilling our hydration packs, rubbing our screaming legs and dressing ominous blisters.

– Team Tree Huggers



WELCOME

A successful Oxfam Trailwalker team is made up of more than just four walkers — there are the team’s donors, fundraisers, the family and friends who have supported their months of training and preparation; and there is you, their amazing support crew.

Support crews make a huge difference to the teams’ ability to finish the event. Many say they would not have gone the distance without their support crew — that’s how crucial your role is. Thank you for being the backbone of your team’s success!

During the event you will be the provider, the motivator, the chauffeur, the coach, the therapist, the disciplinarian, the peace-maker and so much more. In this guide we offer key information to assist you in successfully undertaking these vital roles.

Remember to have fun, drive safely and respect the communities you’re passing through. Thank you again for signing up to become an essential part of the Oxfam Trailwalker experience. The contribution you make — in support of people living in poverty — is just as valuable as that of our participants and volunteers.

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GETTING TO KNOW YOUR ROLE

BEHIND EVERY GREAT TEAM IS A GREAT SUPPORT CREW

Support crews are the unsung heroes of Oxfam Trailwalker. Whether it's bringing hot meals, providing clean clothes, giving massages or simply being there at each checkpoint cheering on teams and giving much-needed hugs, support crews are what make the teams' journey possible and are absolutely vital to the success of the event.

PROVIDER

You will transport your team's equipment, food, and other supplies between the checkpoints and make sure everything is ready for when they arrive. You will also be doing some of the thinking and organising for your tired team. Set up an area at the checkpoint with picnic chairs or rugs, have snacks and meals ready to go, and help them with sorting out their equipment and changing their clothes. Make sure their mobiles are charged, that they've had enough to eat and drink, and they have any necessary warm or wet weather gear before they head off again.

CARER

Supporting your team is more than just being at the checkpoint when they are. It's about really being there for them — serving them nourishing meals, being willing to massage their weary muscles, and having a foot bath ready to sooth their sore feet. Not everything you do will be appreciated at the time, but know that even before the blisters have healed, your team will thank you for your care.

At times your team may be fragile and very fatigued — when it's cold and dark at 4am, even the smallest things can seem difficult. Be understanding, encouraging and a good listener, and maintain a sense of humour. Occasionally a good support crew may even need to be tough, and act as a voice of reason and objectivity. If a team member is struggling or in pain, suggest they seek first aid and, if it's more serious, you may need to encourage them to retire for their own good. Retiring Trailwalkers often feel disappointment or the sense they are letting their team-mates down, so they will need your support.

MOTIVATOR

Your encouraging words and motivational support could be just the thing that gets your team over the line. Never underestimate how a gentle, inspiring nudge can help someone rally and carry on. Your team members will have different temperaments and approaches to tackling the event and will go through a range of emotional highs and lows, so pay attention to your team member's body language and mood for clues. Think of things that will motivate and enthuse them — encouraging text messages and a steady supply of calories can help to keep the mood up. The rising sun never fails to have a positive impact on both teams and crew. Above all, if you are positive, in high spirits and believe in your team's goal, it will rub off on the whole team.

CHEERLEADER

You are our cheerleaders out on the trail, getting behind the excitement of the event and lifting the teams. Support crews have certainly shown that they have the Oxfam Trailwalker spirit, often sporting personalised team t-shirts, funny hats or costumes, waving pom poms, holding up handmade signs, dancing as their team arrives at the checkpoints and decorating their set-up area. The checkpoints are a fun, communal environment and have a positive atmosphere. The Finish in particular is an exciting place and you will be there to celebrate that special moment when your team crosses the line. No doubt you will save your loudest cheers for them, but don't forget to celebrate the achievements of other teams as they arrive!



Don't forget! You are the unsung heroes of Oxfam Trailwalker. After the event we will ask teams to tell us why their support crew deserves to be recognised and you could win the Support Crew Award.



It's the most amazing thing and I am so emotional, just to be there for them and support them, it's just fantastic.

– Debbie, support crew member for team Las Chicas.



TIP 1

Pre-package food bundles for your team to eat on the trail and have special treats waiting for them at the checkpoints to motivate them.



TIP 2

Prepare four tubs, each labelled with the team member's name, containing their changes of clothes and personal gear. Have the tubs ready for them to access as soon as they arrive at the checkpoints.



TIP 3

While they are on the trail, message your team with jokes, random bits of trivia or a photo of what is waiting for them at the checkpoint.



TIP 4

Keep your team warm and hydrated. You may find that once your team arrives at the checkpoints or crosses the finish line, all they want to do is sit still and do nothing. You can't blame them, but this can mean they stiffen up and get cold. So after a short rest, encourage them to stretch, put on warm clothing and continue to drink fluids (including electrolytes).

THE INS AND OUTS



They've done it in shifts, in total we've got ten people helping us through. It's so nice to see them at the different checkpoints. We've had amazing friends and family members. They're really what keep us going. They've been great, setting everything up, they have all our food ready for us.

– Kevin, team Chafing for Charity



WHO AND HOW MANY?

For COVID-safety, there will be a maximum of 1 support crew vehicle, with a maximum of 2 support crew members, permitted at each checkpoint. We suggest each support crew have a driver and a navigator. Ideally you should have more than one crew, working in shifts over the weekend. We highly recommend that you have a night shift relief crew or plan sufficient rest periods, so you don't put yourselves at risk.

VEHICLE CHOICE

Support crews require a vehicle to ferry both yourselves and your team's food and equipment. The restrictive size of the checkpoints allows only one vehicle per team. No trailers, towed caravans or vehicles longer than 1.5 standard cars (such as large campervans) are allowed. With limited parking, support crews are asked to be respectful of others and arrive at a checkpoint no earlier than half an hour before your team's scheduled arrival and you should leave promptly after tending to your team. Use a timetable of your team's estimated time of arrival as a guide. Checkpoint locations can be found on the website and we recommend using a satellite navigation device to help you along the way. Ensure you read the advice on driving and fatigue in this guide.

HAVE A GAME PLAN

Create a strategy for the event weekend with your team. From their training times, determine when they are likely to arrive at each of the support crew accessible checkpoints, at which checkpoints you will provide meals and when your team will sleep (if at all). Work with your team to create an efficient plan that works for everyone. Being organised for your team will help keep them moving.

PRACTICE MAKES PERFECT

Your team is strongly encouraged to carry out at least one training walk on the actual trail route and you should definitely try to join them. You will gain an understanding of the challenge your team will be facing during the event, have an opportunity to test different food and drink with your team, and become familiar with the checkpoint locations and local amenities.

COMMUNICATIONS

Ensure you have at least one mobile phone with you at all times. Not only is it useful for you and your team to be in contact, it is also vital so the event staff can contact you in an emergency. Ensure you bring car chargers to charge your team's mobiles.

DOLLARS AND SENSE

Work out and agree on a budget in advance taking into account who will cover the costs of fuel, food, drink, and any accommodation or vehicle hire.

DON'T JEOPARDISE YOUR TEAM'S SUCCESS

Be aware of the event rules (available on the website). They are in place to ensure an enjoyable and fair event for all, and to ensure the critical relationships with the event's stakeholders are not compromised, which may ultimately threaten the future of the event. The most significant rule for support crews is that teams are strictly forbidden to meet their support crew at any location along the trail except at the designated checkpoints. This rule also applies to checkpoints that are closed to support crews during the event. Any support crew or participant found to be contravening any checkpoint landowner regulation, showing disrespect to local residents or breaking any event rule will lead to the team's disqualification from the event. Other teams, event staff and volunteers will be asked to report any breaches of the rules.

DON'T DRINK AND DRIVE

We discourage drinking alcohol whilst supporting your team predominantly because you're driving, but also because it may inhibit your effectiveness as support crew. All persons involved in the event must adhere to any local rules regarding drinking alcohol in public places.

REMEMBER TO LOOK AFTER YOURSELF

As support crew it's your job to turn on the smiles for your team, even when you're tired. The best way to remain upbeat is to take care of yourself. Make sure you get enough sleep and stagger your driving with other support crew members. Ensure you have enough gear to keep yourself comfortable during the event. Make sure you eat and drink regularly as it's easy to forget when you are focused on others.

STAYING COVID-SAFE



As restrictions ease and we step out of our neighbourhoods and back onto the trail, you'll find we've introduced social distancing and more hygiene practices to the event. We'll continue to abide by state recommendations to deliver COVID-safe events, and all participants, event staff and volunteers will be asked to provide proof of COVID-19 vaccination or valid medical exemption as a condition of entry.

WHAT WE'RE DOING TO KEEP YOU COVID-SAFE

Read on for more information on our COVID-safe protocols. For more information see our

Frequently Asked Questions on the website here trailwalker.oxfam.org.au/COVID19safety

Oxfam Trailwalker will be implementing COVID-safe measures which include:

- All support crews must register online prior to the event and there will be a maximum of 1 support crew vehicle, with a maximum of 2 support crew members, permitted at each checkpoint.
- Additional cleaning and sanitation will take place in high touch point areas such as bathrooms, drink stations, food service areas. There will also be designated cleaners throughout the event.
- Hand sanitiser stations will be prominent and available for all participants, staff, support crew and volunteers to use.
- Face masks and gloves will be made available. Event organisers will continue to follow public health directions in relation to wearing of face masks or when physical distancing cannot be adhered to.
- There will be a designated and trained COVID-19 Safety Officer on site along with COVID-19 Safety marshals to help and ensure all safety measures are followed.
- Participants will have a timing chip attached to their race bib which assists with tracking participants on the trail and can assist authorities with contact tracing if required.
- Participants will have staggered start times to restrict the amount of people on site and ensure social distancing is maintained.

PLEASE FOLLOW THESE SIMPLE DIRECTIONS WHEN ATTENDING OXFAM TRAILWALKER

- Practise social distancing in keeping 1.5m away from others where possible.
- Check in using the QR codes - these will be available at the start line, finish line and checkpoints for all support crew, participants, volunteers, staff, and suppliers to check-in.
- Practise good hygiene, including washing your hands and/or using hand sanitizer regularly, and sneezing/coughing into your elbow.

STAY AT HOME IF ...

Please don't attend Oxfam Trailwalker if:

- You are experiencing any cold and flu symptoms eg fever, chills, cough, sore throat - stay home and get tested.
- You are required to isolate because you have been diagnosed with COVID-19, you are waiting for test results, you are close contact of someone with COVID-19, or you have been directed to quarantine by the Department of Health and Human Services.

DURING THE EVENT

WHAT'S AT THE CHECKPOINTS?

At the checkpoints, we record the progress of the teams, provide a safe location for participants to rest and meet their support crew, distribute basic food and water provisions, conduct communications, and provide essential first aid, medical support and emergency services if required. Due to space restrictions, not every checkpoint is open to support crews, so check the event website for which ones you can access.

As the event draws closer we will provide specific details of what's provided at the checkpoints, but as a basis every checkpoint will include:



DRINKING WATER

is available at all sites and hot water at some.



TOILET FACILITIES

are provided at all checkpoints, primarily portaloos.



A VOLUNTEER INFORMATION OFFICER

at the team changes desk can provide you with team information such as the time your team checked out of the previous checkpoint. Also, look out for signage at the checkpoints, which will provide weather forecasts, trail notices and other helpful event information.



YOU CAN ERECT YOUR OWN TENTS

at any checkpoints designated for personal camping. No structures of any kind are permitted at any other checkpoints or the Finish (this includes tents, tarps, pop-up marquees or overhangs).



FIRST AID SERVICES

are provided at every checkpoint. Some checkpoints will also have massage, physiotherapy or podiatry support available.



THE BASIC FOOD

at the checkpoints are for participants only and are intended to supplement the food supplied by you. Some checkpoints will have vendors selling hot drinks and food.



DRIVE SLOWLY AT THE CHECKPOINTS

Take extra care in and around the checkpoints, as there will be a number of vehicles and pedestrians moving about in a limited area. Keep your eyes peeled for children and weary walkers in the carparks. When driving into and out of the checkpoints do so slowly and follow the parking marshal's directions (they will be directing you as part of the parking plan for that particular site).



Photo: Keith Parsons/OxfamAUS

EVENT CONTROL CENTRE

The event is coordinated from the Event Control Centre, which is operated by Oxfam and supported by the police, ambulance, State Emergency Services, and other agencies. Contact must be restricted to reports of serious incidents or requests for emergency support for walkers in distress. All other issues should be reported to the Checkpoint Coordinators. The emergency number is printed on your team member's event bibs and on the back of this guide.

WHAT NOT TO BRING

Pets and smoking are not permitted on the trail or at checkpoints.

WALKERS LEAVING THE TRAIL TO SLEEP

Some teams choose to sleep in accommodation away from the checkpoints. If your team plans to do this, it is essential that they inform the Checkpoint Coordinator at the checkpoint from where they are departing. Your team will be required to provide an approximate return time, which must be prior to the checkpoint closing time.

CHECKPOINT CLOSING TIMES

All checkpoints have an official closing time calculated on the basis of there being insufficient time remaining to complete the event within the specified time period. The closing times are not negotiable. If your team has not departed a checkpoint by the published closing time, they will be withdrawn from the event and advised not to proceed. If they choose to continue, it will be entirely at their own risk (see the Event Map Book for official closing times).

WALKERS RETIRING

Oxfam Trailwalker is a demanding challenge. On average, two-thirds of teams finish as a complete team of four with around 20% of participants retiring from the event. If a member of your team wants to retire from the event, you must ensure they do so from a checkpoint. Remaining team members cannot continue until the retirement of the team member has been recorded on our team tracking system and the retired participant is accounted for. The continuing team members will be issued a retirement sticker in lieu of their missing team-mate, and they will be required to show it at the remaining checkpoints. If, for any reason, a member of the team has to leave the event urgently, either from a checkpoint or directly off the trail, they must report this to the Checkpoint Coordinator or the Event Control Centre by calling the event emergency number on the event bibs or on the back of this guide.

FINISH LINE

Completing Oxfam Trailwalker is very exciting and, for many, a major bucket list achievement that will be talked about for years to come. After months of training and such a hard slog, crossing that line is a triumphant and special moment. We ask all support crews at the Finish waiting for their own teams to stand and cheer and celebrate with all the teams as they cross the line. Help us to create the atmosphere they deserve and give the teams a rousing reception they will appreciate and always remember. Participants should not drive themselves home. Equally, support crews who have been supporting their teams throughout the night should not drive home until rested.

GEAR LIST



Photo: Patrick Moran/OxfamAUS

The following checklist offers some suggestions of equipment and provisions you should carry whilst supporting your team:

FOR YOUR TEAM

- Spare clothes, including:**
 - socks;
 - shoes, in case a team member's main pair causes blisters or gets damaged or wet;
 - cold and wet weather gear;
 - extra clothing; and
 - a warm jacket and blanket for relaxing at checkpoints.
- Extra first aid gear.**
- Spare torch, batteries and bulbs.**
- Small walker's repair kit, including spare shoelaces, safety pins and string.**
- Gas stove for heating food and drinks.**
Please follow checkpoint guidelines outlining where stoves can be used.
- Crockery, cutlery and cups.**
As part of our environmental strategy participants and support crews are required to bring their own reusable cups.
- Washing bowl, water, soap and towels.**

- Food.** The provisions available to participants at the checkpoints are only basics and you are responsible for providing your team with substantial food. Provide a variety of hot carbohydrate-rich food, snacks (sweet, salty, filling) and fruit (bananas and oranges provide excellent energy).
- Water and electrolyte sport drinks.** Water is available at all checkpoints but it is advisable to come prepared with large, reusable jerry cans of water. Please reduce waste and do not buy bottled water.
- Thermos for hot drinks.** Hot water is available at the checkpoints.
- Mobile phone car chargers.**
- Something comfy for the walkers to rest on, such as picnic chairs, waterproof picnic rugs, blankets, inflatable mats.** It is worth packing sleeping gear, whether your team is intending to sleep or not, as plans change when walkers are fatigued.
- Rubbish bags.**

FOR YOURSELVES

- Warm clothes.
- Hat, sunglasses, sun cream.
- Food and drinks.
- Mobile phones.
- Picnic chair, rugs, book/newspaper, games to enjoy while waiting for your team.
- Checkpoint location information, GPS.
- A lantern. Light is limited at the checkpoints so ensure you can illuminate your team's assembly area.

YOUR TEAM'S HEALTH

Part of your role is to help make your team's event experience as comfortable and safe as possible. During the event, keep an eye on your team's health and watch out for the onset of the following serious health conditions. If you are concerned for the health of any of your team members, first aid staff are available at all checkpoints or, in an emergency call the Event Control Centre via the number on the participant's event bib and on the back of this booklet.

HYDRATION

Proper hydration is critical. Team members can place their bodies in serious danger by not drinking enough water and becoming dehydrated, or by drinking too much water causing hyponatremia. Ensure your team maintains a steady intake of fluids throughout the event consisting of both water and electrolytes. They need to find the perfect balance between the two. To maintain the correct hydration levels, ensure your team consumes electrolyte drinks as well as water. If a team member is experiencing symptoms of either condition, immediately check with first aid staff at the checkpoint. Do not let them proceed.

DEHYDRATION

Insufficient consumption of fluids can cause dehydration. It is a serious risk in such a long and strenuous event, and can lead to impaired performance, vomiting and, in very extreme cases, muscle failure potentially resulting in death.

Symptoms: fatigue, irritability, headache, dry mouth and lips, and tight and/or heavy feeling muscles.

Prevention: ensure your team monitors their urine. Ask them if they are urinating at regular intervals and if the urine is light yellow-to-clear. If they are not urinating, or urine is dark in colour, they may be dehydrated.

HYPONATREMIA

Hyponatremia is an extremely dangerous condition that can rapidly lead to coma and may result in death. This 'water intoxication' occurs when too much water has been consumed, resulting in critically low salt levels in the blood and body tissues.

Symptoms: headache, fatigue, nausea and lack of coordination.

Prevention: ensure team members drink electrolyte sports drinks, which contain essential salts and assist in maintaining the correct salt balance in the body. They should be drinking just enough so that they do not feel thirsty and are urinating at normal periods. If urination becomes very frequent and clear in colour, they may be drinking too much.

HYPOTHERMIA

Hypothermia is a condition in which the core body temperature drops below 35°C. If left untreated, hypothermia can ultimately result in heart failure and death.

Symptoms: fatigue, shivering, muscle spasms, clammy skin, stammering, and hallucinations.

Prevention: be prepared for variations in temperature and ensure your team has additional and/or changes of clothes ready for the cold — particularly at night. If they get wet, insist that they change into dry clothes. When they are resting at checkpoints, either rug them up or change them out of damp, sweaty clothes.

How to help: cover them up and immediately check with first aid staff at the checkpoint.

HEAT EXHAUSTION

Heat exhaustion is a condition in which core body temperature exceeds a safe level. During hot weather, the body's internal temperature can rise and result in heat exhaustion or heatstroke. In extreme conditions, heatstroke can ultimately lead to heart failure and death.

Symptoms: severe thirst, nausea, irritability, muscle weakness,

fast shallow breathing, severe headaches, confusion and decreased responsiveness, and little-to-no sweating with flushed hot, dry skin.

Prevention: maintain adequate fluid intake. In exposed sections of the trail, ensure the team wears sun cream and appropriate headwear.


How to help: find a shady area, administer frequent sips of water and contact the first aid staff at the checkpoint or call the Event Control Centre via the event emergency number.

BLISTERS

Blisters are the primary reason participants retire, so pay special attention to the condition of your team's feet. Keep feet dry to reduce the likelihood of friction blisters. Simple measures such as changing out of wet shoes and regular sock changes are the most effective, and also provide welcome relief for feet. Prevention is better than cure, so encourage your team to stop and fix any hot spots, which are slightly sore or warm patches of skin caused by rubbing or pressure, as they develop on the trail. If your walkers know where they are prone to blisters, then suggest they cover these areas with blister patches or tape before the event.

Please note that this information is provided as general guidance only and that the participants enter the event at their own risk and are ultimately responsible for their own health and wellbeing.

DRIVING AND FATIGUE



Being fatigued significantly increases the risk of a crash. It makes us less alert to what is happening on the road, and less able to react quickly and safely if a dangerous situation arises. Driver fatigue contributes to more than 25% of road accidents.

ARE YOU AT RISK?

The two main causes of fatigue are lack of quality sleep and driving at times when you would normally be asleep.

SLEEP DEBT

If you don't get enough sleep you go into debt — you owe yourself more sleep — and the only way to repay this debt is by sleeping. Until you catch up on your sleep, you have a greater risk of having a fatigue-related crash.

OTHER RISK FACTORS

You also put yourself at risk of a fatigue-related crash if you:

- Drive in the early morning (1am to 6am) when we would normally be sleeping, or in the afternoon lull (1pm to 5pm), when our natural rhythms make us feel sleepy.
- Start a trip after a long day at work.
- Have a sleep disorder such as sleep apnoea.

WHAT TO DO IF YOU START TO FEEL TIRED

If you start to feel tired when you're driving, you should take a power nap. Research shows that a power nap of 10 minutes or more can significantly lower the risk of a fatigue-related crash. Another positive strategy is to have a preventative power nap before you start your trip.

HOW TO AVOID DRIVER FATIGUE

To protect yourself from having a fatigue-related crash, make sure you are aware of the risk factors above and ensure you regularly get enough sleep. Once you're on the road, take a regular rest break to help avoid the onset of fatigue. However, be aware that rest by itself is of short-term benefit and a power nap is a much more effective method of reducing accident risk.



Photo: Jason Malouin/OxfamAUS

DON'T BE FOOLED BY MYTHS

The following common beliefs about fatigue are untrue:

- **Having a short break will keep me safe.**
Taking regular breaks might help delay the onset of fatigue, but once you are fatigued you must sleep.
- **Coffee is the best way to combat fatigue.**
Coffee only provides short-term benefits; once its effects wear off, you suffer from sleep rebound, which is a major cause of accidents.
- **Playing music will keep me alert.**
This provides only a short-term benefit.
- **Plenty of fresh air through the window will help keep me alert.**
Again, this is desirable but if you are fatigued, it only provides a short-term benefit.
- **Young people need less sleep.**
In fact, drivers under 25 years of age are over represented in fatigue-related crashes.
- **I know when I'm tired or when I'm having sleep attacks.**
The danger is that you only find out how tired you are when it's too late.

DROWSY DRIVING IS LIKE DRINK DRIVING

Research has shown that going without sleep for 17 hours has the same effect as having a blood alcohol concentration of 0.05, and no sleep for 24 hours is equivalent to 0.1. In other words, driving when fatigued may not be illegal, but it's just as dangerous as drink driving. Remember, the only cure for fatigue is sleep.

The above information was adapted from a VicRoads Safer Driving Fact Sheet.

ABOUT OXFAM AUSTRALIA

Oxfam is a global movement of people working together to eliminate poverty by tackling inequality.

Oxfam works in 79 countries helping over 19 million people – empowering communities to lift themselves out of poverty. We believe that in a wealthy world, poverty is unjustifiable and preventable, that the present state of inequality and injustice must be challenged, and that with the right help, people can change their lives for the better. Funds raised through Oxfam Trailwalker will support our community development projects and provide people with the skills and resources to help them create their own solutions to poverty.

By supporting Oxfam Trailwalker, you're helping us make a significant difference to the lives of people living in poverty around the world. The funds raised by Oxfam Trailwalker participants allow us to continue our vital, long-term development work; promoting education, ensuring access to clean water, teaching skills to grow food and fighting for the basic rights of the people we help. On behalf of Oxfam Australia and our partners, thank you so much for your support.

OUR WORK

Oxfam fights poverty in three ways:

INVESTING IN LONG-TERM PROJECTS

We work with families and communities to equip them with the tools and resources to achieve their basic human rights. That means access to clean and safe water, better health and sanitation, a reliable food supply, education and the chance to earn a living.

RESPONDING TO EMERGENCIES

Conflict and natural disasters can devastate already poor communities. We act quickly to save lives, delivering essentials such as clean water, shelter and food, and we stay with communities for the long haul – helping them rebuild as well as prepare for any future crises.

CAMPAIGNING FOR CHANGE

Poverty isn't just about a lack of resources. We urge world leaders, companies and organisations to change the rules and practices that keep people in poverty, and support communities here and overseas in calling for justice.

For more information about Oxfam Australia's work visit www.oxfam.org.au



YOUR TEAM'S FUNDRAISING IN ACTION



\$15

Will provide a cubic litre of clean water from Oxfam's solar-powered desalination plant.



\$50

Will help a farmer in Timor-Leste gain the skills needed to grow sustainable crops that will provide for their families and help them earn an income.



\$100

can pay for enough locally produced, high-yielding maize seeds to provide four farmers in Timor-Leste with corn and a source of income well into the future.



\$200

can provide vital health and hygiene training to 100 survivors in Sulawesi, so they can prevent the spread of deadly waterborne disease.



\$1,000

can evacuate a woman and two children from Papua New Guinea from a violent situation and provide a basic start-up kit for a new life in a safer location.

IN AN EMERGENCY DURING THE EVENT, CALL 000 OR 1300 735 730.

This number is staffed 24-hours-a-day from 5.30am Friday to 10am Sunday on event weekend.

OXFAM TRAILWALKER

Call: 1300 369 606

✉ trailwalker@oxfam.org.au

📘 m.me/OxfamTrailwalkerAustralia

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Photo: Dylan Evans/OxfamAUS



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