

ALL WOMEN SIMPSON DESERT CROSSING EVENT GUIDE



Community Supporter





Come join us for the trip of a lifetime!

Crossing the Simpson Desert on a Motorcycle is a huge achievement and is possible for most riders with the right preparation and support. This guide will go through what you need to prepare, what to expect and other important information for your Simpson Desert Crossing.

A Simpson Desert Crossing is a fantastic aspiration and we can get you there with a solid plan in place. Use this guide for your planning and preparation.

We believe that big dreams and adventures should be available to everyone. With the right support and preparation, a Simpson Desert Crossing on a motorcycle can be a dream come true!

The All Women Simpson Desert Crossing has been running since 2019, raising funds for Dolly's Dream. Check out the fundraising section of this guide to see how you can support this important cause too.

Let's ride!

Kate, Kim and Mark

**EISENBERG
ON WHEELS**



QUICK REFERENCE

ABOUT THE DESERT – 1

AWSDC START AND FINISH – 1

INCLUSIONS AND
EXCLUSIONS – 2

ON TOUR FOOD – 5

PRE-EVENT ACTIVITIES – 6

DEPARTURE DAY – 6

END OF TRIP – 7

WHAT YOU NEED TO
ORGANISE – 8

WHAT BIKE SHOULD I DO THE
CROSSING ON? – 10

SETTING UP YOUR BIKE – 11

SET YOUR BIKE UP FOR YOUR
OWN ADVENTURE – 12

RIDING TOGETHER – 13

TERRAIN – 14

RISK – 15

SCHEDULE – 16

RIDING GEAR – 17

CAMPING – 18

WATER AND HYDRATION – 19

WHAT TO CARRY IN YOUR DAY
PACK – 19

CLOTHES TO PACK – 20



**QUICK REFERENCE
(CONTINUED)**

OTHER ITEMS TO PACK – 21

WEATHER – 22

ATTITUDE – 23

TELECOMMUNICATIONS – 24

COVID – 24

WILDLIFE – 25

**RIDER PREPARATION AND
TRAINING – 26**

**GETTING BACK TO
BIRDSVILLE OR HOME FROM
MOUNT DARE – 27**

**FUNDRAISING AND OUR
CONNECTION TO DOLLY'S
DREAM – 28**

ABOUT BIRDSVILLE – 29

ABOUT MOUNT DARE – 30

**ABOUT YOUR HOSTS – KATE
– 31**

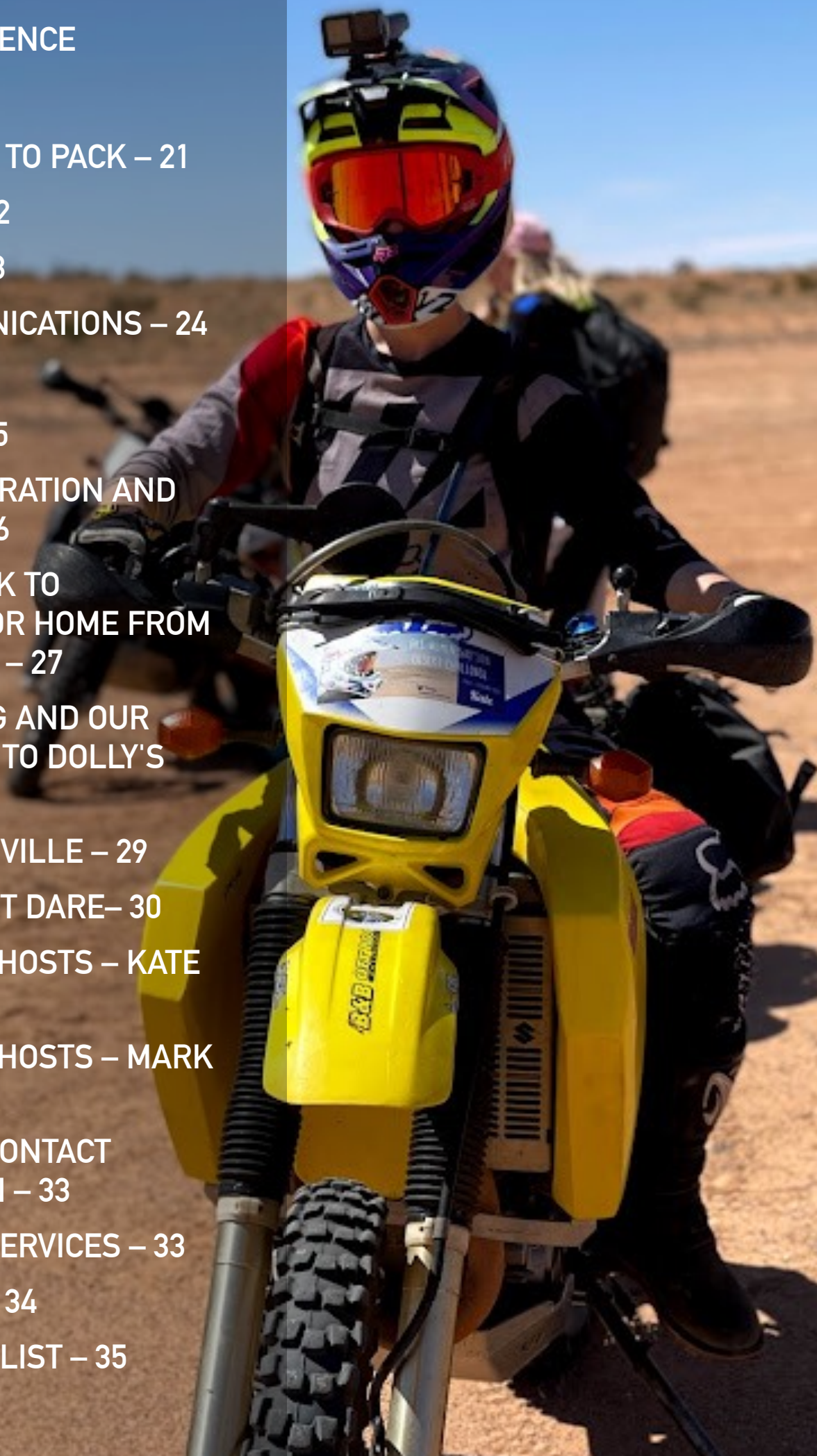
**ABOUT YOUR HOSTS – MARK
AND KIM – 32**

**IMPORTANT CONTACT
INFORMATION – 33**

IMPORTANT SERVICES – 33

WHAT NEXT – 34

RIDER CHECKLIST – 35



About the Desert

The Simpson Desert belongs to the Wangkanguru Yarluyandi people, who know this area as Munga-Thirri.

The Desert spans from south western Queensland, across north eastern South Australia, to south western Northern Territory. These are some of the most remote areas in the country.

The Desert is made up of 1100 longitudinal sand dunes. It is home to a rich ecosystem of plants and animals. Some of which we'll hopefully get to see.

The Simpson Desert is managed by Parks SA. More information on the park can be found here: <https://www.parks.sa.gov.au/parks/munga-thirri-simpson-desert-national-park>

Trip start and finish

The AWSDC starts and finishes at Marree, South Australia. Marree is accessible via a bitumen highway from Port Augusta and is suitable for 2WD and trailer access.

We'll be traveling for a total of 7 days. You'll spend 4 days and 3 nights crossing the mighty Munga Thirri, riding over 500 kilometres, across 1100 sand dunes.

The other 3 days of the trip will consist of riding the iconic outback tracks and seeing the attractions of the Lake Ayre region.

Tour inclusions and exclusions

We cover all expenses while you are in the desert.

We cover:

- Food (breakfast, lunch, dinner and snacks)
- Water
- Unleaded fuel - we will ask you about your bike, fuel type and tank size to ensure correct supplies. We can accommodate both 4 stroke and 2 stroke engines.
- Multiple support 4WD vehicles, carrying all supplies and rider luggage
- Remote medical supplies
- A registered nurse is on the team and we have protocol in place to respond if medical assistance is required
- Standard remote mechanical supplies and tools
- A mechanical professional is on the team. We are able to manage typical mechanical issues
- Bike recovery/towing, in the unlikely event this is needed
- Experienced guides to navigate across the Desert
- Sweep and support riders for any assistance riders require on the trails
- All remote communications, including UHF, Satellite phones, EPIRB and GPS navigators



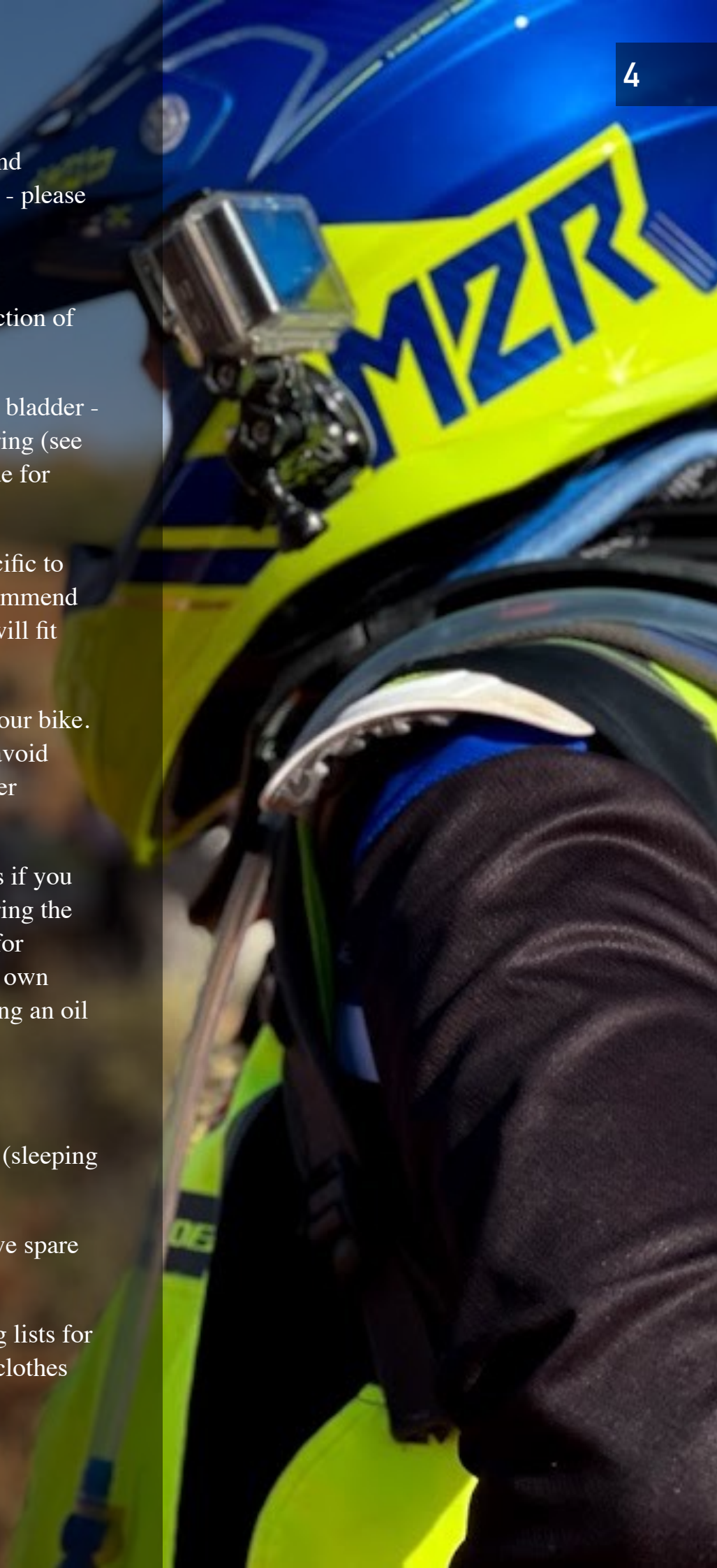
- Tent (tell us if you need one, or byo)
- Fully equipped camp kitchen, chairs, cutlery/crockery, nightly campfire with cooked dinner and tea/coffee
- Desert Park Pass
- Event photography - also feel free to take as much of your own photos and videos as you like. Note there are drone restrictions in the park.
- Camping at Mt Dare and Birdsville - some riders prefer to purchase their own motel room, which is up to you.

What we don't include:

- Medical insurance - make sure you have your own personal medical insurance policy (if you don't have a regular policy, some domestic travel policies include medical cover)
- Ambulance cover - this varies depending on what state you live in, but you need to check that you have ambulance cover should a medivac be required, as you might be left with a very expensive bill otherwise
- Pub or cafe meals and drinks - we stop at various iconic places along the way, where you are welcome to purchase meals and drinks if desired.
- What you choose to do outside of the tour start/end times, such as staying additional nights at the start/finish point(s).
- Transportation to and from the start and end point(s). We can facilitate carpooling for those who wish to link up with other riders from their area.



- Motor vehicle registration and insurance for your own bike - please make sure you arrange this beforehand.
- Riding gear (see the gear section of this guide for what to bring)
- A hydration backpack/water bladder - this is essential for you to bring (see our packing lists in this guide for more detail)
- Brake and clutch levers specific to your bike - we strongly recommend you bring spare levers that will fit your bike
- Spare air filters specific to your bike. We generally spread out to avoid riding in dust, so regular filter changes may not be needed.
- Bring spare oil and oil filters if you wish to do an oil change during the trip. We will have spare oil for emergencies, but bring your own specific oil if you are planning an oil change.
- Alcohol
- Your personal sleeping gear (sleeping bag, inflatable pillow etc)
- Personal toiletries (we'll have spare loo roll, don't worry!)
- Clothes etc - see our packing lists for what to bring in the way of clothes





On tour food

With advance notice we can cater for most dietary requirements.

We have temperature controlled fridges and iceboxes and can safely store food and drinks.

Lunch options are typically sandwiches, juice boxes etc that are easy to prepare and eat on the go.

Snacks are pre packaged options to carry in your bag, such as fruit, muesli bars, crackers etc. If you have certain favourite snacks please bring these, as we offer a general selection.

Dinners are cooked over a campfire. We serve warm, hearty foods such as pasta, stews, curry etc and cater to everyone. Our camp kitchen has all of the cooking gear and cutlery/crockery needed, we have tea, coffee and hot chocolate to enjoy around the campfire.

Breakfasts are continental style, served with tea, coffee and juice.

We do not provide Alcohol.

We cover all food while in the desert. Outside of the desert, you may wish to purchase your own pub meals, coffees and baked goods at the many iconic outback pubs and cafes on the way.



Pre event activities

Most riders like to arrive the day (or days) before the trip, at the start point. Riders often arrange social/informal time together.

- Have dinner at the pub, where we like to have a welcome to country or acknowledgement of country.
- Chat about the ride ahead, take photos and look over the results of the Dolly's Dream fundraiser.
- Go for a little outback ride together, if you like.

Departure day

To ensure a smooth departure, make sure to arrange the following on the morning of the trip:

- Ensure you start with a full fuel tank and full hydration backpack
- Ensure your duffel bag/luggage is in one of the support vehicles
- Ensure your gear/bike has been scrutineered by a guide
- Have a good breakfast beforehand - most riders like to go to the bakery or servo
- Have your last shower (at the caravan park).
- Be at the designated meet point given in pre-ride information at **8:00AM on the day of departure.** The tour officially starts here, so be ready to go!

End of trip

We will arrive at the finish point around 5PM on the final day of the tour. This is where our tour officially ends and what you do from here is up to you.

- Generally, riders like to have a celebratory round of drinks.
- Some riders choose to continue their journey on from the finish point.
- Most of us are tired from the journey and choose to stay the night and go our own ways in the morning. Your movements and accommodation are up to you to arrange after the end of the trip.
- We usually have an informal dinner (and dessert) together at the pub and if we're lucky we might be able to auction a few goodies to raise money for Dolly's Dream.



What you need to organise

There are a few things you need to have organised before your trip.

- You need to have a plan to get yourself and your bike to and from the start/end point of your trip.
- Be there on the day ready to go. Many people prefer to arrive the day (or days) beforehand and arrange their own accommodation for this time, go for a few rides, explore the local scenery and enjoy time socialising together. Many of us like to have a social dinner together the night before the trip.
- If you do not wish to stay in the camping provided at the Mt Dare and Birsdsville areas, you are welcome to arrange and purchase your own motel room. Please contact the Mt Dare pub and Birdsville caravan park to arrange your booking.
- You will need to make sure you have correct protective gear. Please refer to the section on gear, which outlines minimum requirements.
- You need to hold a valid motorcycle licence (a learner licence is ok) and your bike must be registered (recreational rego is ok).
- You need to have a motorcycle capable of a desert crossing (see our section on What Bike Should I do the Crossing on?).



- It is strongly recommended you have your own personal medical insurance (or take out a travel policy with personal medical cover), ambulance cover and comprehensive insurance for your bike. We get all riders to sign a standard motorcycle tour waiver, so you need to ensure you have covered yourself and your bike for injury and damage.
- If you're traveling on remote tracks to and from the start and finish points, roadside assist is strongly recommended. You will need to have your own remote travel plans in place for your own journey. Please contact us should you need advice on remote travel.
- Marree is a safe place to leave a car or trailer. Should you choose to leave your vehicle while you do the crossing.
- Make sure you have filled out the rider entry form, signed your waiver (provided to you separately on the lead up to the trip) and have completed your payments. Payments are non-refundable 30 days prior to trip departure.



What bike should I do the crossing on?

Use the right bike for the terrain and your ability!

Most enduro and dual sport bikes are able to handle the crossing with the right support. Here are our recommendations:

- We can cater from small bikes to large bikes. 2T and 4T.
- We generally don't recommend anything smaller than a 125cc or larger than a 500cc. Most enduro bikes will manage the crossing.
- Previous crossings have had everything from DRZ400s, KTM EXCs (250-500), Yamaha WR250ss, Honda CRFs, Husqvarna TE/FEs and so on. Feel free to contact us to discuss the suitability of your bike.
- We do not recommend bikes larger than 500's take on the crossing, unless you are an extremely experienced sand rider on a big bike.
- We can accommodate most enduro, motocross and dual sport bikes. We are unable to accommodate very large adventure bikes (eg Africa Twin).
- In some instances, we can hire bikes out to you, but we have a very limited number and will arrange payment for bike rental separately. You need to contact us before booking to check on bike availability. We cannot guarantee rental bike availability, as they are very sought after.





Setting up your bike

Whilst we are able to provide general mechanical support, you need to ensure that your bike is prepared for the desert crossing.

- Most stock components are fine and can be adjusted for your comfort.
- We strongly recommend that you fit your bike with heavy duty tubes and have suitable off-road tyres that can handle both sandy and rocky terrain.
- We do not recommend mousse or tubeless tyres.
- You do not need to add additional fuel tanks as we will carry all fuel needed. We will top up fuel throughout the day and at the end of each day.
- You do not need to be able to carry luggage on your bike, as we carry all luggage and supplies in the support 4WD vehicles.
- It is recommended that you bring spare brake and clutch levers for your bike, as these can be model specific.
- If you wish to do an oil or air filter change during the crossing, please bring these things with you. The trip will be around 25-30 hours ART, so depending on your bike service schedule, you may not need to do oil changes.
- Ensure your bike has had a thorough service before the crossing and is up to date with its service schedule.

Option to set your bike up for your own adventure

If you are an experienced traveler and have a dual sport bike, you may choose to commute to the start point via bike, which can be a great adventure itself!

In this case, set your bike up with a long range fuel tank and carry spare fuel.

Have spare heavy duty inner tubes, appropriate tools including axle spanners, oil, puncture repair kit and air pump, brake and clutch levers, zip ties, duct tape, steel putty, first aid supplies, enough water, fuel bladder, GPS, maps, emergency spot trackers etc.

Support vehicles

We have three support vehicles.

- A primary support 4WD vehicle will be tailing the riders for the entire Simpson crossing journey, in addition to our experienced guides and sweeps on motorcycles.
- The entire convoy maintains constant UHF communication with each other and other vehicles in the Desert.
- An additional two vehicles will carry supplies. Our drivers are extremely experienced in remote 4WD travel, including recovery, navigation, troubleshooting and emergency management.
- If for any reason a bike or rider cannot continue a crossing, we can carry bikes on 4WDs and offer a passenger seat in a 4WD to the rider.



Riding together

We ride at a steady pace and adjust according to the styles and energy levels of the group. All riders and bikes are different. Ride at a pace suitable for your own level, energy and conditions.

We stop frequently to rest and regroup. Frequent but short breaks tend to work best for pace and rider energy.

We don't ride too close together, to give each other space and avoid dust. We have radio communications between guides, sweeps and support crew and we continually communicate in order to keep the group together.

We use a lead rider and a sweep rider. All riders must stay between the lead and sweep. We monitor distances travelled and break times and will direct the group in order to stay together and take scheduled breaks.

We can accommodate all rider paces. No rider is too slow. Our formula accommodates everyone.

We start each day with a rider briefing and leave camp around 8am. We arrive at the next camp spot around 4-5 pm.

If for any reason you need to stop on the trail, our sweep rider and support vehicles will assist you, including with picking up bikes or any running repairs.

If you need to stop for a bathroom break, tell someone where you are going before leaving the marked track.

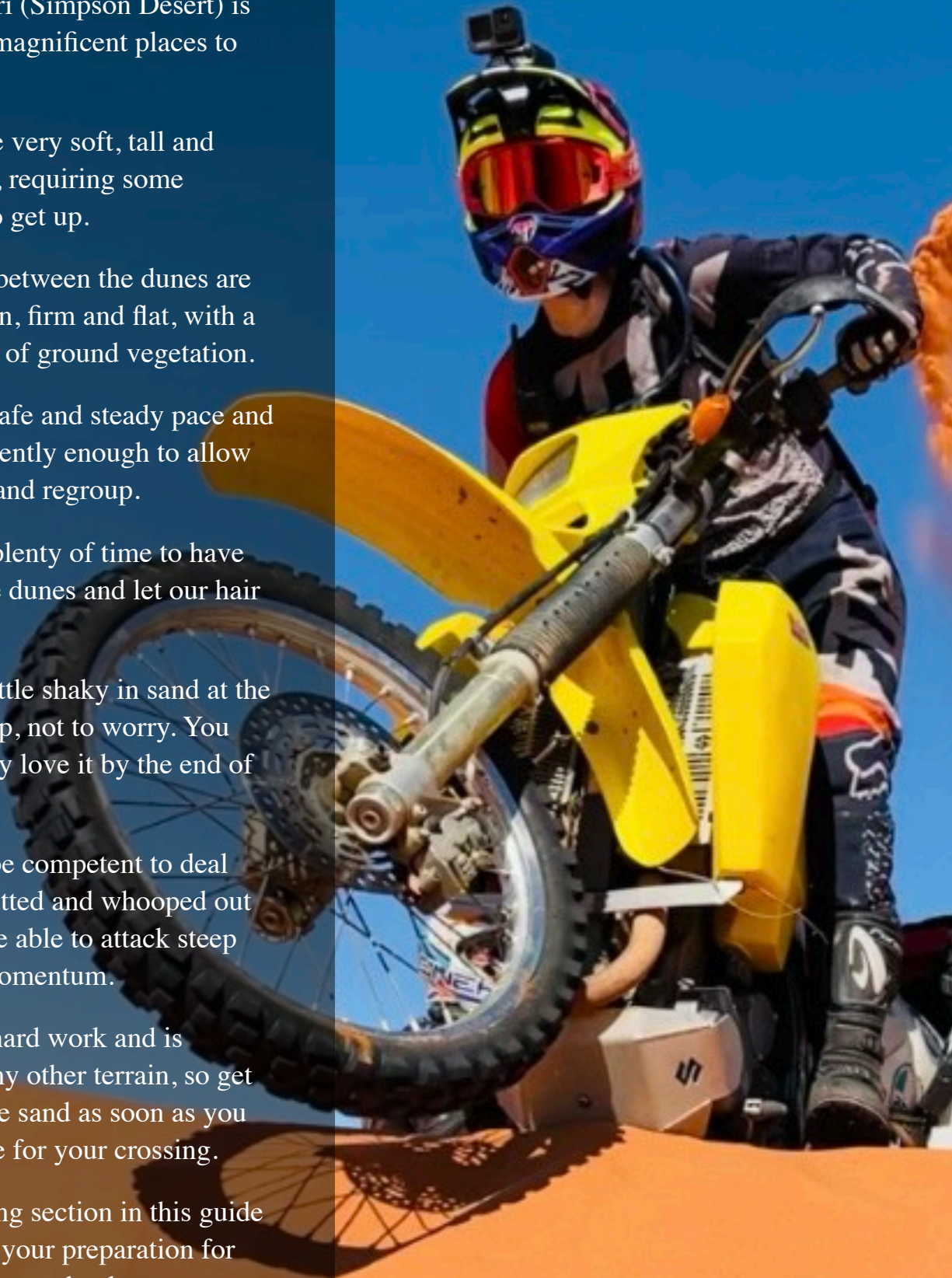
If you need a break to sit in a 4WD for any part of the trip, we can arrange this.



Terrain

The Munga Thirri (Simpson Desert) is one of the most magnificent places to ride on earth.

- The dunes are very soft, tall and whooped-out, requiring some momentum to get up.
- The sections between the dunes are generally open, firm and flat, with a small amount of ground vegetation.
- We ride at a safe and steady pace and we stop frequently enough to allow riders to rest and regroup.
- We still find plenty of time to have fun, enjoy the dunes and let our hair down!
- If you are a little shaky in sand at the start of the trip, not to worry. You will absolutely love it by the end of the crossing.
- You need to be competent to deal with fluffy, rutted and whooped out sand and to be able to attack steep dunes with momentum.
- Sand can be hard work and is different to any other terrain, so get training on the sand as soon as you can to prepare for your crossing.
- See the training section in this guide for advice on your preparation for sand riding across the desert.



Risk

As motorcyclists, we are all well aware of the inherent risk of injury. We accept that risk every time we get on a bike.

We are responsible for our own decisions and actions behind the handlebars.

- A significant risk on the trails can be heat. At night or in the mornings it can be the cold.
- You need to make sure that you are prepared for these conditions with the right gear and are physically capable of riding in these conditions. See our sections on gear and packing list in this guide.
- If you have any medical conditions, it is your responsibility to check with your doctor that you are fit to ride. Please let us know on your entry form if you have any special health requirements we should know about.
- If we respect wildlife generally it is not problematic. We take normal precautions such as making sure tents are zipped up and we carry bite kits for snakes and insects with us. The wildlife is shy and will keep out of your way. We don't leave food out at night so as to avoid encouraging dingoes etc.
- We camp as a group and stay together to ensure personal safety of one another while on the trip.
- In arranging your own travel to and from the start and finish points before and after the crossing, you will need to ensure your vehicle is equipped to safely carry out this remote journey. Please contact us if you need any advice.





Schedule

We'll spend 7 days on the trip. Days 1 and 2 will cover the iconic Lake Ayre, Oddnadatta and William Creek areas, where there is plenty to see and do along the way. We will be stopping to enjoy the warm hospitality of the Mt Dare pub. We then spend the next 4 days and 3 nights crossing the Desert. We'll travel over 500km and cross over 1100 dunes.

On days 3 and 4 the sand and dunes are flat, but get bigger and softer the further in we go. We'll be stopping for a dip in the Dalhousie hot natural spring before coming past Purni Bore, which is your last proper loo stop!

Day 5 is the most challenging day. The ride from here is akin to a washing machine; soft serve sand, constant turns, whoops and ruts. We take this section at a slow and steady pace and have frequent rest stops. We finish with an easy ride down an expansive floodplain and stop to get photos at Poeppel Corner the intersection of NT, SA and QLD.

Day 6 is amazing! We'll navigate along the QAA line to Birdsville, tackling the famous Big Red sand dune, which requires a pinned throttle and blind faith to get up! This easterly section of the desert is home to the largest, towering dunes that can be ridden with good speed in a tall gear, interspersed with open, sweeping plains. The twisting ruts at the top of the dunes make for some exciting cornering.

Day 7 is our final day and will involve traveling the iconic Birdsville track back to Marree.

Riding Gear

You will need to make sure you have correct protective gear for riding. Scrutineers will check gear and you will not be permitted to ride if you do not have the essential gear.

The minimum gear you need is:

- Off-road helmet in good condition.
- Protective goggles or glasses
- A jersey or abrasion resistant shirt
- Adventure/motocross pants or sturdy abrasion resistant pants (such as cargo pants)
- Gloves
- Adventure/motocross type boots, or similar sturdy riding boots
- A 2-3L hydration pack

We highly recommend knee protection. You may also wish to wear upper body armour, chest and back protection and a neck brace.

Consider how well ventilated your gear is. Heat stress is a very real risk in the warmer temperature, which is increased if you select gear that is not suited to the conditions.

It will be brisk in the mornings and an adventure jacket or any windproof puffer jacket is needed. Warm gloves may be helpful in the mornings.

You will need sunscreen. We have additional supplies if needed. A hat and sunglasses are recommended keep in your pack for when you are off the bike.



Camping

Camping in the Simpson Desert is a magical experience.

- We set up camp with a few good hours of daylight. We will set up a campfire and bring firewood with us. We have chairs, tables and a camp kitchen. We usually have a few hours to relax and talk about the day before we start cooking dinner over the fire.
- We have swags/tents available. Let us know if you need one, otherwise bring your own tent. A standard inexpensive hiking tent will suffice.
- Bring a sleeping mat and a good sleeping bag (5 degrees comfort) as it will be cold at night. It's best to have a few warm layers and a beanie for the brisk mornings.
- This is the desert, so you have to be comfortable with going to the bathroom behind a bush! If you're not, you soon will be!
- The desert is a pristine and special environment, don't leave any rubbish behind. Use only loo paper if it needs to be buried.
- There are no showering options as we need to save water on our journey for drinking and cooking. Baby wipes make for an effective cleanup on the go.
- If you've never camped before you will love it. Feel free to ask any questions if you need advice on camping.

Water and hydration

Water and hydration are critical. Here are a few tips to manage the risk of dehydration:

- Most riders will go through up to 6L per day. You need to have a 2-3L hydration backpack and we will refill this at regular breaks.
- Electrolytes are also necessary to prevent dehydration.
- You can slip below the hydration curve very easily without realising in the dry weather. Ensure you keep regularly sipping through the day and have a few electrolyte serves.
- Find shade whenever we stop, even if it is the shade of your bike.

What to carry in your day pack

In addition to carrying your hydration bladder, we recommend you bring the following with you in your backpack:

- Hat, extra sunscreen, sunglasses.
- Tissues or toilet paper, wet wipes and/or hand sanitiser.
- A few basic tools you might need on the go (such as a multi tool) and a bandage or two are a good idea.
- Torch (always good to have).
- Any important medicines you need for the trip (including contingency in case of delays).
- Phone or camera. There is no reception in the desert, but the photo opportunities are incredible!



- Snacks - we will provide these at the start of the day, but you may wish to bring any of your own favourites.
- Some riders choose to bring a miniature fold up chair, head fly net and umbrella to sit and shelter at rest stops while waiting for support vehicles - these are not essential but are nice luxuries should you choose.

Clothes to pack

- Keep your personal luggage bag small: limited to 30L medium duffle bag per person (not including riding gear) for the support crew to carry. We have limited space as we will be carrying water, food and fuel.
- We generally re-wear our riding gear each day, but this is up to you. One set of riding gear is usually sufficient as there are laundry facilities at Marree, Birdsville and Mt Dare.
- Casual clothing is only worn around the camp at the end of the day, so you don't need to pack much: track pants, jumper, shorts, clean underwear/socks and a few t-shirts.
- Bring bathers/togs for Dalhousie hot springs (which sits around 39 degrees) and a camping towel.
- Bring warm clothes for the evenings. A down jacket and beanie are a good idea.
- A set of flip-flops or sneakers are useful for when you are not on the bike.

Other items to pack

Personal items:

- Toothbrush/toothpaste/floss etc
- Deodorant
- Hand sanitiser and baby wipes
- Earplugs and blindfold if you need these for sleeping
- Tissues/toilet paper (we'll have spare)
- Hat and sunglasses
- Sunscreen/insect repellent (we'll have spare)
- Electrolytes (we'll have spare)
- Phone/camera and power bank - we can charge devices from a support vehicle during a rest stop
- Good lip balm for dry weather
- Headlamp for camp
- Some people like to bring a head fly net, if you are bothered by swarming outback flies in your face
- Tent (unless you are using ours)
- A warm sleeping bag, small inflatable sleeping mat and inflatable pillow - unfortunately we do not have room in vehicles for large foam mattresses, full size swags or conventional pillows
- Bring any medicines that you need and have these in your day pack at all times, with extra contingency in case of delays



Weather

Come prepared for all weather.

- Temperatures may reach up to 25-30°C during the day, but mornings and evenings are usually brisk. It can often take the first part of the day to properly warm up.
- Have well ventilated gear for warm daytime temperatures. Stay hydrated and find shade whenever stopped, even if it's just sitting in the shade of your bike.
- Evenings can be quite chilly, down to 5°C, and you will need to come prepared to camp and ride in these temperatures.
- A tent, warm sleeping bag and warm, layered clothes are essential.
- A riding jacket or windproof down jacket and gloves are a good idea.
- While we usually experience sunny, clear and crisp weather, the occasional rainstorm is known to sweep through.
- In the event of extreme, unsafe weather before the trip (such as flooding) we may need to alter the trip route.
- In the event of weather events while in the desert, we have contingency plans in place.

Attitude

- We are all adventurous souls and get along amazingly. Lifelong friendships are made on the AWSDC.
- While we may be from different backgrounds, we share a love of adventuring and learning.
- We provide an experience that gives us confidence and helps us to grow as people, not just as riders.
- We support the values of Dolly's Dream and create an environment where we support one another and work together.
- Throughout the day we will have riders who may struggle in some sections. We all have our own challenges. Teamwork is crucial to ensure everyone makes it across.
- This is a safe environment. If you are struggling with any aspects of the ride or not feeling 100%, speak up and help will be there. In the words of Amy Dolly Everett, speak even if your voice shakes.
- The Simpson Desert is a pristine and extremely special environment, we respect the desert and look after it.
- We are a LBGQTI+ inclusive and friendly crew.





Telecommunications

- In Birdsville you will have phone reception with Telstra and Optus
- At Mount Dare there is a public pay phone, there is no Wi-Fi available and no mobile reception.
- Across the desert it is time to relax and unwind from the online world and talk about how great the day was, joke about who fell off where, and guess what's for dinner! There is no reception in the desert!
- You'll have just a touch of Telstra reception at the top of Big Red and nothing from there.
- We carry emergency satellite communication devices - for emergency use only.
- On your travels to and from Birdsville, many phone carriers will lose reception just out of the main cities and towns, so enjoy the quiet time.

A note on COVID

- The trip will cross multiple state borders and we will need to comply with whatever the border requirements and Chief Health Officer directions are at the time.
- We have a covid plan in place.

Wildlife

The arid desert is home to rich and diverse wildlife. We might be lucky enough to see some.

- Camels, emus, dingoes, mice, snakes and other wildlife can be found in the Simpson Desert.
- If we respect wildlife it is not a problem.
- We may see a few snakes, just stay clear of them and they won't bother you. Always watch where you're walking and wear your boots if you're ducking behind a shrub! We have bite kits on hand just in case, however unlikely.
- We hear dingoes of an evening and often see dingo tracks in the morning. Keep your tent closed and don't leave food out. We have never had issues with dingoes by following these rules.
- Camels have also been seen, with their tracks on the sandy trails.





Rider preparation and training

- The Simpson Desert is tough going, but with consistent and dedicated practise you can be ready in time.
- You need to be able to ride in soft, fluffy and rutted sand, to keep up speed and momentum on the bike in sand, to keep the front end light, ride over ruts and keep moving.
- You also need to be able to attack a steep hill, keep the throttle on, carry speed up the hill and roll off at the top. Practising hills and foundations skills such as body position and cornering in low traction generally will assist your dune riding.
- If you are new to sand riding, building the skills in a few months is possible, but requires very consistent effort and solid practise in sand in the months before the trip. Your trip depends on the effort you put in.
- Many previous riders who successfully completed a crossing were new to sand, but trained for several hours each week in sand, in the months leading up to the trip.
- Riders can benefit from moderate cardio and resistance training (especially lower body) to increase ride fitness for full, consecutive days.
- Feel free to connect with us or engage with a coach if you need support. We can assist to connect you with experienced riders and coaches if needed.

Getting to the start and end points of the trip

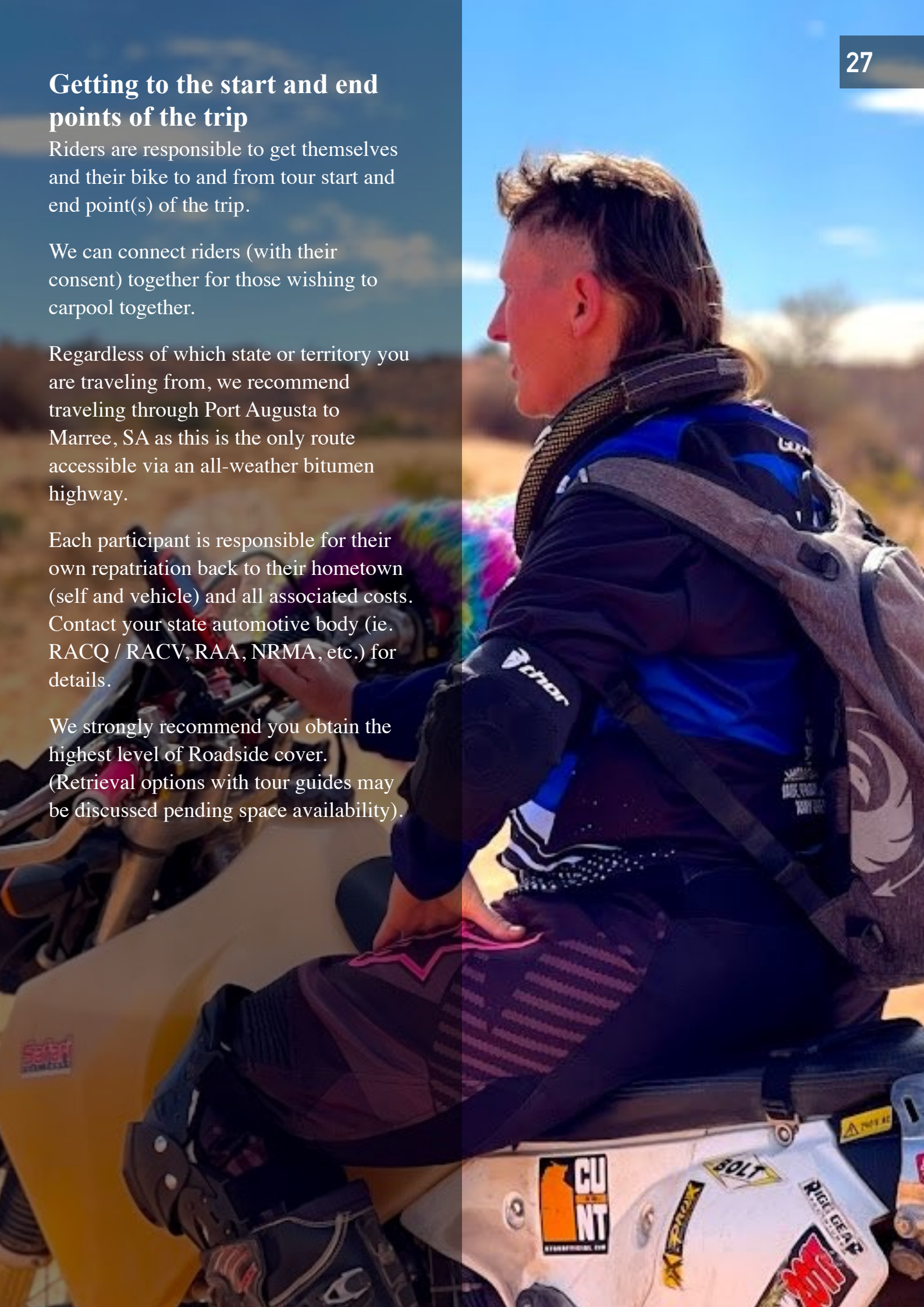
Riders are responsible to get themselves and their bike to and from tour start and end point(s) of the trip.

We can connect riders (with their consent) together for those wishing to carpool together.

Regardless of which state or territory you are traveling from, we recommend traveling through Port Augusta to Marree, SA as this is the only route accessible via an all-weather bitumen highway.

Each participant is responsible for their own repatriation back to their hometown (self and vehicle) and all associated costs. Contact your state automotive body (ie. RACQ / RACV, RAA, NRMA, etc.) for details.

We strongly recommend you obtain the highest level of Roadside cover. (Retrieval options with tour guides may be discussed pending space availability).



Fundraising and our connection to Dolly's Dream

For four years running, participants of the AWSDC have joined forces to raise funds for Dolly's Dream. We invite you to jump on board and participate in fundraising too.

Sometimes when you stand out from the crowd and do things differently, there is a chance of negativity. That's why we support this important cause close to our hearts. We think everyone should be allowed to stand out and be celebrated for who they are, rather than be pushed down and bullied.

In 2019, 12 women took on the first All Women Simpson Desert Crossing on Motorbikes. Little did we know that the event would grow from there, to raise \$84,000 for Dolly's Dream over the next three years!

We continue to support Dolly's Dream by The Alannah & Madeline Foundation in their work to empower and educate our community to prevent bullying and cyberbullying. We believe in this important cause, but it takes community support to keep it going.

The All Women Simpson Desert Crossing aligns very closely with the values of Dolly's Dream. We support riders to stand up and be visible and celebrated for their achievements and to exemplify kindness.

Follow the link below to set up your profile as part of the AWSDC team. Share your fundraising link with your friends. Get creative, we've previously had people run their own fundraising events in the lead up, or offer free skilled services such as haircuts and motorcycle coaching in exchange for donations. Our top fundraiser will lead the team out of Birdsville as we start our crossing.

<https://fundraise.dollysdream.org.au/register/all-women-simpson-desert-crossing>

Community supporter
Dolly's Dream

About Birdsville

Birdsville (QLD) is a small township about 20km from the Simpson Desert. It is accessible from the south, north and east via 4WD graded roads.

Here, you will have access to the caravan park and campground, a pub, bakery, remote medical clinic, mechanic, police station, service station, hardware store and hot bore vehicle washing - don't count on the town's various services always being open however - there is only one mechanic in Birdsville, so if they are off sick or unavailable there is not much that can be done!

There is no supermarket in Birdsville, only two service stations.

There is an airstrip in Birdsville. REX light commercial flights run twice per week.

The caravan park is a friendly and safe place. Here you will have the option to book a cabin (standards, family or ensuite) or camp (powered and unpowered sites) and have access to a shower block and coin laundry (\$1 coins).

The pub offers great hospitality and serves up a hearty dinner and dessert. The bakery is run by a friendly team and does a fantastic breakfast and coffee, in addition to other delicious snacks.

You will have phone reception in Birdsville with most major carriers.

If you wish to stay at the caravan park (or leave a car and trailer for the duration of your trip) please contact the Birdsville caravan park.

birdsvillecaravanpark.com

07 4656 3214





About Mount Dare

Mount Dare (SA) is a small off-grid remote station. It is accessible from the south and northwest via graded 4WD roads.

The owners of the Mount Dare Hotel have a great relationship with the AWSDC and have been our supporters right from the very start.

The folks at Mount Dare are the friendliest around and will always lend a helping hand. At Mount Dare you will find hot showers, hot meals and cold beers, a campground and fuel. A workshop can be used for a fee, with permission from the owner.

A small number of shared cabins can be booked, should you not wish to camp.

Very limited supplies can be purchased from the Mount Dare hotel, such as bottled water, drinks and snacks.

Leave your hat or jersey hanging in the pub as part of the permanent decor!

Mount Dare is off-grid, relying on generators, septic tanks and bore water. There is no mobile phone reception in Mount Dare, but there is a payphone.

The folks at Mount Dare are desert veterans and are expert at vehicle recovery and RFDS evacuations. These folks are true caretakers of the Simpson Desert traveler.

mtdare.com.au

08 86707835



EISEWHERE ON WHEELS

About your hosts - Kate

Kate is the owner of Elsewhere on Wheels, a gender-inclusive brand standing for equal participation in all things motorcycling. Kate reckons that life on two wheels is pretty amazing and that having adventures, learning skills and chasing big dreams should be available to everyone.

Kate has zigzagged around and across Australia on two wheels, many times. She has crossed the Simpson desert 11 times on a bike, half of which were unsupported trips - including a double solo crossing. Kate has raced the Finke Desert Race and Don River Dash and is a local enduro racer in Darwin. When she's not exploring a trail somewhere, she's probably tinkering on one of her many bikes, planning her next epic trip, or putting in the hard yards training. Kate runs tours and rider coaching in NT and occasionally QLD and SA, in addition to the online coaching space.



About your hosts - Mark and Kim

Mark and Kim are the power couple owners of OK Adventures - a professional outback tour and 4WD business in outback SA. Both are experienced in outback living and working - and especially riding motorbikes through the desert.

Kim is an experienced remote nurse, is cool as a cucumber in all sorts of high pressure situations, is an expert dune-carver and always has the best joke to tell. She does a great job looking after the group and makes the most delicious dinners!

Mark is an experienced mechanical professional who is rumoured to have exited the womb holding a spanner. His champion troubleshooting ability, endless patience, quick thinking and outrageously good 4WD skills have us covered!

Kim and Mark live on the edge of the outback, where a gnarly dune ride is just a causal weekend for them. They have 15 complete Simpson Desert crossings between them.

Important contact information

Kate

0403974071

Kim

0428808650

Satellite phone (emergencies only)

0147188071

Important services

Birdsville Caravan Park:

Florence Street, Birdsville QLD

birdsvillecaravanpark.com

07 4656 3214

Birdsville Clinic

31 Adelaide Street, Birdsville QLD

07 46563245

Mount Dare Hotel

Mount Dare, Witjira, SA

mtdare.com.au

08 86707835

Royal Flying Doctor Service

08 8238 3333

Follow us



ELSEWHEREONWHEELS.COM



KATE@ELSEWHEREONWHEELS.COM



[@ALL.WOMEN.SIMPSON.DESERT](https://www.instagram.com/all.women.simpson.desert)
[@ELSEWHEREONWHEELS](https://www.instagram.com/elsewhereonwheels)



[@ALL WOMEN SIMPSON DESERT CROSSING ON MOTORBIKES](https://www.facebook.com/all.women.simpson.desert.crossing.on.motorbikes)
[@OK ADVENTURES](https://www.facebook.com/ok.adventures)
[@ELSEWHERE ON WHEELS](https://www.facebook.com/elsewhereonwheels)



What next?

- If you haven't already completed your online rider entry form: <https://elsewhereonwheels.com/pages/rider-driver-entry-form>
- If you haven't yet locked in plans for getting to and from the start and finish points, please contact us to confirm your arrangements as soon as possible.
- Payment information and plans: If you have paid a deposit, you will have an invoice sent to you with the amount owing and bank transfer details. We ask that payments are finalised at least 30 days prior to trip departure.
- Rental bikes. If you have requested a rental bike, you will receive a separate email with a rental agreement form and invoice with payment details.
- Set up your fundraising profile and start fundraising: <https://fundraise.dollysdream.org.au/register/all-women-simpson-desert-crossing>
- We will set up a shared messenger group for participants to connect (where you have provided your social media details - please let us know if you don't want this to happen).

Rider checklist (see end of guide for printable version)

Pre-event preparation

- Completed rider entry form
 - Arranged medical and ambulance cover
 - Bike registered and insured
 - Completed event payments at least 30 days prior to departure
 - Regular sand riding practise (if needed)
 - Cardio and resistance training (if needed)
 - Arranged your travel plan to/from the start and end points
 - Ensure your bike has had a thorough service
 - Ensure you are medically fit (check with your doctor if you are unsure)
-

Riding gear

- Offroad Helmet
 - Goggles or glasses
 - Jersey or long-sleeve shirt
 - Gloves
 - MX pants, or abrasion resistant pants (eg: cargo pants)
 - MX/ADV boots, or similar sturdy boots
 - Hydraton bladder backpack
 - Adventure jacket or similar windproof warm jacket
 - Neck warmer/buff (if desired)
 - Knee guards (recommended)
 - Upper body armour, roost guard, back protector, neck brace (if desired)
-

Packing list

- Riding gear as above
- Spare clutch/brake levers for your bike (as these are model specific)
- Oil, oil filter and air filter, if you choose to do maintenance mid-trip (usually not essential for approx 20 hour ART)
- Sleeping mat (eg:inflatable mat)
- Inflatable pillow





- Tent (unless you have arranged to use one of ours)
- Warm sleeping bag (at least 5 degrees for comfort)
- Toothbrush, toothpaste, dental floss
- Deodorant
- Soap
- Hand sanitiser
- Baby wipes
- Tissues and/or toilet paper (we'll have spare, but you should have enough in your day pack for unplanned breaks)
- Medicines, including contingency
- Torch/headlamp
- Blindfold/earplugs (if needed for sleeping)
- T shirts
- Shorts
- Jumper/hoodie
- Thermals (if desired)
- Track pants
- Bathers (for hot springs)
- Small personal towel (camping towel)
- Flip flops or sneakers
- Underwear and socks
- Beanie (if desired)
- Phone
- Phone charger and power bank
- Camera or go pro (if desired)
- Electrolytes
- Lip balm
- Sunscreen
- Insect repellent
- Fly net face cover (if desired)
- Hat
- Sunglasses
- Mini fold up chair and/or umbrella (if desired)
- Any favourite snacks (We'll have heaps)
- Alcohol if you choose to BYO, noting size limitations in support vehicles

Your luggage (not including riding gear) needs to fit into a 30L medium duffel bag. We have size limitations due to limited carrying capacity of support vehicles while carrying water, fuel and food.



© ALL WOMEN SIMPSON DESERT CROSSING



RIDER CHECKLIST (PRINTABLE PAGE)

PRE-EVENT PREPARATION

COMPLETED RIDER ENTRY FORM
ARRANGED MEDICAL AND AMBULANCE COVER
BIKE REGISTERED AND INSURED
COMPLETED EVENT PAYMENTS AT LEAST 30 DAYS PRIOR TO DEPARTURE
REGULAR SAND RIDING PRACTISE (IF NEEDED)
CARDIO AND RESISTANCE TRAINING (IF NEEDED)
ARRANGED YOUR TRAVEL PLAN TO/FROM THE START AND END POINTS
ENSURE YOUR BIKE HAS HAD A THOROUGH SERVICE
ENSURE YOU ARE MEDICALLY FIT (CHECK WITH YOUR DOCTOR IF YOU ARE UNSURE)

RIDING GEAR

OFFROAD HELMET
GOGGLES OR GLASSES
JERSEY OR LONG-SLEEVE SHIRT
GLOVES
MX PANTS, OR ABRASION RESISTANT PANTS (EG: CARGO PANTS)
MX/ADV BOOTS, OR SIMILAR STURDY BOOTS
HYDRATON BLADDER BACKPACK 2-3L
ADVENTURE JACKET OR SIMILAR WINDPROOF WARM JACKET
NECK WARMER/BUFF (IF DESIRED)
KNEE GUARDS (RECOMMENDED)
UPPER BODY ARMOUR, ROOST GUARD, BACK PROTECTOR, NECK BRACE (IF DESIRED)

PACKING LIST - FIT YOUR ITEMS (NOT INCLUDING RIDING GEAR) INTO A 30L DUFFEL BAG

SPARE CLUTCH/BRAKE LEVERS
OIL, OIL FILTER AND AIR FILTER (NOT ESSENTIAL)
SLEEPING MAT (EG:INFLATABLE MAT) AND INFLATABLE PILLOW
TENT (UNLESS YOU HAVE ARRANGED TO USE ONE OF OURS)
WARM SLEEPING BAG (5 DEGREES FOR COMFORT)
TOOTHBRUSH, TOOTHPASTE, DENTAL FLOSS
DEODORANT
SOAP, HAND SANITISER AND BABY WIPES
TISSUES OR TOILET PAPER (WE'LL HAVE SPARE)
MEDICINES, INCLUDING CONTINGENCY
TORCH/HEADLAMP
BLINDFOLD/EARPLUGS (IF NEEDED FOR SLEEPING)
T SHIRTS AND SHORTS
JUMPER/HOODIE
THERMALS (IF DESIRED)
TRACK PANTS
BATHERS (FOR HOT SPRINGS)
SMALL PERSONAL TOWEL (CAMPING TOWEL)
FLIP FLOPS OR SNEAKERS
UNDERWEAR AND SOCKS
BEANIE (IF DESIRED)
PHONE, PHONE CHARGER AND POWER BANK
CAMERA OR GO PRO (IF DESIRED)
ELECTROLYTES
LIP BALM
SUNSCREEN/INSECT REPELLANT
FLY NET FACE COVER (IF DESIRED)
HAT AND SUNGLASSES
MINI FOLD UP CHAIR/UMBRELLA (IF DESIRED)
FAVOURITE SNACKS IF DESIRED (WE'LL HAVE PLENTY)
ALCOHOL IF DESIRED (NOTING SIZE LIMITATIONS)