

# CHAMPIONS CHALLENGE

## CHAMPIONS CHALLENGE 2025



**26 JULY 2025**

**GLASSHOUSE MOUNTAINS TRAIL  
BEERBURRUM**

**VIA TUNBUBUDLA, TIBBEROOWUCCUM &  
TIBROGARGAN**

**28KM - 8 HOURS - LIFE CHANGING**



**Team Jacob Champions Challenge is the brainchild of a group of mates who wanted to challenge themselves and make a real and life-changing difference to children with autism. They established "Team Jacob" and raise vital funds and awareness for the work that the AEIOU Foundation and more recently Fight4Balance do through a variety of events each year. They are all CHAMPIONS! As a registered team member, you are now a champion with a unique opportunity to face a mighty challenge, just like the many challenges that children with autism face on a daily basis. The Team Jacob Champions Challenge will offer you, your colleagues and friends the opportunity to test your fitness and enjoy the spirit of camaraderie while completing a 28 km high endurance trek across south-east Queensland in teams of four.**

**DATE:** Saturday 26 July 2024

**LOCATION:** Glasshouse Mountains  
Trails 28~30kms via Mt Beerburum  
Trail Head - Tunbubudla -  
Tibberooowuccum - Tibrogaran

**DISTANCE:** ~28 km via rugged  
escarpments, bushland and pine  
plantations.

#### Beneficiaries

By participating in this event, you will be helping Team Jacob to support the life-changing, early intervention program that AEIOU Foundation provides to pre-school aged children with autism and Fight4Balance with their incredible physical, mental health and wellbeing program.

#### The Trek

This event is not a race. It is a physically testing, life empowering journey. You will be fully supported by a trek medic, support vehicle (with passenger seating) and a trek leader who is in constant communication with the event team via walkie talkie.

#### The Location

Glass House Mountains National Park is not only physically challenging, but allows you to reconnect with nature. The park encompasses a scenic tapestry of pine plantations, bushland, and cultivated fields. Remnants of open eucalypt woodland and heath vegetation provide a habitat for diverse flora and fauna, including 20 plant species of high conservation value.

#### What To Bring

Start with 2 litres of water, enough personal snacks for 8 hours of trekking. Refer to stock take list in this document for other items.

#### The Team

Team Jacob Champions Challenge is an event that provides a dynamic and at times challenging experience, in which the importance of a strong functional team may be the difference between a journey well-travelled and a journey endured. Fortunately, the training and lead-up to this event provides plenty of time and opportunity to build a high performance team.

# CHAMPIONS CHALLENGE

# FUNDRAISING



## Do I need to fundraise? Yes.

Fundraising is part of your challenge. The minimum fundraising amount of \$250.00 per participant is a compulsory requirement and teams not meeting their minimum may not be permitted to start the event. You're encouraged to fundraise over this amount - the more funds raised, the more lives you can help change!

You will find ideas, tips and tools to assist you on our Fundraising page, and we will keep you up to date with regular email and social media suggestions.



After enrolling at AEIOU's Cairns centre, Eli received targeted support from a dedicated team of therapists and educators. The structured environment helped him build confidence, improve communication, and engage socially through connection-based play, which made a significant difference in both his development and family life. Eli's Mum Jessie highlights the relief of having all of Eli's therapies under one roof and values the consistent support and updates from the AEIOU team. Eli's progress has empowered him to transition successfully to mainstream school, and Jessie now feels more confident in pursuing her own goals. She hopes more families can access similar support, recognizing the profound impact it can have on autistic children and their families.

# THE START

**Team Jacob Champions Challenge and Queensland Parks and Wildlife Services welcome you to Glass House Mountains National Park and wish you all the best with your trek!**

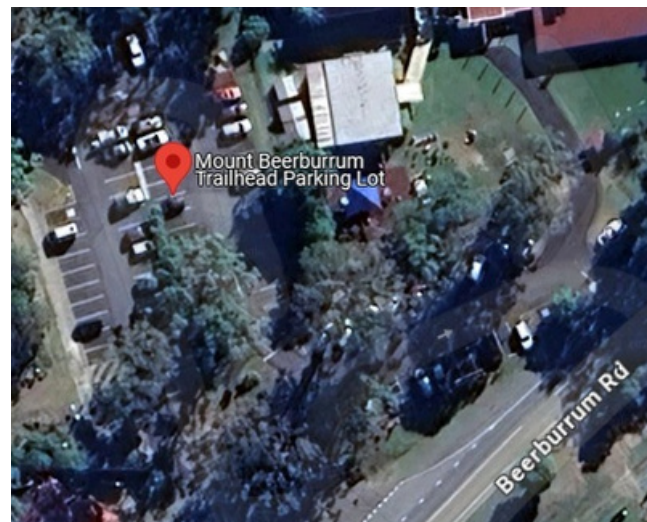
The Glass House Mountains National Park is home to a rich variety of flora, including ancient hoop pines, scribbly gums, and vibrant wildflowers that blanket the landscape. Its diverse fauna includes species like koalas, echidnas, goannas, and a range of colorful birds such as cockatoos and rainbow lorikeets, thriving among the park's rugged volcanic peaks. It is not only physically challenging, but allows you to reconnect with nature.

**STARTING POINT:** Meet at the Mt Beerburum Trailhead Carpark, 8 Beerburum Road, Beerburum

From Brisbane - 70 km from Brisbane's CBD, head north on the Bruce Highway (M1) and take the Steve Irwin Way exit at Elimbah and then turn left into Beerburum Road at Beerburum and then turn right when you reach the Trail Head Carpark

- Keep an eye out for the Geocentric crew
- Parking is available in the car park
- Carpooling is advisable

Please arrive at 6 am. **The hike commences at 6:30am sharp.** There's a lot of distance to travel, so we can't wait for any late arrivals.



**Starting point:** Mt Beerburum Trailhead Carpark  
8 Beerburum Road, Beerburum  
(next door to Beerburum State School)

#champschallenge  
#teamjacob



# THE TREK



*"The journey of a thousand miles begins with a single step"*

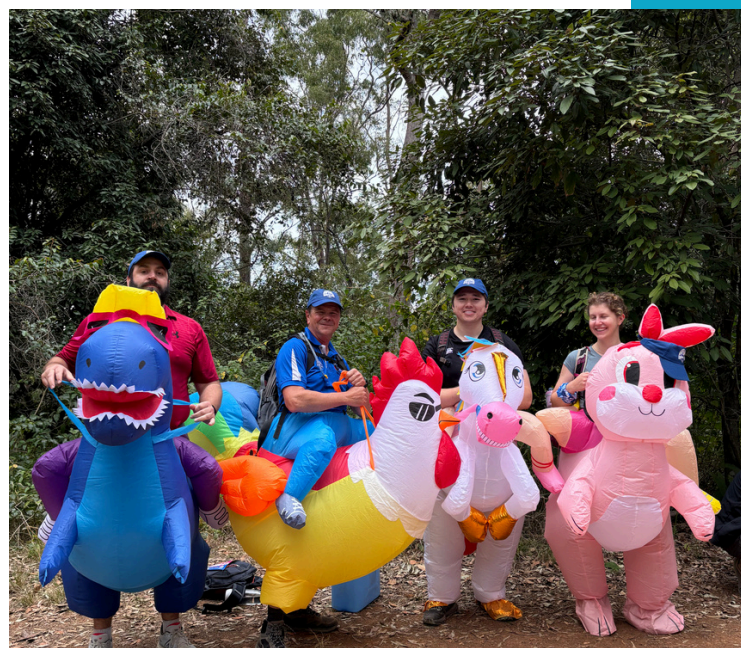
## **1 ATTEND THE TEAM BRIEFING - AT MOUNT BEERBURRUM TRAILHEAD CARPARK.**

### **THE TREK AROUND THE GLASS HOUSE MOUNTAINS BEGINS!**

**Time of Arrival: 6:00 am**

After arriving you will be given your team entry bibs and welcome from Team Jacob. This will be followed by a Trek briefing by Geocentric at 6:15 am.

At 6:30 am sharp we then set off to the Mount Beerburum Summit. There's a lot of distance to travel, so we can't wait for any late arrivals.



## **2 MT. BEERBURRUM SUMMIT AND BEYOND: APPROX – 7KM ~2 HOURS DEPENDING ON WEATHER.**

The trek starts with a 280m steep ascent of Mount Beerburum over 750m. Enjoy this steep, short walk through areas of scribbly gum woodland, a very small patch of rainforest and rough barked apple woodland.

Viewpoints along the way give the opportunity to enjoy the surrounding landscape whilst catching your breath.

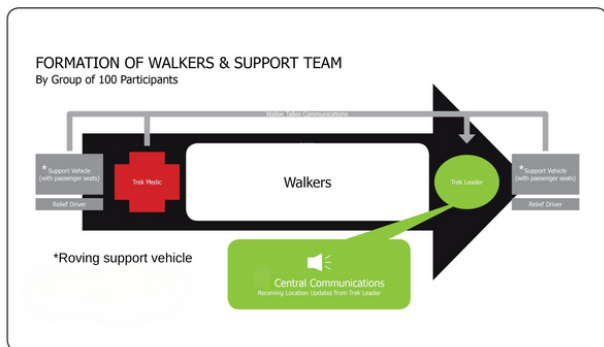
We'll allow a short amount of time at the summit to take in the views from the fire tower before descending and trekking to our first refueling point.

Drinking water will be available at all refuelling points, snacks and a light lunch will be provided.

# THE TREK *CONTINUED...*



## 3 FORMATION OF TREKKERS AND SUPPORT TEAM

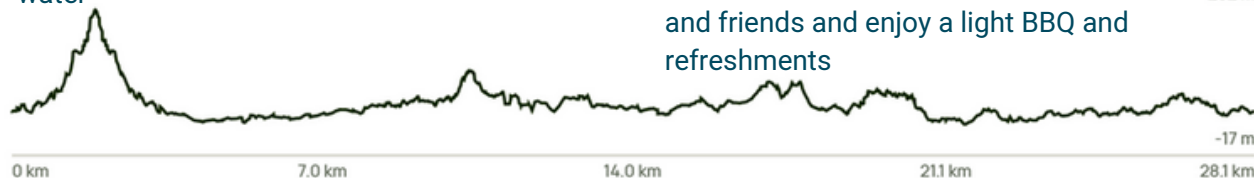


## 4 SPLITTING THE TWINS APPROX: 6 KM - 1.5 HOURS DEPENDING ON WEATHER

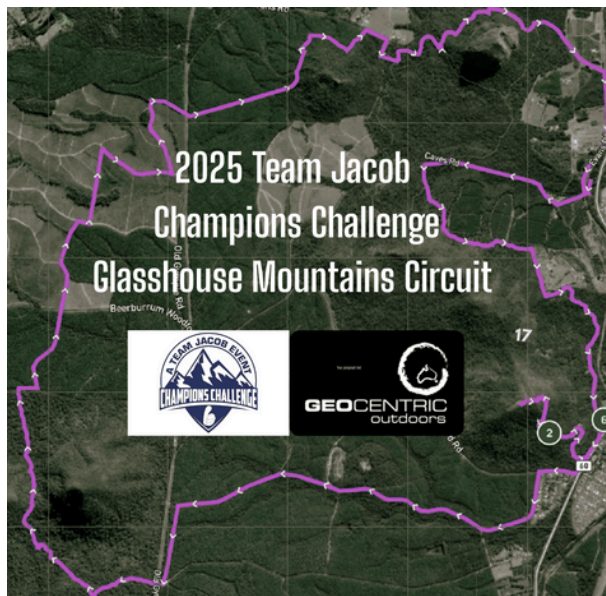
Following the first refuelling point we continue our way through a 4WD trail in native forest. Making our way between Mt Tunbubudla East and Mt Tunbubudla West. We continue on to the second refuelling stopping just after we cross the Beerburum Woodford Road.

## 5 OFF TO TIBBEROOWUCCUM APPROX: 6 KM - 1.25 HOURS DEPENDING ON WEATHER

Easy walking on Fire trails in Pine Forest. Great views of all the Glasshouse Mountains. On the eastern side of Mt. Tibberoocuccum we will stop for lunch where amenities available include toilets, tables, shade and non-potable water



Carry only what you need on the course, remember to bring enough personal snacks for the trek distance, hydration and first aid will be provided on course and at rest checkpoints. Finally: Train hard, train well, break in your shoes! The more training you do, the more enjoyable the event will be. Remember ~28 km is a half marathon distance plus more and this course is over steep mountains - so prepare for it! If you do not prepare, you maybe letting yourself, and your teammates, down.



## 6 AROUND TIBROGARGEN APPROX: 4.5 KM - 1 HOUR DEPENDING ON WEATHER

Pleasant walking on a combination of wide walking trails and fire trails through native forest. We make our way to our next refueling point in Matthew Flinders Park where there are toilets, picnic tables.

## 7 SOLDIERS SETTLEMENT TRAIL APPROX: 5 KM - 1 HOUR DEPENDING ON WEATHER

Our final stretch is a pleasant walking heritage trail on a combination of wide walking trails and fire trails in native forest. We make our way back to the starting point. Take in the finish line atmosphere where we will meet up with family and friends and enjoy a light BBQ and refreshments



# THE RULES



## TO PARTICIPATE, THESE RULES MUST BE FOLLOWED

1. All team members must be aged 18 or above unless approved by the event manager in advance, in writing. This circumstance will only be approved, if a parent or guardian has signed the appropriate form(s). The minimum age for participation in the event is 16 years of age and these participants 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. At the start of the event all team(s) must have a minimum of four members.

3. Teams must register and check in during their allocated check in period. Check in times will be on Saturday morning at the following time slot: 0600 - 0615. The Team Jacob Champions Challenge trek departs at 0630, we cannot wait for anyone.

4. There is one major checkpoint throughout the course as well as the start and finish points. All trek participants must remain together between check points. All participants must check in and check out as a group at each checkpoint. Staff will not check in or check out a team until all members are accounted for.

5. 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.

6. Under no circumstances are any participants 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, Event Medics should be no further than 10 minutes away.

6. If you want to withdraw during the event, you must first report to the Trek Group Leader or Trek Group Medic who will sign you out at the next checkpoint and assign you to a transport vehicle until that checkpoint is reached, at which time you will have your entry bib code recorded as having left the event. You will not be permitted to leave the Checkpoint until your support crew has also signed you out.

7. If you do not notify event organizers 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 for.

8. Identification (eg. Bibs) must be worn always during the event.

9. A team must notify the Team Jacob 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.

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

11. Each team captain must attend one information night prior to the event. All team members are welcome to attend as well.

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

# ALL FOR ONE AND ONE FOR ALL!!

Champions Challenge is an event that provides a dynamic and at times challenging experience, in which the importance of a strong functional team may be the difference between a journey well-travelled and a journey endured. Fortunately, the training and lead up to the event provides plenty of time and opportunity to build a high performance team.

There are two critical factors in building a strong team:

- Recognition by all team members that the event is both a physically and a mentally challenging event which is best conquered by harnessing the team's different skills and personalities. Using team strengths in full can compensate for any individual weaknesses.
- Directing all team efforts towards the same clear goals. This relies heavily on good communication and harmony in your team and setting your goals collectively and early. Here are some team-building ideas, techniques, and tips you can try as you prepare for Team Jacob Champions Challenge.
- Make sure your team goals are clear. What is your team's motivation for doing the event? Make sure your goals are completely understood and accepted by each member of your team. For example, your goals could be finishing as a team, or committing to a training schedule.
- Identify the various skills and tasks required to get your team ready for the event and to the finish line, based on your collective goals. Then allocate tasks, many of which can and should be shared.
- Make sure there is clarity in who is responsible for each task, even though one or more of you might be contributing. Then make sure that you support and respect that person. You can always reallocate a task or responsibility if need be.
- Build trust within your team by spending as much time together as possible leading up to the event. Create an atmosphere of honesty and openness. It is important that you do what you say you will do, and, better still, are able to demonstrate it.
- For issues that rely heavily on team consensus and commitment, try to involve the whole team in the decision making process.
- Allocate a leader that everyone respects and agree that for difficult calls it will be the leader who makes the decision if consensus is split.
- You can still maintain effective team communication even when your team is spread over different locations. Just ensure that you keep all members informed and included, which can be easily done via email and phone.
- Celebrate your progress. It is important to recognise the small steps that you achieve on the way to the starting line.
- Keep a flexible team approach on the day. Be prepared to improvise, adapt and overcome. What you hope will happen is not always going to match reality. You might have to jettison some team goals for the sake of others, but nothing beats the experience of starting and finishing together.



# THE TEAM

# THE TRAINING

## TRAINING SESSIONS

4 Training Session will be held at Mt. Cootha in advance of the event on Saturday Mornings from 6:00 am to 9:00 am departing from the JC Slaughter Falls Car Park. Details will be sent via email once you have registered



## TRAINING PRINCIPLES (FITT)

There are two basic types of training principals often referred to: **overload** and **progression**. Overload training relates to the increased stress or load placed upon the body that is more than it is usually accustomed to. Overload training manipulates the training variables of frequency, intensity, time and type (FITT).

Progression training relates to what, when and how the load is increased through adjusting the components of frequency, intensity or time.

**The FITT Principle** describes how to safely apply the principles of overload and progression:

**Frequency:** how often we are going to train throughout the week. A safe frequency is three to five times a week dependent on the phase (what week) of training.

**Intensity:** how hard we are going to exercise during a session. Intensity can be measured in different ways. For example, monitoring heart rate is one way to gauge intensity during aerobic endurance activities. In our training, we will also use Rate of Perceived Exertion (RPE). This is explained in more detail later in the document.

**Time:** how long the session is going to be. As with the other aspects of the FITT principle, time varies depending on the phase of training.

**Type specificity:** refers to the specific physical activity (5 km walk vs marathon) chosen to improve our fitness. For example, an individual wishing to increase arm strength must exercise the triceps and biceps, while an individual wishing to walk an endurance event will need to increase their aerobic endurance and subsequently needs to hike, weight load walk, swim or other aerobically challenging activities.

Most importantly, through our understanding of the training principals we acknowledge that incremental and progressive ENDURANCE walking and hill work are the keys to successful endurance walking.

## STRETCHING

Stretching is a vital part of the Champions Challenge Training and should be looked on as being as important as any other part of the program. Stretching can help to prevent an injury by promoting recovery and decreasing soreness. By ensuring muscles are loose and flexible, you'll reduce your chance of an injury dramatically.

Stretching ensures that your muscles and tendons are in good working order. The more conditioned your muscles and tendons are, the better they can handle the rigors of the program and exercise intensity/ volume levels, subsequently the less likely that they'll become injured.

## RECOVERY

Recovery is an integral component of any training program. Usually we find that along with over-training, it is the least adhered to component of a training program –subsequently there is an increase in injury and failure rates.

It is a skill to find the balance between training intensity/volume and programmed recovery periods. It is important to understand that recovery does more than rest the muscles or the body. It must assist in improving our overall fitness and moving closer to the overall objective.

Most importantly, listen to your body. If you are feeling tired or are starting to feel run down then – rest even if it is not scheduled on the program. It is better to have one or two days off than one or two weeks when you become injured or sick. Work on the principles that if you are feeling below 70%, DO NOT TRAIN.



# THE DIET



## YOUR NUTRITION GUIDE

Prior to commencing any type of Physical Training it is essential that you consult with your local doctor to have a medical check-up.

Specifically, please explain that you are about to commence a Pre-Trek Physical Training in preparation to walk the Team Jacob Champions Challenge. Explain what is involved in walking the track from the information we have provided to you.

- Food is Fuel
- Physical fitness does NOT presuppose nutritional health
- Nutrition starts to bridge the gap between performance and ability

### Training Diet

Enjoy a wide variety of nutritional foods. You should eat food from the following food groups every day:

- Breads and cereals
- Fruit and Vegetables
- Meat and protein
- Milk and dairy foods

### Protein

Protein should be eaten several times a day. Protein is required for tissue growth, repair and maintenance. However, if not used for energy any extra protein in your diet will be converted to fat.

Good sources of lower fat protein include:

- Lean red meat
- Poultry
- Fish and all seafood
- Low fat dairy foods
- Beans
- Rice, bread and cereals (to a lesser extent)

### Fat

Limit Fat. Excess fats, including oils, butter, margarine, mayonnaise, fatty meat, chicken skin, take away, deep fried potatoes, etc. are not a primary energy source, and are therefore stored as excess body fat!

You should also avoid salt (which leads to dehydration), too much fibre, and drink alcohol in moderation. In training peaks, alcohol leads to dehydration, storage of excess fat impedes recovery and exacerbates injury – definitely do not drink to excess after a big training day.

### Carbohydrates

*Aim for high levels of carbohydrates.*

#### LOW GI

Pasta  
Multigrain bread  
Milk  
Apples, Peaches, Plums  
Dates, figs  
Yoghurt  
Legumes  
Jellybeans  
Raisins

#### HIGH GI

Glucose  
White & Wholemeal bread  
Rice  
Processed plain cereals (eg Weetbix)  
Watermelon  
Honey  
Lucozade/Sports drinks

### Carbohydrates:

Are the primary energy source for exercise

Are easily digestible

Rapidly replenish muscle and liver glycogen stores

Improve endurance, recovery and concentration

Are important for good nutrition and long term health (low in fat, cholesterol free, vitamin rich)

All carbohydrates break down into simple sugars. A little of this sugar is rapidly available as blood sugar; the rest is sent to the liver and converted to glycogen. We store glycogen in our liver and muscles and then use it during training. We must, therefore, eat enough carbohydrates each day to replace those used during training. 60% – 70% of the meal in front of you should consist of carbohydrate foods.

If we do not eat enough carbohydrate each day we eventually use up our entire store (similar to petrol in a car). Consequently, we are not able to train as well as usual and we feel constantly tired.

The body stores muscle glycogen which is generally only adequate for 90 minutes of hard exercise. After this time your levels of glycogen will fall rapidly and your performance will be affected. Therefore, you can either slow down or you need to top up your blood glucose levels as you exercise, with glucose polymer sports drinks and easily digestible carbohydrate snacks. Sports drinks provide instant energy as blood sugar, they can improve endurance when taken during exercise.

# YOUR NUTRITION GUIDE

## Carbohydrates continued..

### Traditional Classification of Carbohydrates

- Simple (sugars and fruits etc)
- Complex (breads and cereals)

### Classification System – Glycaemic Index (G.I.)

The Glycaemic Index is the method of assessing and classifying the blood glucose response of foods containing carbohydrates. High G.I. foods cause blood sugar levels to rise quickly after eating, so are ideal for recovery and during exercise. Low G.I. foods are better for endurance and sustained energy. Low G.I. foods should be taken before long periods of exertion, and High G.I. foods during long workouts and for recovery.

### 50G SERVINGS OF CARBOHYDRATE

Bread	4 slices
Pasta (cooked)	1 1/4 cups
Weetbix	4 biscuits
Scones	3 average
Banana	2 medium
Orange/Apple/Pear	3 average
Fruit Roll-up bars	2 1/2
Muesli Bars	2 1/2
Mars Bars	2 1/2
Power Bars	2 1/2
Orange Juice	600ml
Gatorade	850ml

### Sports drinks

These are designed to replace lost fluids and carbohydrates. They can increase your time to exhaustion while exercising, however they are expensive. The best way to use them is as a fluid replacement after exercise. If you intend to use glucose polymer sports drinks such as Exceed, Endura, Gatorade, Isosports etc. do not take them as the manufacturer recommends – dilute with water instead. Sports drinks which are too concentrated, can cause gastrointestinal upsets and retard gastric emptying rate and carbohydrate absorption.

### Before training

The night before big training sessions is the crucial time for refilling your energy stores. A meal consisting mostly of carbohydrate is recommended, eg. a large serve of pasta, with smaller serves of meat.

Complement your meals with bread, juices and water, and if desired finish with a fruit-based dessert. Other good foods include rice, vegetables, chicken (no skin), lean red meat, broccoli, cauliflower and mushrooms.

Carbohydrate super snacks to remember are: strawberry Quick in skim milk, crumpets with honey and jam (no butter) and dry fruit (eg. banana chips).

### After training

Recovery = Replenishment of Glycogen Stores + Rehydration of Fluids. The first 30-60 minutes after a training session are the most important for recovery. It is believed that between 50g and 100g of carbohydrate consumed during this time will promote a more rapid uptake of glucose by the muscle. This leads to a more rapid recovery, as the muscle is able to restore glycogen at a faster rate. Delaying carbohydrate intake for more than 2 hours can delay full recovery for several days.

Choose foods that are high on the Glycaemic Index for recovery. A High G.I. snack straight after exercise will give you the kick-start you need to refuel your muscle energy demands. A commercial sports recovery drink containing added electrolytes might be beneficial if you cannot eat immediately after exercise. Remember: keep your energy levels up and you will train better!

Water also helps your body to replenish energy stores, so make sure you drink plenty.

### Event Day diet

Keep It Simple! Don't try anything new on the event day as it could cause some unknown stresses that you certainly don't need on a journey like this.

Find what works for you during your preparation and stay with it during the trek. Inform your support crew of any special dietary concerns and prepare early for what you'll be using for nutrition on the day.

Replenish your food intake to the equivalent of a muesli bar each hour or similar and stay hydrated 500 ml per hour, more if hot.

# THE DIET



# YOUR HEALTH

## *YOUR BODY IS A TEMPLE... so look after it!*

Looking after your health, and the health of other Champions Challenge participants, is essential. If you observe that something is not quite right with yourself or another participant, please advise your trek leader or medic early – early intervention is paramount. Experience has shown that in some cases this type of activity may cause or aggravate certain injuries. In almost all cases, however, these injuries have arisen due to inadequate preparation by participants.

### COMMON HEALTH CONCERNS

#### Blisters

Are the bane of any hiker's existence! They are the David to your Goliath. Whilst small and relative insignificant, they have the ability to immobilise a trekker. **Blisters are caused by friction** and can be derived from a number of factors such as wet feet, improper footwear, improper preparation. These create a hot spot (red painful area).

The key to a successful hike is to address the hot spots early though reducing friction generally by taping or applying lubricant (suno cream works well).

Also ensure proper preparation such as the following:

- Changing wet footwear
- Strapping or covering vulnerable and exposed regions of the foot
- Wear in any new footwear
- Regular changes of socks

#### Dehydration

Water is the key component of our body; it makes up for approximately 83% of our blood, 76% of our muscles, 75% of our brain and even 25% of your bones. Put simply, if we were to avoid drinking for a few days we would not survive. Therefore, fluid intake is essential within this trek.

Water makes up approximately 50–60% of body weight, a variation of this by more than 6% due to dehydration can lead to heat exhaustion, leaving the participant with symptoms such as, nausea, dizziness, loss of muscle control and much more.

Dehydration can become a serious condition and that is why **it is imperative to for participants to maintain regular fluid intake of 500 ml per hour, more if it is hot.**

#### Chafing

Is another insignificant condition that can cause severe frustration. It is caused by friction produced from contact to the skin, and can be exacerbated by moisture. To reduce the risk of chafing, avoid using loose clothing and keep dry as much as possible. Using well ventilated clothing that removes sweat can also prevent the occurrence of chafing.

#### Sore Lower Backs

The occurrence of lower back pain during treks is often the case of not enough preparation. If participating in exercise for prolonged periods of time the weight of the entire upper body is forced back down to your lower limbs and predominately onto your lower back, causing pain.

To prevent this from occurring it is recommended that participants engage in core and gluteal exercises. This will help your back support and stabilise your upper body reducing the risk of lower back pain.

#### Hypothermia

Hypothermia is when heat loss exceeds heat production and generally occurs when the core body temperature falls below 35°C. Some specific factors that increase your risk of hypothermia include wet and improper clothing, rain and cold weather. Symptoms of hypothermia may include, shaking, dizziness, loss of concentration and drowsiness.

To prevent the risk of this condition ensure you pack appropriate clothing, particularly for the night trek. When you have the opportunity, keep yourself and change clothes where possible. Keep warm during rest periods and rug up, to keep the core temperature stable.

#### Fatigue

Fatigue can expose you to risks far greater than a grumpy attitude! When you're tired your muscle strength is reduced and so is your ability to handle the stresses you put on your body. When fatigued you can become susceptible to musculoskeletal injuries and less capable to maintain thermoregulation.

So keep hydrated, keep nourished and take rest when you need it, remember this is not a race! Most importantly, prepare! If your body knows what it is in for than you are more likely to power through this event and reduce recovery time.



# YOUR HEALTH

FOR US TO TAKE CARE OF YOU, WE REQUEST FULL DISCLOSURE OF ANY PRE-EXISTING MEDICAL CONDITIONS. REMEMBER WE ARE A TEAM, HERE FOR EACH OTHER! SO IF WE KNOW, THEN WE CAN HELP KEEP YOU AND THE TEAM MOVING FORWARD!

The following are the mandatory questions that each person must complete at the time of registration.

How did you find out about the Team Jacob Champions Challenge?

Please tick each box below.

- ☐ I certify that I am physically fit and that I have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person that I cannot participate in the Event and that I have been given the opportunity by the organiser to attend a pre-event briefing session.
- ☐ I understand that this Challenge is a controlled group movement and will stay between front trek leader and rear trek medic.
- ☐ I understand that event staff can request my full or part withdrawal from the event due to fatigue or health safety issues without question.

Do you have any pre-existing health, medical issues or allergies that the Event Medical Crew needs to be made aware of? If Yes, please list below.

☐ I agree to fully read the Team Jacob Champions Challenge Participant Handbook and be fully prepared to trek on the morning of the event.

## PERSONAL MEDICATION

Doctor's Examination – this would be beneficial if all participants had a check-up before commencing their training, ensuring there are no serious medical problems with their heart and lungs cardio vascular and respiratory systems).

1. Do your due diligence in relation to your individual medical plan i.e. use of medications + use of painkillers it is extremely advisable to discuss this with your medical practitioner.
2. Ensure you are physically and mentally prepared on the day.
3. If you are unfortunate to just be recovering from some form of setback i.e. flu, medical operation/illness/injury (regardless of severity) or no training due to life/work commitments please discuss with your medical practitioner or contact us.



## WHAT TO PACK...

FOOTWEAR	proven and trialled hiking shoe or boot.
SPARE LACES	
SOCKS	include one spare.
GATORS	lightweight keep foreign 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. A lightweight jumper or jacket is recommended.
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	
HEAD TORCH (Optional)	lightweight strong beam with spare batteries.
HIKING POLES	personal preference.
SMALL PACK TO CARRY GEAR	durable, tested and trialled.
HYDRATION	camel-pack 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 are also available.
COMMUNICATIONS	mobile phone (fully charged).
PERSONAL ID	

# TIME FOR A STOCKTAKE





# WE SUPPORT



AEIOU Foundation provides early intervention programs for children aged 2 to 6 with moderate to severe autism, focusing on building essential life skills, communication, independence, and social inclusion. Their evidence-based approach is delivered by a dedicated team of therapists and educators, offering a minimum of 20 hours of therapy per week tailored to each child's individual needs. Through comprehensive assessments and personalized Individual Plans developed with families, AEIOU helps children prepare for their next educational setting while aiming to optimize lifelong outcomes.

In addition to child-focused therapy, AEIOU supports parents and carers through regular training and guidance, helping them implement strategies at home and navigate the NDIS. With centres operating year-round in Queensland, South Australia, and the ACT - the Foundation ensures flexible access to care and therapy. AEIOU is also deeply invested in autism research through collaborations with leading academic and research institutions, driving innovation and excellence in early intervention.

Fight4Balance was founded to enhance the lives of youth with functional and intellectual disabilities (FaID) and their families by promoting access to adaptive fitness programs. These structured group activities offer an inclusive space where young people can experience success, build confidence, and form meaningful connections with peers of all abilities. By assembling a passionate, multidisciplinary team—from health professionals to sports and arts leaders—Fight4Balance supports the social, emotional, and physical development of youth with FaID, while empowering families to thrive together.

Youth with FaID often face barriers to participating in regular physical activities, which can lead to poor health outcomes, social isolation, and increased behavioral challenges. Fight4Balance addresses these issues holistically, not only improving physical wellbeing but also helping reduce aggression and stress within families. The program also acknowledges the overlooked experiences of siblings, who often face emotional struggles in silence. By fostering community and resilience, Fight4Balance champions a healthier, more connected future for these young individuals and their loved ones.

