

# NEWSLETTER #5





## **NEWSLETTER #5 CONTENTS**

- Letter from Bear Grylls
- Letter from Scott Flavelle and Kevin Hodder
- Note from Mindy Zemrak and Ashley Holt, Competitor Relations Team
- Fiji DYK (Did You Know?!)
- Important Upcoming Dates
- Certificates of Ability
- Uniform Patch Kit
- Passports & Team Travel Itineraries
- Team Members
- Team Training Photos/Videos
- Closing Party Tickets
- Expedition Guidebook and Maps
- Map Legends
- Glossary of Terms used in the Expedition Guidebook
- Casio Altimeter Watches
- Revisions to the Mandatory Gear List
- Sea Snakes
- Coral Reefs
- Trekking in Agricultural Areas
- Emergency GPS Tracker Device
- Foot Care by Dr. Joe Rowles
- Team Registration in Nadi
- Important Gear Box Notes for Customs
- Fiji Import/Export Process for Teams
- Important TAC Reminder
- Fiji Gas Products & Prices
- FAQ Friday #10



## **LETTER FROM BEAR GRYLLS**

Hi Competitors,

Time seems to be moving faster and faster as we get closer to the most challenging race of your lives, but adventure sometimes does that to us all eh?

We have mentioned before how a big part of this race is how you work with your teammates when under pressure, and the key there is always kindness and courage. But there's another crucial part of the race I want to bring your attention to, and that's survival.

Survival requires us to leave our prejudices & pride at home. It's about doing whatever it takes – and ultimately those with the biggest heart, who are relentlessly resourceful, determined and adaptable, will cross that finish line.

Doing whatever it takes can induce fear, and believe me I'm definitely not fearless. Fear is something I have learnt over the years to walk with and to manage. I have learned how to channel that emotion into something to sharpen me for the adventure ahead.

Whatever methods you use, plan now. Anticipate the fear and prepare yourself for survival. Eco-Challenge will push you to your limits and you will learn more about yourself than you ever imagined. That adventure is closing in... get ready to SURVIVE, THRIVE, WIN...

Keep up the hard work as we approach Eco Challenge race time. Our Fiji adventure is waiting....

Sincerely,

A handwritten signature in black ink that reads "Bear".

Bear Grylls



## **LETTER FROM SCOTT FLAVELLE AND KEVIN HODDER**

Greetings once again Eco-Challengers! We are excited to be back in Fiji for the final preparation of the expedition. The race dates are fast approaching and we consider this newsletter one of our last opportunities to reinforce some critical information.

Although we have mentioned these items in previous documents, we wanted to emphasize the following points:

- Expect a wide range of climatic conditions in Fiji. You will experience heat, rain, wind AND COLD. Plan your clothing accordingly. Be prepared to protect yourselves from the intense sun AND HAVE A SYSTEM TO STAY WARM WHEN WET. Consider a neoprene top or a shorty wetsuit.
- River skills will be crucial! You will be paddling and crossing over numerous rivers during the expedition.
- It is very important to be skilled at sailing and ocean navigation. If you can sail effectively, you will have a huge advantage. Also, it is vital to be able to recognize reefs on the nautical charts and know the tides at which you have to avoid them. If you make contact with a reef you will likely put a hole in your boat and you may not be able to finish the expedition! Please carefully read the entry on navigating around coral reefs that Colin Philp wrote for this newsletter. There is still time to practice these important skills!
- Fiji is not the place to buy the technical items on the Mandatory Gear List. It is important to become familiar with all of your gear well in advance. Know how to use it, know how to pack it and know how to keep it dry!
- You will be mountain biking on dirt roads that are open to local traffic. It is important to expect traffic on these roads. Stay visible and stay aware, especially at night!
- Make sure you have a system that will allow you to stay hydrated and capable of replacing electrolytes effectively and efficiently throughout the expedition.
- All TACs must be prepared to pack and unpack mountain bikes from bike boxes at some of the camps. Along with this task comes basic bike maintenance.
- Lighting! The nights are long and dark in Fiji. Make sure you have sufficient lights and battery power to allow for eleven nights on the course.

## **LETTER FROM SCOTT FLAVELLE AND KEVIN HODDER CONT.**

- At one point in the expedition, one member of your team will have to skin dive down to depths of approximately 5.5m (18') depending on the tide. Ensure that the mask or goggles that you bring is appropriate for these depths and know how to equalize pressure and clear your ears.
- Feet, feet, feet! Expedition racing in the tropics is really, really hard on feet. It is critical that you educate yourselves on footcare and develop a plan that will counteract the beating that your feet will take in Fiji. Carefully review Dr. Rowles' notes on footcare in this newsletter. Make sure you have your chosen foot care products in abundance and know how to apply them.
- Remember to watch out for the salato plant when trekking! Like nettles, the leaves of these plants have hairs that cause painful itching when touched. The irritation can continue for three months and it is aggravated by water. We have been told that the bark of the salato shrub may be a good remedy for the sting of its nettle-like leaves. Thankfully we have not had to test this out! Here is a photo of the plant. It's worth learning how to recognize it.



Finally, we have developed a great respect for the Fijian people. They have been amazing hosts and we're certain they will continue to be so. We will be walking and riding through their villages and they have literally welcomed us into their homes. It's now our turn to pay them back by being courteous and respectful even when we're exhausted!

For now, we wish you the best in your remaining training and preparation!

Stay safe,

Scott and Kev



## **NOTE FROM MINDY ZEMRAK AND ASHLEY HOLT, COMPETITOR RELATIONS TEAM**

Hi Everyone,

We are one step closer to the start of the race – GET EXCITED! There is only one newsletter after this! Can you believe it?! I know we have been sending a ton of information which is why it is so important to re-read the newsletters and FAQ Friday's to make sure you have ALL of the information.

We've included a few important upcoming dates - please be sure to send Ashley all of this information ON TIME. The deadline is EXTREMELY FIRM for certifications:

- **August 1** – Travel Itineraries were DUE (the grid has been emailed out to team captains to fill out). If you didn't send this to Ashley by August 1 please send it ASAP.
- **August 9** – ALL Certifications are DUE. This is a VERY strict deadline.

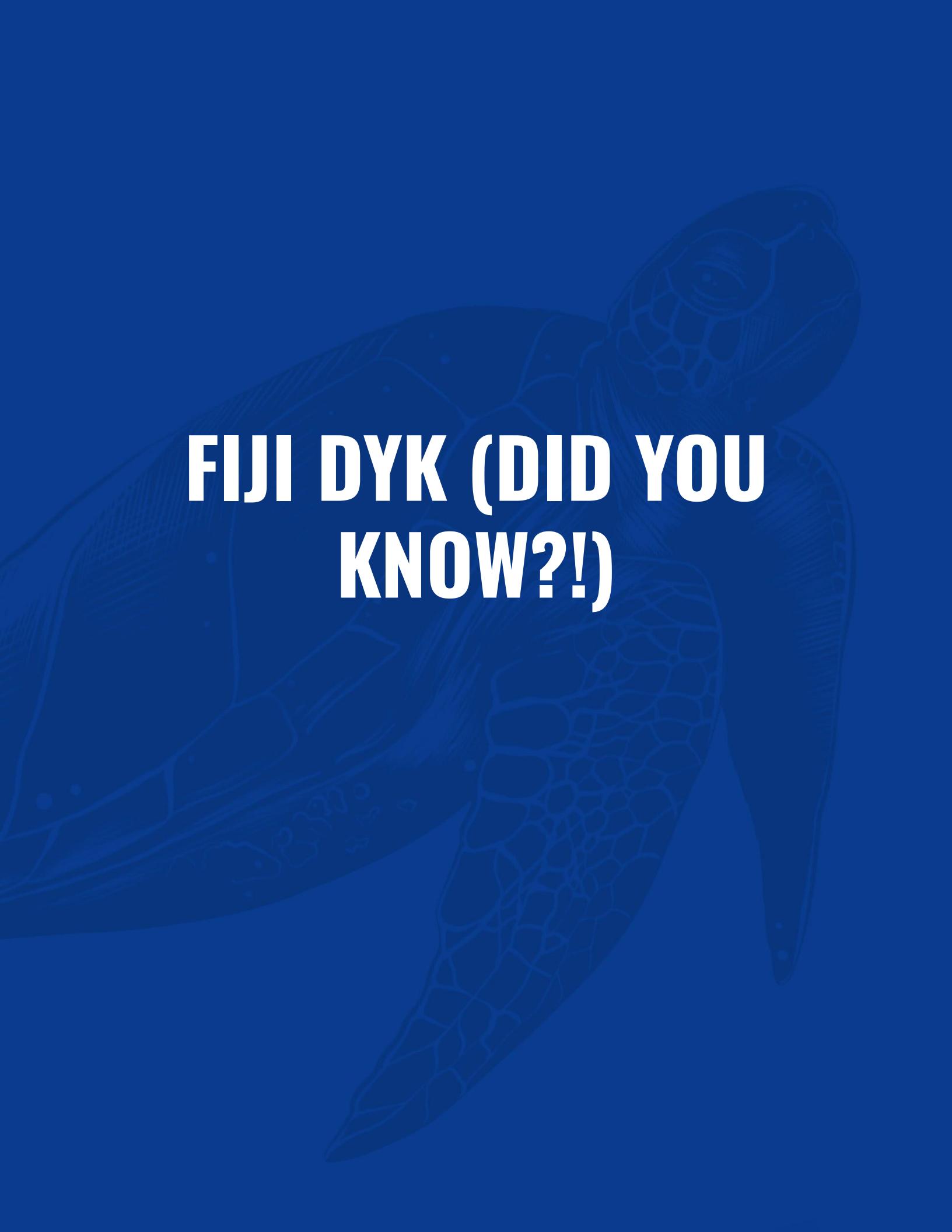
As always please let us know if you have any additional questions. Happy training!

Best,

Mindy & Ashley

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# **FIJI DYK (DID YOU KNOW?!)**

## FIJI D.Y.K (DID YOU KNOW?)

### **The Lovo Feast**

This traditional Fijian meal is prepared in an underground oven called a *lovo*. In a large hole, wood and large flat stones are placed to heat the stones until they are red hot.



Then the remaining wood is removed and the stones are spread out until they are flat. Then the food - pork, chicken, fish, yams, cassava, and taro - is wrapped in banana leaves and placed onto the hot stones. It is covered with more banana leaves, coconut stalks, and damp burlap sacks and left to cook for about two hours.

### **Fire Walking Ceremony**

This ancient Fijian ritual originated on the island of Beqa. Legend says the ability was given by a god to the Sawau tribe.



Traditionally, the fire walkers must observe two strict taboos for two weeks before a fire walk: they cannot have any contact with women and they cannot eat any coconuts. Tradition had it that failure to do so may result in severe burns. When it's time to walk, the fire walkers walk single file across a pit of red-hot stones a few meters in length-and, amazingly, their feet are unscathed.

A photograph of a group of construction workers. They are wearing hard hats, safety vests, and work clothes. Some are wearing safety harnesses and are holding onto ropes or equipment. They appear to be posing for a group photo on a construction site.

# IMPORTANT UPCOMING DATES



## **IMPORTANT UPCOMING DATES**

The race will take place entirely within the month of September 2019. Specific dates as of now are as follows (though these dates are subject to further change). **Please note the registration start time on September 6 has changed:**

<b><u>Month</u></b>	<b><u>Date</u></b>	<b><u>Event</u></b>
September	5	Team Members Arrive in Nadi, Fiji
	6	Remaining Team Members Arrive in Nadi, Fiji. Competitor Registration and Ability Testing opens at 8 AM.
	7	Competitor Registration and Ability Testing 8 AM – 6 PM
	8	Competitor Registration and Ability Testing, Team Registration and Ability Testing 8 AM – 5 PM Race Briefing Begins at 7 PM
	9	Eco Service Project & Traveling to the Start
	10	Race Start
	21	Race Cut Off: Noon 5 PM: Prize Giving and Awards Ceremony - Pullman Resort 6 PM: Closing Party – Pullman Resort
	22	Team Members Depart Nadi, Fiji



## **COMPETITOR NEWSLETTER SCHEDULE**

All newsletters can be found on the competitor website. Like we've mentioned before, we trust that you will take the time to read each newsletter carefully and reply if/as requested, such as by filling out forms or answering questions.

As a reminder, the Eco-Challenge Fiji secure competitor website section can be found at:

<https://www.ecochallenge.com/team-login/>

password: bula

*This site is for registered Eco-Challenge Fiji competitors and team assistant crew members only and may not be shared with others.*

The following is the Competitor Newsletter calendar for Eco-Challenge Fiji (subject to change):

Monday, August 19	Newsletter #6
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A dark blue-tinted photograph of a group of people in what appears to be a classroom or lecture hall. Several individuals are visible in the foreground and middle ground, looking towards the right side of the frame where a presentation is likely taking place. The lighting is low, creating a moody atmosphere.

# CERTIFICATES OF ABILITY



## CERTIFICATES OF ABILITY

Please remember that all certificates of ability are **due by August 9, 2019**. Teams who have not submitted their certificates by August 9, 2019 may not be allowed to race. We will be rigorous in enforcing this deadline. Safety is an important factor in this race and the certificates are an important component of our safety plan. Please take note of the following:

- Certificates from previous Eco-Challenge races do not apply. You must submit a new certificate for this year's race.
- If a team member's experience meets the qualifications listed on the certificate, then you may have them sign the certificates for your team. Please follow the directions on the certificate and attach proof of why they are qualified to sign.
- **Any team member missing a signed Certificate of Ability will NOT be allowed to race.**

Below is a reminder of the Certificates of Ability that must be turned in:

- **Fixed Ropes:**
  - **Each competitor** must have a qualified climbing instructor or mountain guide verify that they have achieved the skills specified on the certificate and sign the document.
- **Navigation and Jungle Travel:**
  - **At least two (2)** competitors per team need to have the Navigation and Jungle Travel Certificate of Ability signed by a qualified guide or instructor.
- **Whitewater Rafting and Swiftwater:**
  - **Each competitor** must have a copy of the Whitewater Rafting and Swiftwater Certificate of Ability signed by a qualified river rescue instructor or river guide.
- **Wilderness First Aid and CPR Certification:**
  - **At least two (2)** competitors per team must hold basic first aid certification from a registered training facility.
  - A valid First Aid certificate that includes a **minimum** of 13 hours of Wilderness First Aid and CPR training.

If you have any questions on the deadline or on the certificates themselves please e-mail or call Ashley right away at: [comprel@ecochallenge.com](mailto:comprel@ecochallenge.com).

A large sea turtle, likely a green sea turtle, is shown swimming gracefully from left to right against a dark blue background. The turtle's head is turned slightly towards the viewer, showing its eye and mouth. Its body is covered in distinct scutes, and its flippers are visible. The overall image has a soft, slightly out-of-focus quality.

# UNIFORM PATCH KIT



## **UNIFORM PATCH KIT**

Uniform patch kit's have been sent out to teams. You should be receiving them this week or early next week. Please email Ashley at [comprel@ecochallenge.com](mailto:comprel@ecochallenge.com) when they arrive.

**PLEASE confirm that your uniform has been approved before placing the patches on them. If you have any questions about patch placement please contact Ashley as soon as possible.**





# PASSPORTS & TEAM TRAVEL ITINERARIES



## **PASSPORTS**

All passports were due to Ashley on **July 12, 2019**. Some teams STILL haven't sent in their passports. This information is needed for the Fiji Immigration and Custom Departments. Please email these to Ashley ASAP.

## **TEAM TRAVEL ITINERARIES**

The travel itinerary deadline was **August 1, 2019**.

We must have this information from every competitor in order to arrange airport transfers, as well as for the Fiji Immigration and Custom departments. **If you haven't sent this to Ashley yet, please send it to her ASAP.**

As stated in Newsletter #1 and Newsletter #2, all members of your team should arrive in Nadi, Fiji no later than September 6. We HIGHLY RECOMMEND that you arrive in Nadi on September 5 or 6 to ensure that your race equipment arrives with you in time.

Please remember depending on where you are coming from you might lose 2 days. For example, if you leave on the 4<sup>th</sup>, you will arrive in Fiji on the 6<sup>th</sup>. **PLEASE be aware of this.**



# TEAM MEMBERS



## TEAM MEMBERS

The original team member confirmation date was **June 1, 2019**. We understand that things happen but as of now **ALL teams must be locked**.

If a team member gets injured, please email Ashley immediately letting her know. Since we are so close to the race, **if you have to replace anyone, there is a chance that your team might not be allowed to race**.





# **TEAM TRAINING PHOTOS AND VIDEOS**



## **TEAM TRAINING PHOTOS AND VIDEOS**

Please continue documenting your team's training. Here are some guidelines:

- Take videos and photos of your team training.
- These can be solo videos/photos; you don't have to all be together.
- Start doing video diaries of the hard moments explaining why you are having a hard time, etc.
- These can be taken on an iPhone or camera – whatever device is easiest for you.
- Please continue sending these to Ashley on the [comprel@ecochallenge.com](mailto:comprel@ecochallenge.com) email.

**General guidelines for submitting photos & videos:**

- **Please submit photos/videos that you or someone on your team owns.**
  - This means that you or someone on your team took the photo/video.
  - If someone on your team did NOT take the photo/video, please only submit photos/videos that someone who you are in close contact with took (the person who took the photo will need them to sign a release).
  - Please do not submit any photos/videos taken by a third-party professional photographer (these can be difficult to clear).
  - When sending photos/videos, please let us know who took each photo/video.
- **Please submit photos/videos of only you and your teammates.**
  - Please try to avoid photos/videos with other individuals unless they can easily be cropped out or you are in close contact with those individual(s) and they would be willing to sign a release.
- **Please try to avoid sending photos/videos with any third-party intellectual property.**
  - This means no logos, artwork, graphics, designs, music, videos, etc., unless they can easily be cropped or painted out or any of those materials are owned by someone on your team.

A photograph showing several construction workers from behind, standing on a large, dark steel beam. They are wearing white hard hats, light-colored shirts, and dark trousers. One worker's shirt has "CONTRACTOR" printed on it. They are looking towards a bright blue sky. The background shows more of the steel framework of a building under construction.

# CLOSING PARTY TICKETS



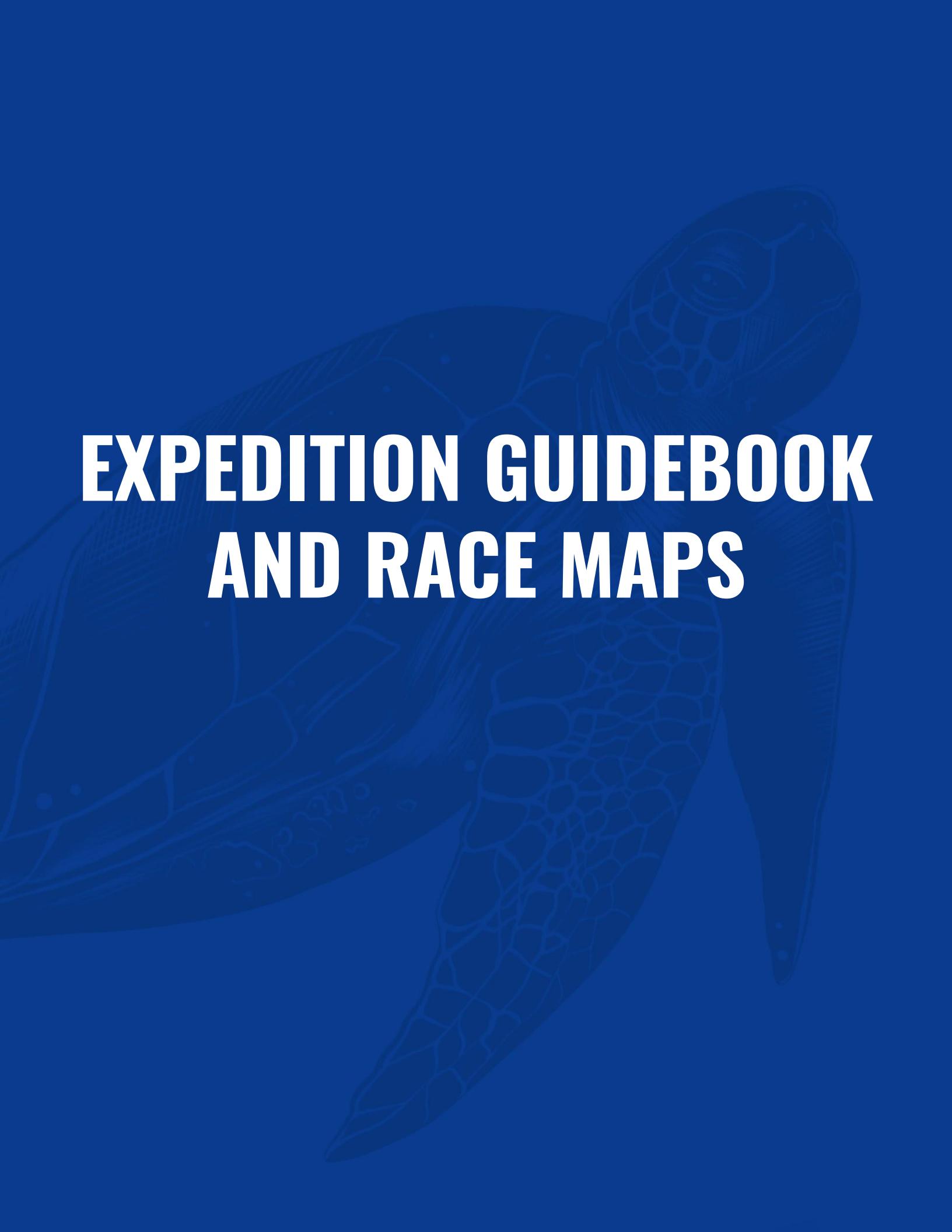
## CLOSING PARTY TICKETS

Each team will be receiving 10 tickets for the closing party on **September 21**. This means:

- 5 tickets are for the 5 team members
- 5 tickets are for family members/friends

If you are not planning on using all 10 of your tickets please let Ashley & Mindy know as soon as possible so we may offer unused tickets to other teams who would like to bring more people. Extra tickets are NOT guaranteed.





# **EXPEDITION GUIDEBOOK AND RACE MAPS**

## EXPEDITION GUIDEBOOK AND RACE MAPS

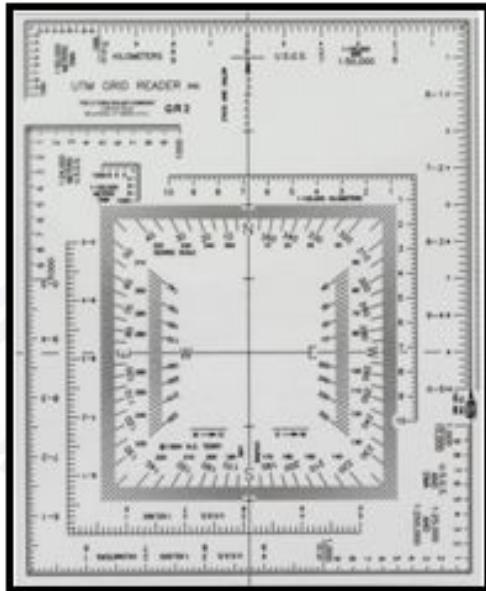
The Expedition Guidebook, along with the associated race maps will be your main sources of information, directions and course-specific rules. Please note:

- You will not be given the whole guidebook or all of the maps at the start of the expedition. You will receive new guidebook and map packages as you progress along the course.
- The topographic maps will be of a scale of 1:50,000 and the nautical charts will be 1:75,000.
- The guidebook will provide you with 6-figure grid references for significant locations (including checkpoints) on the topographic maps and the nautical charts.
- Quotation marks will be placed around the names of locations (villages, rivers, bodies of water, etc.) that are labeled on the map. This is important because sometimes the local people call a place by a different name than what appears on the map! So, if you see quotation marks around a place name, you know we are referring to the name that is written on the map.
- Here's an example. If the guidebook were to say: **Checkpoint 1 is located on “Nananu-i-ra Island” at grid reference 426686**, you would know the checkpoint would be located where the red dot is placed on the image below.

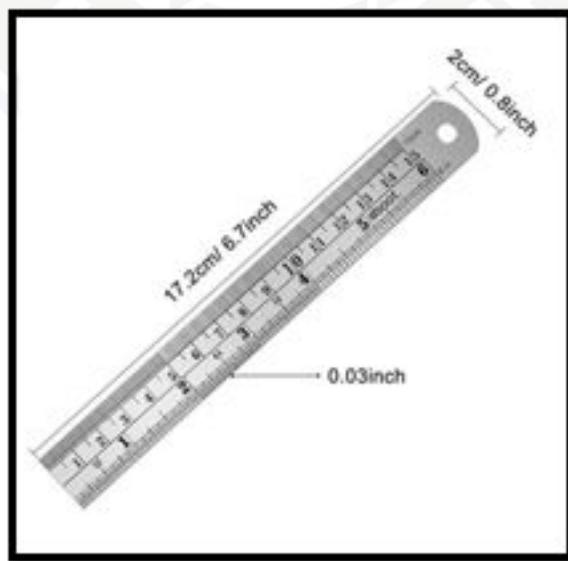


## EXPEDITION GUIDEBOOK AND RACE MAPS CONT.

I find a plotting tool like [this](#), useful for determining grid references on the 1:50,000 scale maps. They're light, cheap and accurate!



Unfortunately, this tool does not have a plotter for 1:75,000 scale maps so I use a metric ruler like this [example](#).



# MAP LEGENDS

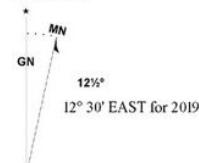
# MAP LEGENDS

Below is the legend for the series of topographic maps that you will be provided with:

ROADS AND RAILWAYS		WATER FEATURES																																																																																			
Main road sealed	—	Coastline: Definite, Indefinite	—																																																																																		
Main road unsealed	- - -	Foresore flat	—																																																																																		
Secondary road sealed	—	Sand	—																																																																																		
Secondary road unsealed	- - -	Rock	—																																																																																		
Urban road	—	Reef: Prominent, Submerged	—																																																																																		
Other road	—	Anchorage, Wreck, Pier or Jetty	—																																																																																		
Vehicle track	—	Beacon, Lighthouse	—																																																																																		
Foot track	—	River or Stream	—																																																																																		
Light railway or tramline	- - -	Canal, Lake, Swamp	—																																																																																		
Bridge two lane	—	Dry Dock	—																																																																																		
Bridge one lane	—	Slipway	—																																																																																		
Footbridge	x	Boat Ramp	—																																																																																		
Embankment	—	Indefinite Stream	—																																																																																		
Cutting	—	Waterfall, Rapids	—																																																																																		
Causeway	—	Dam or Weir	—																																																																																		
Tunnel	—	Ponds or Small Dam	—																																																																																		
Gate, Cattle grid	x	Land Subject to inundation	—																																																																																		
Yard	□	Cold Spring, Hot Spring	• •																																																																																		
MISCELLANEOUS		CHANNEL OR DRAIN																																																																																			
Built up area	—	Bore or Well	•																																																																																		
Large building	—	Creeks disappearing under ground	—																																																																																		
Building or Shed	—	Rice fields	—																																																																																		
Village	—	VEGETATION FEATURES																																																																																			
Village (Symbolized)	●	Historical site	■	Dense Forest	—	Ruin	○	Medium Forest	—	Monument	▲	Scattered Forest	—	Heliport or Heli pad	□	Scrub	—	Pumping Station	•	Pines	—	Telecommunications Tower	△	Coconut Palms	—	Windmill or Generator	×	Orchard, Sugar Cane	—	Water Tank	○	Mangrove	—	Storage Tank (other than water)	•	Reeds or Grass	—	Mine, Quarry	♂	Shelter Belt, Trees	—	Cave	•	Cultivation	—	Pipeline	—	RELIEF FEATURES		Fence	—	Intermediate Contour	—	Power line on Pylons	—	Index Contour	—	Power line on Poles	—	Supplementary Contour	—	Telephone lines	—	Depression Contour	—	Levee Bank	—	Index depression contour	—	Divisional Boundary	—	Cliff or Escarpment	—	Provincial Boundary	—	Sand dunes	—	District Boundary	—	Pinnacle or Rock column	•	Minor Administrative Boundary	—	Sinkhole	•
Historical site	■	Dense Forest	—																																																																																		
Ruin	○	Medium Forest	—																																																																																		
Monument	▲	Scattered Forest	—																																																																																		
Heliport or Heli pad	□	Scrub	—																																																																																		
Pumping Station	•	Pines	—																																																																																		
Telecommunications Tower	△	Coconut Palms	—																																																																																		
Windmill or Generator	×	Orchard, Sugar Cane	—																																																																																		
Water Tank	○	Mangrove	—																																																																																		
Storage Tank (other than water)	•	Reeds or Grass	—																																																																																		
Mine, Quarry	♂	Shelter Belt, Trees	—																																																																																		
Cave	•	Cultivation	—																																																																																		
Pipeline	—	RELIEF FEATURES																																																																																			
Fence	—	Intermediate Contour	—																																																																																		
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District Boundary	—	Pinnacle or Rock column	•																																																																																		
Minor Administrative Boundary	—	Sinkhole	•																																																																																		

The representation on this map or a road, track or footpath does not necessarily indicate a public right of way.

#### Declination



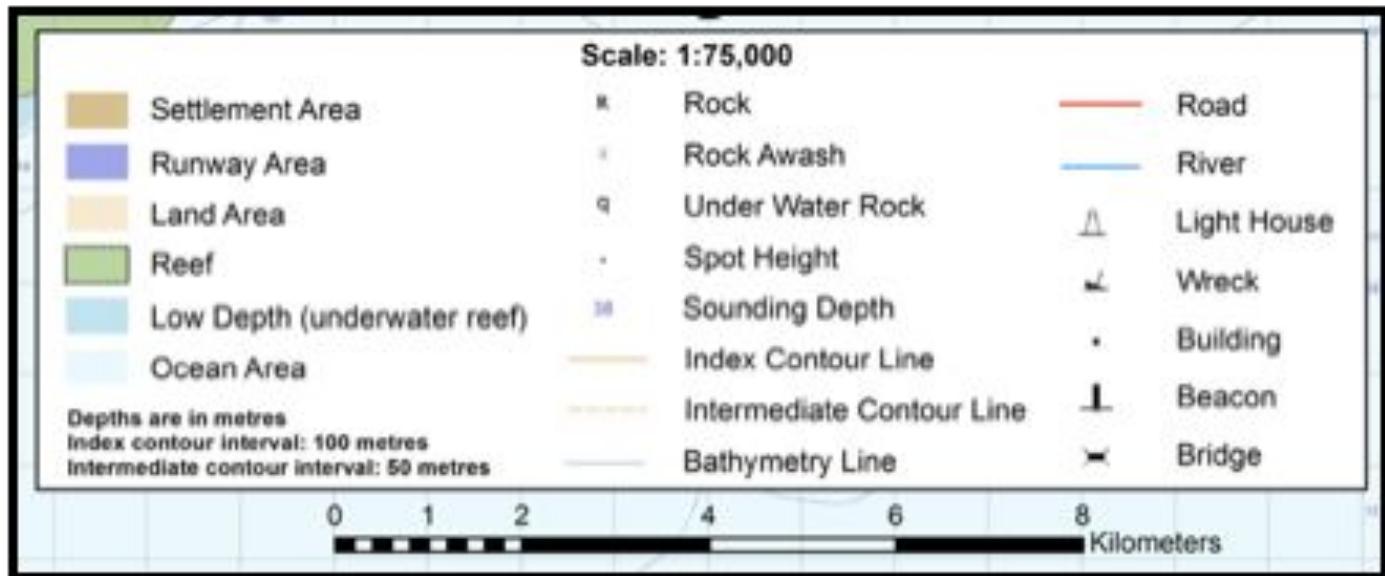
#### Elevation

THE VERTICAL INTERVAL BETWEEN CONTOURS IS 20 METRES HEIGHTS ARE IN METRES ABOVE MEAN SEA LEVEL

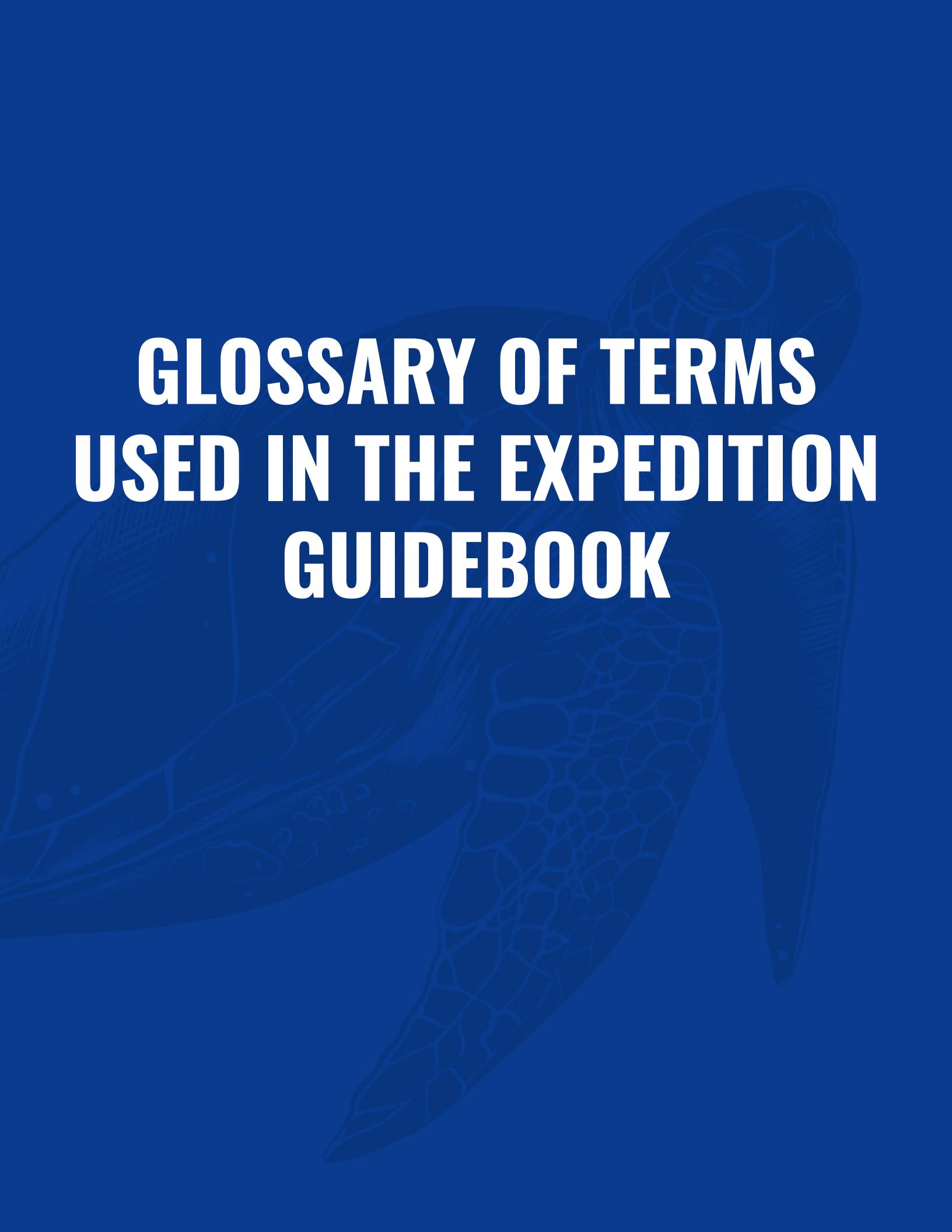
Note that the declination for 2019 has been figured out for you. No need for math!

## MAP LEGENDS CONT.

Below is the legend for the series of nautical charts that you will be provided with:



These charts will also give you the declination for 2019.



# **GLOSSARY OF TERMS USED IN THE EXPEDITION GUIDEBOOK**



## **GLOSSARY OF TERMS USED IN THE EXPEDITION GUIDEBOOK**

**Active Road** – a road open to public traffic. Expect vehicles on these roads! Ride and trek with caution!

**Camp** – a place on the course where the Competitors will have access to their Team Assistant Crew and their gearboxes.

**Competitor** – one of four (4) athletes on a Team that will actively race on the course.

**Checkpoint (CP)** – a place on the course where teams must pass through in numerical sequence. Upon arrival, the team must sign into the checkpoint and prior to departure, they must sign out.

**Cut-Off Time** – a time before which, all four (4) Competitors from a Team must arrive at the associated Cut-Off Point in order to remain in the race.

**Cut-Off Point** – a place where all four (4) Competitors from a Team must arrive before the associated Cut-Off Time.

**Dark Zone** – a section of the course which is closed during the hours of darkness.

**Discipline** – The sporting activity which the teams will be participating in during a specific section of the course. Examples are mountain biking and fixed ropes.

**Eco-Challenge Passport** – the booklet that must be signed at each CP. Each Team will be given one at Competitor Registration.

**Gear Drop-Off (GDO)** – a place on the course where Competitors will drop off gear (either personal or provided by Event Organizers) with Event Organizers before continuing along the course.

**Gear Pick-Up (GPU)** – a place on the course where Competitors will pick up gear (either personal or provided by Event Organizers) as preplaced by Event Organizers.

**MUST and MUST NOT** – when these words are written in all-caps and bold type, they are stating a rule. Breaking these rules may result in penalty or disqualification.

**Participant** – either a Competitor or a Team Assistant Crew member.



## GLOSSARY OF TERMS USED IN THE EXPEDITION GUIDEBOOK CONT.

**Race Management** – the group of individuals responsible for managing all operations on the course. This group includes but may not be limited to Race Technical Director, Race Director, Lead Race Coordinator, Leg Coordinators and Race Coordinator.

**River Left** – the left side of the river when facing downstream.

**River Right** – the right side of the river when facing downstream.

**Team** – comprised of four (4) Competitors and one (1) Team Assistant Crew member.

**Team Assistant Crew (TAC)** – the individual that will assist the Competitors on their Team at the Strat, the Camps and the Finish.

A black and white photograph showing a group of climbers rappelling down a steep, rocky cliff face. Several climbers are visible, each attached to a rope and wearing safety gear like helmets and harnesses. The background shows more of the rugged mountain terrain.

# CASIO ALTIMETER WATCHES



## **CASIO ALTIMETER WATCHES**

As you know, we are providing each team with two Casio altimeter watches. These are the only watches that competitors will be allowed to use on the course. The model of watch is SGW300HB-3AV.

You will receive these watches at Competitor Registration and it will be your responsibility to learn how to use them before the expedition. It would be wise to research the watch in advance. The owner's manual is available at the following [link](#).

Please note: teams will be allowed to keep these watches at the end of the race.





# **REVISIONS TO THE MANDATORY GEAR LIST**

## REVISIONS TO THE MANDATORY GEAR LIST

**1. Rear Reflector:** We have reduced the mandatory minimum size of the rear reflector to 15cm (5.9") SQUARE. Here is a picture of a reflector that is 5cm x 3.5cm and is therefore compliant.



**2. Headlamp:** We have simplified the headlamp requirements. The headlamp does NOT need to flash (strobe) on the white light setting. Here are the updated requirements of the headlamps:

***The headlamp must be waterproof with a red-light setting.***

***Competitors will be required to wear their headlamps on the red-light setting while stand up paddle boarding at night. You will need enough batteries for multiple nights.***

**3. Accessory Cord:** Each team must bring a minimum of 5m (16') of accessory cord. The accessory cord must be of a minimum diameter of 3mm. 550 paracord is acceptable. This cordage will be available to your team for tasks such as tying glow sticks onto the bow and stern of your outriggers. You are welcome to cut the 5m into shorter lengths so you can distribute it between your team members.

**4. Throw Bag:** Apologies, we made an error in conversion from metric to imperial units on the dimensions of the throw bag rope. The throw bag specifications should read, "Containing at least 15m (49') of 6mm (0.25") of commercial throw bag rope. Should be in new condition and be a purpose-built whitewater throw bag. Example: NRS Wedge Rescue Throw Bag."

**5. Mountain Bikes:** Although this is not a change, we want to emphasize that the bikes you bring to Fiji must be a mountain bike, NOT a cyclocross bike or gravel bikes.



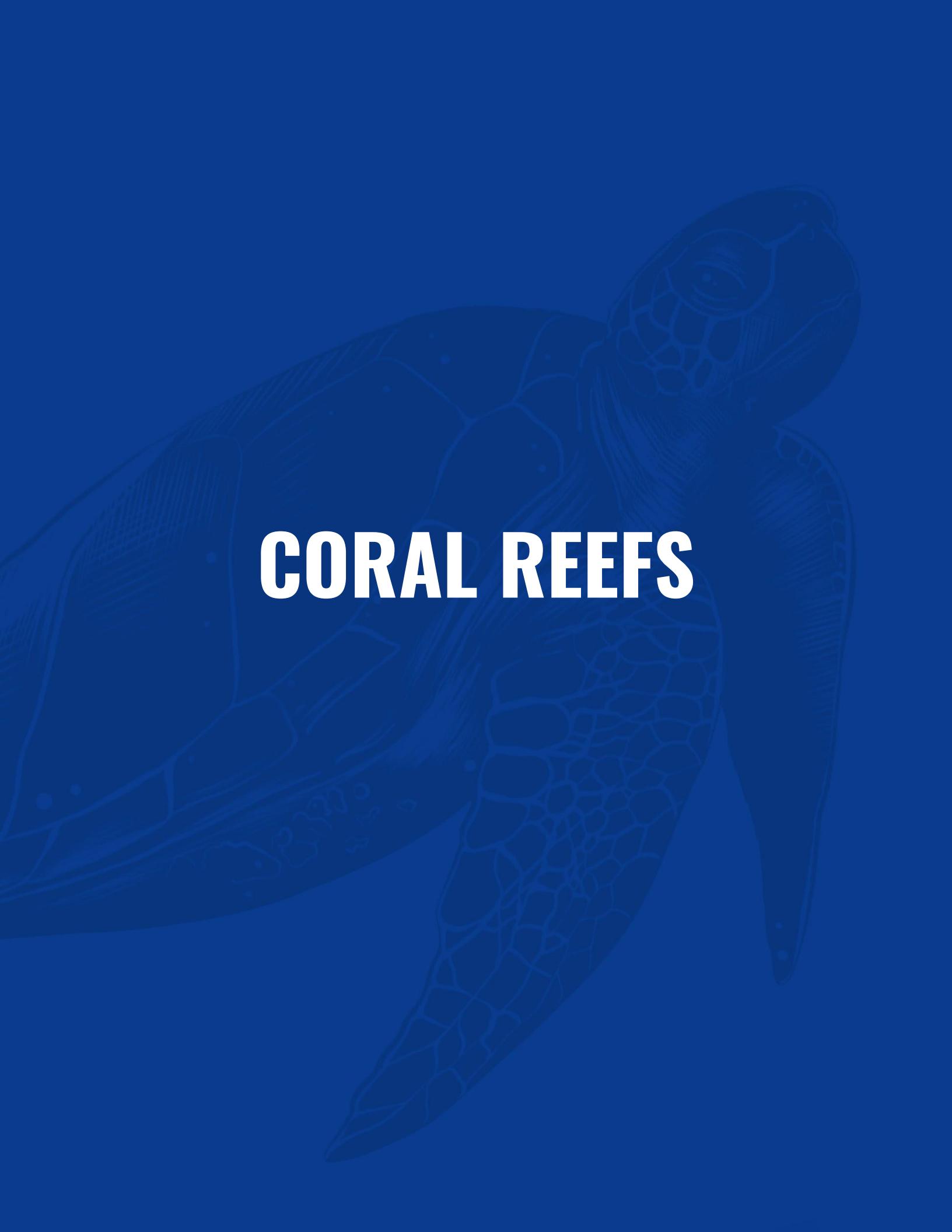
# SEA SNAKES

## SEA SNAKES

Although there are no dangerous snakes in the jungles of Fiji, the highly venomous black and white banded sea snakes reside along the coastlines and lagoons. They are usually docile and will not attack people unless they are provoked.



Their venom is 20 times stronger than any land snake; however, it is reported that their mouths are so small they can only open wide enough to bite the webbing between fingers and toes. For these reasons, it is best to give these snakes their space and wear closed-toed footwear while on the shores of Fiji.

A large sea turtle, likely a green sea turtle, is shown swimming gracefully from left to right against a dark blue background. The turtle's head is turned slightly towards the viewer, showing its eye and mouth. Its front flippers are extended forward, and its back flipper is visible. The shell has distinct scutes and some small white spots. The overall mood is serene and suggests a connection to marine life.

# CORAL REEFS

## CORAL REEFS

By Ocean Leg Coordinator – Colin Philp

Eco-Challenge is not only an amazing expedition race, it is a once in a lifetime opportunity to see some of the most pristine ecosystems left on the planet. Healthy coral reefs are a major reason why Fiji has such amazing abundance of marine life and some of the most beautiful beaches in the world.

The earth is made up of 70 percent water, and within these vast bodies of water lives an abundance of marine life, including colorful coral reefs. Unfortunately, 60 percent of these underwater ecosystems are under threat of being lost in the next three decades due to overfishing, pollution and other human influences.

Sometimes referred to as “underwater rainforests,” coral reefs constantly bustle with life and activity—in fact, the reef itself is alive, made up of tiny coral polyps. Fiji is home to over 300 reef building coral species!

### Why are coral reefs so important?

It is not just marine life that rely on coral reefs; humans do too. Local communities have a strong historical and cultural connection to their natural resources and have maintained their traditional management practice known as *tabu* (temporary fisheries closure) within these fishing grounds.

- Fiji is home to over 1000 fish species, sharks and endangered sea turtles and coral reefs provide a valuable habitat for these species.
- These ecosystems form natural barriers against storms, cyclones and tsunamis, reducing the risk of flooding, damage to land and coastal erosion.
- Coral reefs and the ecosystems they protect are the backbone of our tourism industry and the main reason Fiji attracts nearly 1 million visitors a year.
- Fiji is on the front line of climate change and coral reefs provide a natural barometer on the state of our marine and terrestrial environment as poor land-based practices also affect our coral reefs.

## **CORAL REEFS CONT.**

*By Ocean Leg Coordinator – Colin Philp*

### Tides

Fiji has a tidal shift of around six feet but this varies according to the moon phases. For example, on a full moon and a few days after you will experience the lowest and highest tides and well over seven feet of tidal difference between high and low.

During a half moon, the difference between high and low tides will be at its lowest. That is, the low tides won't be very low and the high tides won't be very high so the tidal movement will only be around four to five feet.

The tides will change every six hours so, if it is high tide at 06:30 hours, low tide will be 6 hours later or 12:30 hours. The tide generally gets later each day by an average of 45 – 50 minutes. So, if it is high tide at 06:30 hours today, it will be high tide tomorrow at around 07:15 hours, give or take a few minutes.

The moon is also useful for reading the tide. Day or night, if the moon is visible to the east or west of you then you can tell what the tide is doing. The closer to the horizon then the higher the tide is. If the moon is east of you and at a 45-degree angle then it is half tide and dropping. Low tide will be when the moon is directly above you and the moon 45 degrees to the west means the tide is rising. High tide will be when the moon sets to the west.

This can be confusing at times so remember to refer to the provided tide charts that is printed on the nautical charts that you will be given by Race Management.

## CORAL REEFS CONT.

By Ocean Leg Coordinator – Colin Philp

### What you can do to help protect coral reefs during Eco-Challenge

It is very important to keep in mind that the straightest route will not necessarily be the fastest as reefs will slow you down or cause significant damage to your craft should you run into them at lower tides.

Here are a few ideas on how you can help protect Fiji's coral reefs:

- Pay close attention to the provided tide charts so that you always know if the tide is rising or falling.
- Ensure one or more of your teammates acts as a “reef spotter” and keeps an eye out for shallow reef areas.
- By wearing polarised sunglasses, you have a much better chance of spotting the reefs around you!
- Beacons or marker buoys will mark any particularly dangerous reef areas and many of these beacons or markers will have a strobe light on them at night. Look out for these markers and navigate around them!
- During the day it will be quite clear to see which side of the beacon to pass as they will have an arrow on them or you will be able to see the reef on either side of the beacon as they are generally placed on the edge of the reef. At night however, you will need to use the nautical chart to determine which side of the beacon is safe passage. It is advisable to use your headlamps and dive light as you get closer. Since judging distances at night can be difficult so it would be advisable drop your sail and paddle until you have passed the beacon or marker.
- Ensure you are only using **mineral, reef safe sunscreens** during the entire expedition (note: locally manufactured mineral sunscreens will be available for sale at Competitor Registration).

Having explained the importance of Coral Reefs to Fiji, we hope you will pay particular attention to being “**Reef Safe**” and doing your best as a team to help protect one of Fiji's most important natural resources.

As a final note, there are several paddling clubs in Fiji that are in need of paddles. It would be an incredible gift if any teams were able to leave behind any of their paddles. We will ensure that any team that does so gets a handwritten thank you note mailed to them in response. Please let me or any of the siling instructors at Camakau stations at Competitor Registration know if you would be interested.

Vinaka Va Levu!

A dark blue-toned photograph of a person from the waist up. They are wearing a blue Columbia backpack with a white logo patch on the shoulder and a grey Salomon jacket over a light-colored shirt. The background is a blurred landscape of green fields and trees.

# TREKKING IN AGRICULTURAL AREAS

## TREKKING IN AGRICULTURAL AREAS

By Race Director - Kevin Hodder

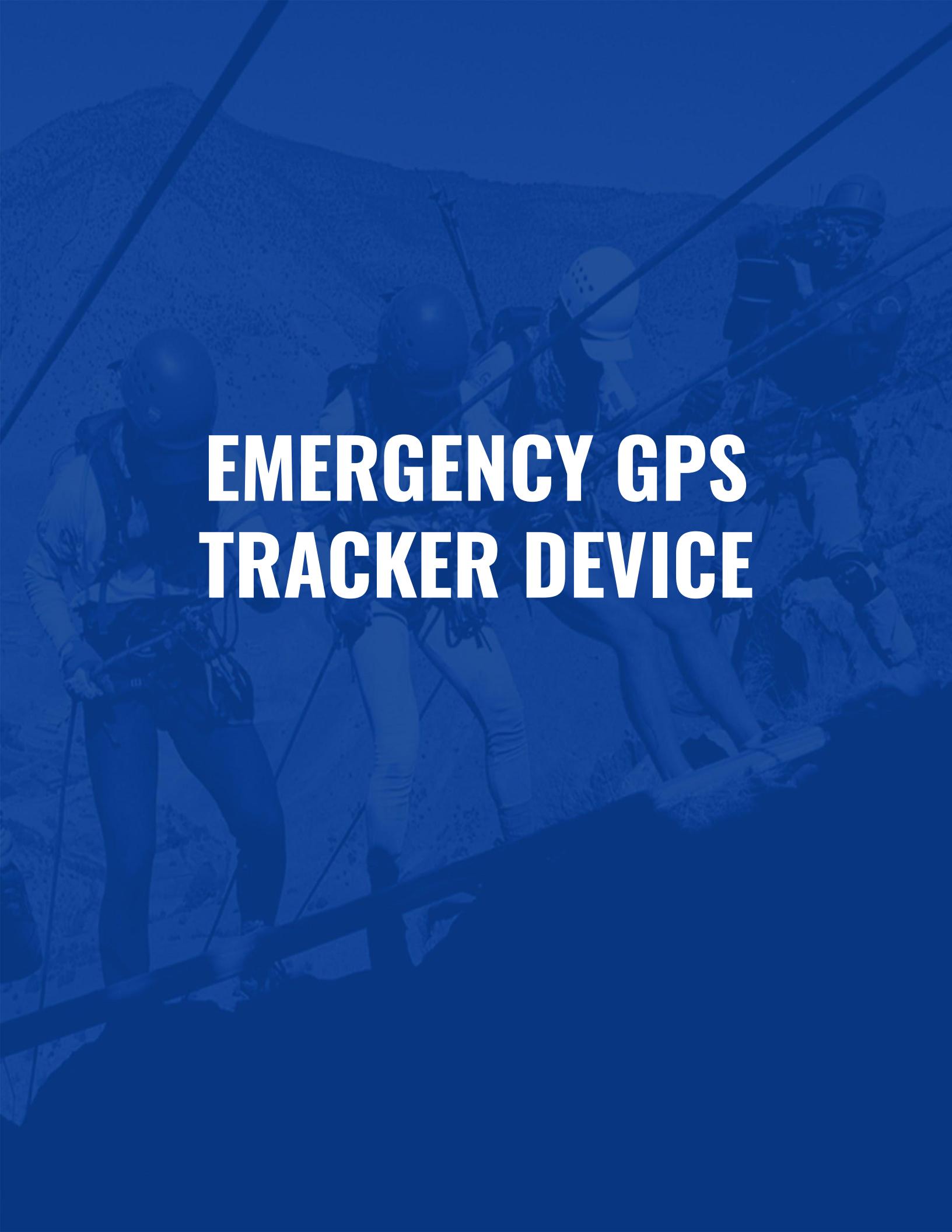
Villages in Fiji rely on local agricultural activities to sustain themselves. It is critical that we do not have a negative impact on their operations. It is imperative that you:

- Pay careful attention so as not to trample crops.
- Use gates and stiles (steps over fences) when they are available. Please beware that barbed wire is often used for fencing and gating in rural areas.
- Leave gates as you find them. In other words, if you pass through a gate that you found open, please leave it open.
- Avoid startling or disturbing livestock.

In rural areas, farms can be comprised of small plots dispersed within other vegetation. For this reason, they may not be immediately recognizable as farms. Generally, these small plots will be in a clearing adjacent a trail. If you find yourself within one of these areas, backtrack to the perimeter of the plot and walk around it.

Kava is the most valuable crop in rural areas and it is particularly important to avoid damaging it. Please see the photo below of a kava plantation in Fiji and familiarize yourself with the appearance.



A black and white photograph showing a team of emergency responders rappelling down the side of a building. They are wearing hard hats, safety harnesses, and are connected by ropes. The scene is set against a backdrop of a city skyline at night.

# EMERGENCY GPS TRACKER DEVICE

## **EMERGENCY GPS TRACKER DEVICE**

*By Operations Coordinator – Philippe Gautier*

A YB tracking device and a waterproof holster will be distributed to each team before the expedition. One competitor from each team must use the holster to carry their device on the outside of their backpack for the entire expedition. Given adequate exposure to the open sky, the tracker should allow for the following:

- Race Headquarters (HQ) to monitor the position and progress of each team on the course.
- Teams to send an “Alert” message to HQ if they are in distress.

The device weighs approximately 305g (11oz) without the harness.



## **EMERGENCY GPS TRACKER DEVICE CONT.**

*By Operations Coordinator – Philippe Gautier*



**YB tracker in waterproof harness**

### **Emergency Communication**

There is a red button at the bottom of the device. This is the “Alert” button and can be pressed to send a distress signal. The device also has the ability to send and receive messages from HQ.



## **EMERGENCY GPS TRACKER DEVICE CONT.**

*By Operations Coordinator – Philippe Gautier*

### **Battery and Device Management**

It is essential that the tracker be carried vertically on the outside of a pack. The device must have a clear view of the sky at all times. The device should only be removed from the holster for emergency communications or when swapping it out for a freshly charged tracker at designated locations along the course.

It is critical that the device does not get buried under gear, carried upside down or taken into buildings. This will drain the battery very quickly! Each team captain must take on the responsibility of ensuring that their tracker is positioned correctly at all times. The safety of your team relies upon this.

### **Training and Reference**

There will be a short training session on the use of the tracker at the Race Briefing. A laminated reference card for the use of the tracker will be provided and must be carried on the expedition.



# FOOTCARE

# FOOTCARE

By Eco-Challenge Medical Director – Dr. Joe Rowles

Preparation and care of your feet during the expedition is extremely important. Everyone should develop their own footcare regimen that fits their needs. What works for you might not work for your teammates so spend time to determine the personal needs of each individual. I have compiled some information that might help you stay on your feet a bit longer. For more detail have a look at the book and website 'Fixing Your Feet' by John Vonhof. It is highly recommended by Kev Hodder, Race Director.

## Pre-race

Preparation is key. Inspect your feet and look out for any redness or itchiness between the toes, scaly rash or discolored, thick, brittle or painful nails. These could indicate a fungal infection that needs to be resolved before the race.



*Tinea pedis (athlete's foot) commonly occurs between 4<sup>th</sup> and 5<sup>th</sup> toes but can affect most of the foot*

Try to avoid developing callouses on your feet, they can transfer shearing forces to the skin layers, causing blisters underneath the callous. These blisters can be very painful and difficult to treat. Gently remove callouses with a pumice stone being careful not to remove too much skin.

## Shoes

Your footwear should be well-tested and broken in. Make sure you test your shoes in a variety of terrain with the socks you intend to use for the race. As we all know, Fiji will be very wet so make sure your preparation includes time with wet shoes and socks to see how they perform. Shoes and socks harbor lots of microbes, ensure you give them a thorough cleaning before you depart for Fiji.

# **FOOTCARE CONT.**

*By Eco-Challenge Medical Director – Dr. Joe Rowles*

## **Socks**

Again, you have to find out what works best for you. Many people advocate wearing two thin pairs of socks which slide over each other. The intent is to reduce the shearing forces on the skin and prevent (or delay) blisters. Some people find that this “2 in 1” system can cause problems however. The inner sock can bunch up, particularly with damp feet and may be difficult to adjust as if it is stuck to the outer sock. It is advisable to avoid cotton socks since they absorb water and microbes and dry very slowly. Socks made of a technical material are usually a blend of natural and synthetic fibers and offer the best performance. Putting on clean, dry socks is a real treat during a long race. Do so as often as possible!

## **Medical Conditions**

Trench Foot, also known as Non-Freezing Cold Injury, is caused by prolonged exposure to cold and wet conditions above freezing. Trench foot can be extremely serious, occasionally leading to amputations. The good news is that it is extremely unlikely that conditions in Fiji will be cold enough to cause trench foot. More likely, Warm Water Immersion Foot will occur.

## **Warm Water Immersion foot (WWIF)**

This was first described in soldiers serving in Vietnam. It involves the outer layer of the skin becoming and remaining waterlogged. It usually occurs after 2-3 days of exposure to warm wet conditions without the feet having the opportunity to dry out.



WWIF manifests as painful, white, wrinkled soles of the feet due to immersion in warm water (15 to 32°C) for up to 72 hours. Symptoms include pain on weight-bearing and abnormal sensations in the feet, such as tingling or feeling like "walking on rope".

If WWIF is not treated it can progress to Tropical Immersion Foot (TIF). The first symptom is a burning sensation that is more severe on the top of the feet than on the soles. Walking becomes increasingly painful. When the victim removes their shoes to examine the feet, they are typically too swollen to replace the footwear. Skin is very soft and is easily blistered and torn by socks and shoes.

## **FOOTCARE CONT.**

*By Eco-Challenge Medical Director – Dr. Joe Rowles*



*Damage to skin secondary to TIF*

The key to preventing or delaying these conditions is allowing feet to dry and air-out as often as possible. Whenever you intend to stop for a period of time ensure you take off shoes and socks, clean your feet and ideally apply a small amount of antifungal foot powder to your feet. Make sure you have some sandals available at camps to allow your feet to air-out a bit. Even wringing out soaking wet socks and replacing them after a river crossing will help delay waterlogging of the skin. It's a good idea to carry spare pairs of dry socks in a Ziploc bag during the expedition.

### **Pitted Keratolysis**

This is a bacterial skin infection common in warm, wet conditions. It can cause a bad smell and occasionally makes walking painful. The 'pits' are more obvious when feet are wet. It improves when feet are fully dried out and can be treated with antibacterial cream containing mupirocin or fucidic acid.



*Pitted keratolysis*



## **FOOTCARE CONT.**

*By Eco-Challenge Medical Director – Dr. Joe Rowles*

### **Blisters**

Prevention is better than cure! Despite a number of scientific studies (mainly aimed at the military) there is no magic prevention strategy. We know that warm temperatures and moisture increase the risk of blisters. Wicking socks help transport water away from the feet, reducing the risk of blisters. Some people recommend lubricants, particularly between the toes. Applying foot powder before racing can result in clumps of messy paste in the socks that can increase the chance of blisters. Dressings applied to hotspots can prevent the formation of blisters but most will not stick to waterlogged feet and need to be applied to dry skin.

Once blisters have formed it is best to puncture the edge of the blister in several places with a sterile needle and squeeze the fluid out. A dressing should be immediately applied which puts pressure over the blister to help it to adhere to the skin layer underneath. Fluid often re-accumulates and the blister may have to be re-drained. Hydrocolloid dressings applied over the blister can help but might need covering with an adhesive tape to keep them in place. Increasing pain, swelling and redness or cloudy fluid discharge from a blister may indicate an infection. If you are concerned, see a member of the medical team.

A dark, slightly blurred background image of a person in winter sports gear, including a helmet and goggles, looking down at their equipment.

# TEAM REGISTRATION IN NADI



# TEAM REGISTRATION IN NADI

Prior to your arrival in Fiji, Competitor Relations will be advising each team of up to four designated time slots at which they must report to registration. The four time slots will allow for the following:

- A. Team Registration and Gear Checks
- B. Rope Testing
- C. Team Photographs
- D. Pre-Race Interviews (for some teams)

All five members from each Team must be present at all time slots except Rope Testing (TAC does not need to attend this).

## **A. Team Registration and Gear Checks**

This will be located at the Pullman Hotel. This phase consists of 8 separate stations and time will be STRICTLY limited to a maximum of 20 minutes per station.

The stations are as follows:

### Team Registration

- Competitor Relations will have you hand in your signed waiver and other administrative tasks.

### Safety Gear Check and Distribution Station

- At this station each team must be prepared to present:
  - 1 x Team Mandatory Safety Gear
  - 4 x Personal Mandatory Safety Gear

Some of your Mandatory Safety Gear will be inspected at this station. Ensure that you bring all of your Safety Gear including your fully stocked Team First Aid Kit.

- At this station, teams will receive:
  - 2 x Emergency Smoke Canisters
  - 2 x Casio Altimeter Watches.
  - 1 x Emergency Radio
  - 1 x Eco-Challenge Passport

This will be a distribution station for these items only. Any information and directions related to the use of these items will be given to you at the Race Briefing on the evening of September 8<sup>th</sup>. A Sealed Emergency GPS Tracker with harness will be available for teams to look at. These devices will be distributed at a later date in order to preserve battery life.



## **TEAM REGISTRATION IN NADI CONT.**

### **Mountain Bike Station**

**Competitors must come to this station with their bikes assembled.** There will be a space on the tennis courts at the Pullman Hotel where you can assemble your bikes **PRIOR** to your scheduled time.

At this station, we will be checking for the following items **MOUNTED** on your bike:

- Steady White Light – on front of bike.
- Flashing Red Light – on back of bike.
- Rear Reflector – on back of bike.
- Reflective Tape – on rear stays.

We will also be will be checking that you have the following:

- Bike Helmet

After visiting this station, your bikes need to be placed back into your bike boxes and placed at the bicycle loading station so they can be transported to the first bike leg. Fully packed bike boxes need to be delivered to the designated loading station by 18:00hrs on the day of your scheduled registration.

### **PFD Check Station**

At this station, the water safety team will check your PFD to ensure it meets all of the minimum standards. **An Emergency Waterproof Strobe Lamp and River Knife must be attached to the PFD prior to arriving at this station.** Be prepared for a quick jump in the pool in full clothing as there is a chance that your PFDs will be float tested!

At this station, each competitor will receive:

- 1 x Reflective Band. You will put them on your PFD at this station.

### **Camakau Outrigger Canoe Stations (x4)**

At these stations, there will be four Camakaus each with a sailing instructor. Each Camakau station will touch on a different topic. Topics will include raising the mast, raising the sail and shunting the sail.



## **TEAM REGISTRATION IN NADI CONT.**

### **B. Rope Testing**

This will be located at the Pullman Hotel. There will be five separate testing stations where your team must demonstrate their proficiency. Please note that these are testing stations and **not training stations**. Teams are expected to arrive well-practiced and able to effectively and efficiently demonstrate a high level of competence. **Practice now so you can efficiently demonstrate your skills at Rope Testing!**

- **Station 1**
  - Climbing Gear Check - mandatory check.
  - Gear will be checked to ensure it complies with the Fixed Ropes Equipment Mandatory Specifications.
- **Station 2**
  - Rappelling - mandatory technique check.
  - Rappel with rappel device and automatic stopping system.
- **Station 3**
  - Fixed Rope Ascending - mandatory technique check.
  - Ascend steep inclines using two ascenders while bypassing anchors.
- **Station 4**
  - Fixed Rope Traversing - mandatory technique check.
  - Traverse fixed ropes and bypass anchors using three lanyards with carabiners.
- **Station 5**
  - Zip Line - technique demonstration.
  - Attachment demonstration of locking carabiner over 2 parallel ropes.



## **TEAM REGISTRATION IN NADI CONT.**

### **C. Team Photos**

This will take place at the Pullman Hotel and will not take longer than 20 minutes. **Please wear your team uniforms!**

### **D. Pre-Race Interviews (for some teams)**

These interviews will be conducted offsite and will vary in length depending on the needs of the television producers. Please don't be offended if you aren't selected for an interview session - consider it a free day of preparation and recovery! Teams may be required to provide their own transportation to the interview site with the use of their rental vehicle.

### **Gear Box & Waterproof Duffel Bag Collection**

On September 8th, we will be collecting your gear boxes AND Waterproof Duffel Bag for transportation to their first destination. Gear box and duffel bag collection will be open from 08:00hrs – 12:00hrs for teams 1-35 and from 13:00hrs-17:00hrs for teams 36-70. Your gear boxes and duffel bag must be clearly labelled with your team number stickers at the time of collection. Any gear boxes or duffel bags not turned in within these time windows will not be transported by Eco-Challenge.

A blue-tinted photograph showing a group of construction workers in hard hats and safety vests working together on a large-scale project, possibly a bridge or industrial structure, with heavy machinery and equipment visible in the background.

# **FIJI IMPORT/EXPORT PROCESS FOR TEAMS**



## **FIJI IMPORT/EXPORT PROCESS FOR TEAMS**

***By Mike Terry, Williams & Gosling LTD (Shipping Broker for Eco-Challenge Fiji 2019)***

Any baggage/gear brought into the country will require formal customs clearance whether it be imported as freight or brought in as excess baggage on a flight. The following is a guideline on the clearance process:

### **Gear coming in as Air Freight:**

This needs to be consigned as follows:

Thirteen Enterprises LLC  
c/o Williams & Gosling Ltd  
Bradfield Drive  
Nadi Airport  
Team... (name of team) ...

We will need:

1. Copy of the Airway Bill which you can send to: [miket@wgfiji.com.fj](mailto:miket@wgfiji.com.fj)
2. Itemized commercial invoice/manifest showing proper description of goods, quantity, unit prices and serial #'s where applicable.

We will clear the shipment and hold it at our Nadi Airport office for pick up by the Team on arrival.

**Please ensure all pieces are clearly labeled with your Team Name.**

For outbound re-export of the gear we will send back to the forwarder who sent it to Fiji.

### **Gear coming in as Excess Baggage:**

If you are flying in with your gear as excess or unaccompanied baggage you still need formal customs clearance so it is important that we get all the details well in advance of your arrival.

We will need:

1. Your Travel Itinerary showing flight #, arrival date and time at Nadi Airport.
2. Itemized commercial invoice/manifest showing proper description of goods, quantity, unit prices and serial #'s where applicable. We will then obtain pre clearance with customs and have one of our staff meet the team on arrival in the baggage hall at Nadi Airport.



## **FIJI IMPORT/EXPORT PROCESS FOR TEAMS CONT.**

***By Mike Terry, Williams & Gosling LTD (Shipping Broker for Eco-Challenge Fiji 2019)***

As soon as the team has collected their personal baggage and gear from the baggage carousel, they can proceed towards the customs counter next to the x-ray machines and advise customs that someone from Williams & Gosling should be there to help clear them through.

Our staff members will normally be waiting behind the customs counter with the paperwork to facilitate getting the team through. Fiji Customs will then examine the gear to verify it all inwards and then the team are free to exit with the gear.

**As this is being cleared as temporary imports it is vitally important that the teams make suitable arrangements with us to meet up again *prior* to departure check in so that we can get customs to inspect and verify all the gear. Failure to do this will see the production company become liable for import duties and taxes.**

- Any consumables/expendables are subject to import duty. We can pay that on your behalf to Fiji Customs and bill you directly.
- Please send your gear lists to me asap for vetting of any red flag items.
- Import/Re-export costs vary depending on whether the gear is arriving as Freight or Excess Baggage, where it is being re-exported to and the weight/volume. Please contact the undersigned for an estimate on costs.

**Please feel free to reach out to me via email or phone should you need clarification on anything:**

Mike Terry  
Williams & Gosling Ltd  
Fiji Islands  
Email: [miket@wgfiji.com.fj](mailto:miket@wgfiji.com.fj)  
Cell Phone #: (679) 7999746



# **IMPORTANT GEAR BOX NOTES FOR CUSTOMS**



## **IMPORTANT GEAR BOX NOTES FOR CUSTOMS:**

Make sure EACH gear box is inventoried separately on a sheet of paper that is IN the gear box.

- We suggest using plastic self-stick label holders (like you'd use on a FedEx package to contain the airway bill) to place the inventory sheet of paper inside the gear box (keeps the sheet from getting lost when TSA goes through it)
- And one placed on the outside, folded in half and labeled on the back "INVENTORY". This makes it readily accessible to the agents.

Designate what is perishable vs. what you are leaving Fiji with.





# **IMPORTANT TAC REMINDER**



# **IMPORTANT TAC REMINDER**

## **What to Bring:**

- Camping gear for your entire team
- Camping chairs
- All tools and equipment required to cook and prepare meals at each camp
- Items to keep you occupied during downtime, like a good book or two
- **Team Member Mementos:** Mementos for multiple members of the team or a memento to represent the team that visually designates something of meaning to that person or the entire team. This could be as simple as a personal memento or anything else that your team can look at as a motivational element. We would love to incorporate these items into the television broadcast (if possible).
- 2-3 country or state flags representing your team.

## **What NOT to Bring**

Any device that is GPS-capable or internet-capable. This means NO tablets, laptops or smartphones will be allowed. Consider this amazing life-changing event as a “digital detox” of sorts!! We will provide TACs with a communication device – most likely a basic cell phone – that will allow them to call Event Management for assistance should they need it while in Fiji.



# **EQUIPMENT AND LUGGAGE LABELING**



## **EQUIPMENT AND LUGGAGE LABELING:**

You will be moving a lot of equipment and luggage, in order to keep everything as organized as possible please do the following:

- Label all personal luggage as follows:
  - ECO-CHALLENGE, TEAM NAME, COMPETITOR'S NAME
  - Each bag should have a label on it
- Label all gear boxes/equipment as follows:
  - ECO-CHALLENGE, TEAM NAME, TEAM CAPTAIN'S NAME
  - Each gear box/equipment should have a label on it.
- Labels should be EASY TO READ and in PLAIN SIGHT.

**Photos of bags:** Please take photos of all of your luggage/equipment and keep it handy. This allows us to know exactly what your belongings look like in case something needs to be located.



# **FIJI GAS PRODUCTS & PRICES**

## FIJI GAS PRODUCTS & PRICES

Below are Fiji Gas products & prices. This document will also be uploaded to the competitor login page. The following products will be available at competitor registration. If you have any questions for Fiji Gas please contact Latu: [latu@fijigas.com.fj](mailto:latu@fijigas.com.fj).



## Deals Offered

Option 1



- **2 Burner Stove:**
- GW - 5.5kg
- Cylinder weight – 10.8kg
- **PRICE FJ\$239.65 VIP**

Option 2



- Single burner Stove
- GW – 3.3kg
- NW – 2.9kg
- Cylinder weight - 10.8kg
- **PRICE FJ\$178.85 VIP**

Option 3



- Camp burner
- GW – 2.23kg
- NW – 1.65kg
- **Price FJ\$75.30 VIP**
- **Price FJ\$33.00 VIP (p/canister pkt)**

## FIJI GAS PRODUCTS & PRICES

### Others



Auscrown Camp  
Burner  
FJ\$75.30



Cast Iron Ring Burner  
FJ\$179.00



Cast Iron Ring Burner  
FJ\$195.00



High Pressure burner –  
Small (Auto)  
FJ\$157.00

Included:  
Fittings will be provided

### Gas Refill Prices



**4.5 KG**

\$13.46



**12 KG**

\$35.89



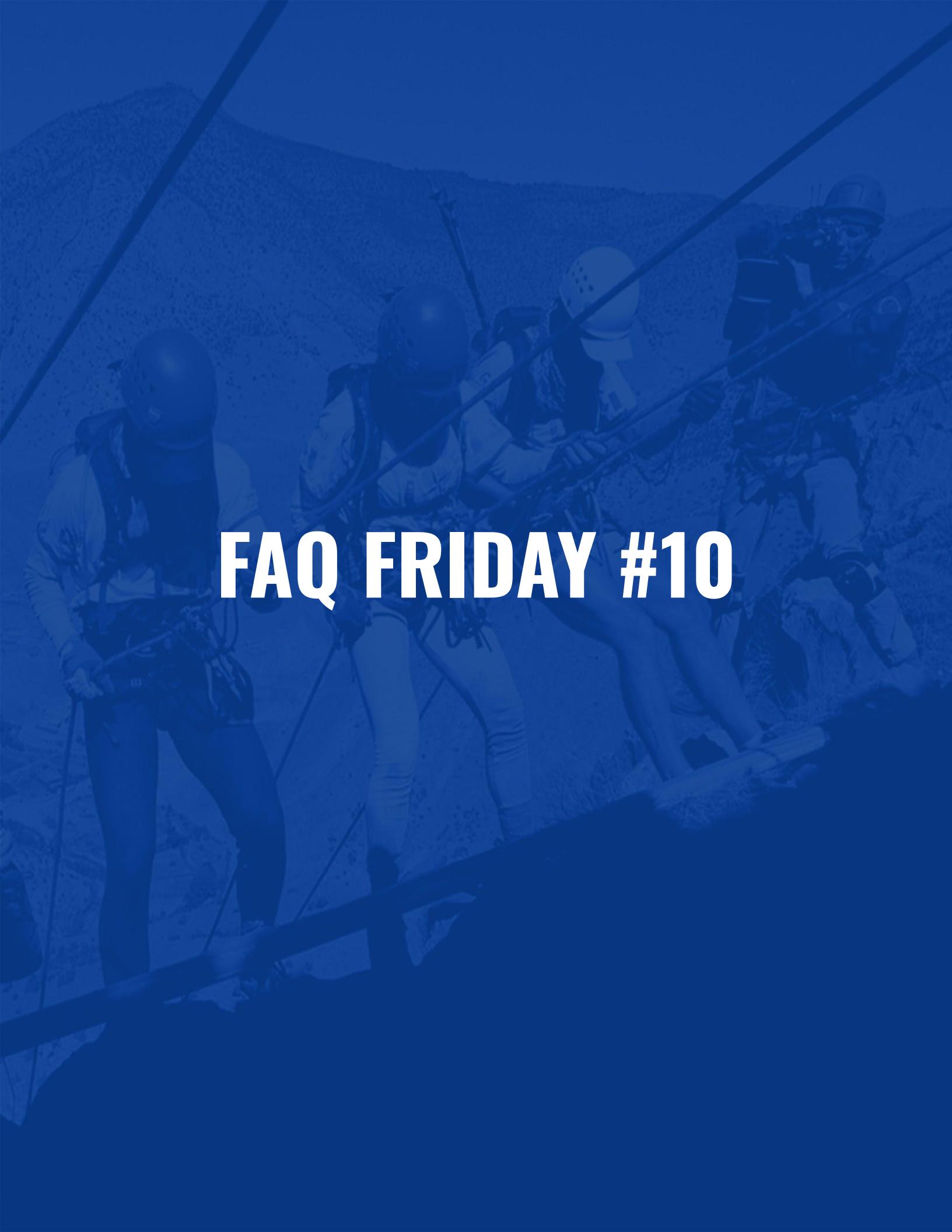
**13 KG**

\$37.88



**50 KG**

\$149.55



# FAQ FRIDAY #10



## **FAQ FRIDAY #10**

**Q: Can we use the Casio PROTREK PRW-3100?**

**A: NO.** *The only acceptable model is the Casio SGW300H-1AV. We are providing two per team.*

**Q: Do the Big Agnes Deep Creek tarps meet the requirements for the expedition?**

**A: YES.** *The medium and large Big Agnes Deep Creek tarps are acceptable.*

**Q: Do the outrigger canoes have skirting to keep water out?**

**A: No,** *they are open. Each outrigger comes with a bailing bucket.*

**Q: Can we practice with the outriggers once we get to Fiji?**

**A:** *We are not providing outriggers for practicing. There will however, be dryland training of the Camakau outrigger sailing canoes at Competitor Registration.*

**Q: What type of shoes or boots do you recommend?**

**A:** *Footwear choice depends on many factors and all competitors have to find what works for them. In past newsletters we have given insight as to the footwear that we tested in Fiji. Please review this information and make the best choice for your feet!*

**Q: Is this gear container acceptable for the expedition? Is it alright if we drill holes for cable ties so the container stays closed?**

**A: YES**

**Q: Does this silkweight hoodie qualify as our mandatory fleece?**

**A: NO**

**Q: The throw bag description in the Mandatory Gear List reads:**

**"Containing at least 15m (49') of 6mm (1.25") of commercial throw bag rope."**

**This appears to be an error in conversion. It should say "6mm (0.25")" correct?**

**A: Yes, apologies for the confusion. The rope must be at least 6mm or 0.25" in diameter. We will revise the Mandatory Gear List accordingly.**

## FAQ FRIDAY #10 CONT.

**Q: Can we use these rafting paddles from Carlisle as our Outrigger Canoe Paddles?**

**Picture below:**



**A: YES.**

**Q: Five locking carabiners are required per competitor. Can we use 2 x HMS and 3 x double locking action carabiners?**

**A: YES.**

**Q: Can we use dynamic rope instead of sewn slings for our lanyards?**

**A: NO. Only sewn slings are acceptable.**

**Q: What is the diameter of the fixed ropes that we will be using during the expedition?**

**A: 10.5 mm**

**Q: Is the Black Diamond Half Dome helmet acceptable as our mandatory Climbing Helmet?**

**A: YES.**

**Q: Is the Petzl Pirana acceptable for the expedition?**

**A: NO. This is a figure 8 style descender and does not qualify.**



## **FAQ FRIDAY #10 CONT.**

**Q: Can anchor systems and foot loops be made of Dyneema?**

**A:** YES. The personal anchor system and foot loops can be Dyneema. The other two lanyards must be nylon.

**Q: Can the Prusik be 135cm (4 loops) given that the recommendation is for 105cm?**

**A:** YES. If it is tested repeatedly and the distances work in the extended rappel device method.

**Q: When will the shipping container get to Fiji?**

**A:** The Eco-Challenge container arrives into Fiji on or around 5 August. We will be storing everything at the Williams & Gosling warehouse at the Nadi airport until it is dispersed out into the field. If you have goods on this container, please contact Competitor Relations and schedule a delivery of your goods upon your Team's arrival into Fiji.

**Q: As a Team Assistant Crew, can I carry a simple analog cell phone in case of an emergency?**

**A:** Eco-Challenge will be providing a communication device for each TAC to use in case of emergency.

**Q: Are we allowed to use disposable toothbrushes during the race, so long as we properly dispose of them?**

**A:** YES.

**Q: Are there any rules at Fiji for the detergents we are allowed to use? For clothing and also for the dishes.**

**A:** Please limit detergents to the most eco-friendly brands available. But keep in mind, if washing at Camps, we will closely monitor that no detergents or chemicals enter into the nearby rivers.

**Q: Recently, you mentioned the TACs could bring a bike. Does this mean a competitor may use the TAC bike if there's a mechanical issue with their own?**

**A:** We have reevaluated our decision regarding TACs bringing bikes. TACs are NOT allowed to bring bikes onto the course and teams cannot have a spare bike.

**Q: Are we responsible for our own shipping fees if we ship equipment to the warehouse in Fiji?**

**A:** YES.

**Q: Is there a possibility to solicit more patch kits so we can have more uniforms?**

**A:** NO.



## **FAQ FRIDAY #10 CONT.**

**Q: Do you have any updated information on tickets for the closing party?**

**A: Each team is getting 10 tickets for the closing party on September 21. This means:**

- **5 tickets are for the team**
- **5 tickets are for family members/friends**

*If you are not planning on using all 10 of your tickets please let Ashley & Mindy know as soon as possible so we can offer it to other teams who would like to bring more people.*

**Q: Will we need to put patches on our waterproof jackets and warm clothing/fleece?**

**A: NO. The patches will only be on the above uniform.**

**Q: Do we have to wear our uniforms when we sleep out on the course?**

**A: YES.**