

# My Stuff

I've started this list with everything I was carrying when I set out from Perth, from the Baby Jogger itself down to socks, pens and batteries. I've commented on performance when I think the information might be useful to others; in relation to items that performed poorly, obviously I am relating my experience alone, and the problems may not be universal. Good customer service can make all the difference!

The second part of the list is made up of items that I picked up en route, and finally I've included a few notes on the food I ate along the way.

## STUFF I HAD WHEN I LEFT PERTH

### THE BABY JOGGER

Colour: grape. Wheel size:

	width	length	height	weight
In use	65cm	114cm	98cm	6.8kg
Folded (wheels on)	65cm	123cm	17cm	6.8kg
Folded (wheels off)	51cm	121cm	17cm	-

*BJ was kindly donated by Mairi and Paul Brimacombe of Baby Jogger UK ([www.babyjogger.co.uk](http://www.babyjogger.co.uk)) and Rick Stohr, Vice President of Baby Jogger USA ([www.babyjogger.com](http://www.babyjogger.com)). This all-terrain model took me across dirt roads, sandy beaches, through the outback bush, over cattle grids and curbs. The balanced three-wheeled design made steering simple; it was easy to turn with just a light touch (or push, with heavier loads) on the handlebar. It is supposed to hold up to 34kg (75lbs), but when I was fully loaded with 22 litres of water for the longer Nullarbor sections, I was pushing more than 50kg!*

- 20 inch alloy wheels. *The quick-release back wheels were a snap to take on and off for loading into and out of cars.*
- Two extra wheels. *Collected in Ceduna, the eastern edge of the Nullarbor, donated by Linda and Richard Philip of Baby Jogger Australia ([www.babyjogger.com.au](http://www.babyjogger.com.au)).*
- Thorn-resistant tubes inside the tyres. *Proved their worth. I had only one puncture, from a very large nail, during the whole journey.*
- Frame: lightweight padded aluminium
- Sun canopy. *A great place to store maps, protected by the wind/rain canopy.*
- Wind/rain canopy, retractable
- Foam push-bar grip. *Stayed in place, didn't wear and was easy to clean.*

- Parking brake. *Proved useful when I had pit stops on steep hills, and the wrist-strap prevented the Baby Jogger from escaping many times.*
- Basket underneath the seat. *This was where I kept one 10-litre water bladder, my first aid kit, some food and interesting things I found on the road (a wrench, license plates, shells, unusual rocks, a spoon with a plastic yellow handle, a piece of metal pipe that I used to dig holes). Sometimes I threw them out again, but a few things I kept all the way.*

#### CLOTHING

- 1 pair of Asics Gel GT 2030 running shoes, UK size 5 and a half
- 1 pair of Adidas Ozweego running shoes, UK size 5 and a half
- 1 pair of Nike Air running shoes, UK size 5. *I left these in Norseman because I thought they were the cause of my numerous blisters. I collected them on the way back through and still wear them today. Not a blister in sight.*
- 1 pair of orthotics. *Custom-made shoe inserts by John Barratt of Sports Physio Hong Kong.*
- 4 pairs of 'The 1000 Mile Ultimate Tactel Socks'. *These promised "money back or replacement if you should experience blisters or sock wears out within 1000 miles". Even rotating each pair daily, they wore out after only 500km (300 miles)! And I suffered non-stop blisters. I did get my money back, although it took extreme persistence.*
- 2 Shock Absorber sports bras
- 2 pairs of Tilley Endurables Travel Underwear. *The ultimate travel underwear for any adventure. Made from skid-proof, smell-proof and bacteria-resistant fabric, easy to wash, fast to dry, lightweight, comfortable, durable, and cool. (www.tilley.com)*
- 1 pair of Tilley Endurables travel pants. *Another great Tilley product. The washing instructions read: "Give 'em hell!"*
- 2 dry-fit sleeveless running shirts
- 2 dry-fit long-sleeved shirts
- 2 pairs of expensive cycling shorts. *These rode up my legs and gave me a rash. I only wore them twice then buried them in the bottom of my backpack.*
- 1 pair of Marks & Spencer cycling shorts. *Far cheaper than the above pair, these have been through hell for the past seven years and are still going strong.*
- 2 pairs of dry-fit running leggings
- 1 rain/wind-breaker jacket with a hood
- 1 fleece jacket
- 1 long-sleeved cotton shirt
- 1 'Team Canada Atlanta Olympics' baseball hat
- 1 woolly hat
- 1 pair of Oakley sports sunglasses. *Brilliant customer service from Oakley. When these sunglasses broke three years later, Oakley US replaced them free of charge! (www.oakley.com)*

- 1 bathing suit
- 1 Balinese sarong
- 1 pair of Teva sandals
- 1 pair of woollen socks

#### ESSENTIAL EXTRAS

- 1 Timex Ironman sports watch
- 1 leather bum bag/money belt. *This held my valuables and Walkman, and lived wrapped around the push bar of the Baby Jogger.*
- 1 Nikon Nuvis APS camera. *This brand new camera broke after the first roll of film and I had a huge hassle with their customer service in Perth getting it fixed.*
- 3 rolls of APS film. *I always had two spare rolls on hand.*
- 1 can of yellow spray-paint. *I had taken this to mark the road each night when I stopped, to be sure of starting in exactly the same spot the next day. In fact I only ever used it once – on the very first day. The rest of the time I either used obvious landmarks – such as the 'greenie' kilometre markers – or just walked into the bush to camp and walked out the same way in the morning.*
- 1 700ml water bottle
- 2 10-litre water bladders
- 1 80-litre backpack
- 1 small Colorado knapsack (for food)
- 1 tin mug. *This also served as a bowl.*
- 1 knife, spoon, fork (no plate)
- 2 bungee cords. *I used these to attach food knapsacks and other gear to the Baby Jogger.*
- 2 old belts. *Used to strap the tent to the Baby Jogger.*

#### STUFF TO ENTERTAIN

- 1 Sony Sports Walkman
- 1 pair wrap-around-your-ear headphones
- 30 AA batteries
- 4 homemade tapes from Jez
- 3 books. *I started with three books, which were Jon Krakauer's 'Into Thin Air', Joe Simpson's 'Touching the Void', and Jenny Diski's 'Skating to Antarctica'. I sent them ahead to Sydney in the first week because I was too exhausted to read. A few days later I had a short walking day and was gagging for a good book – go figure!*

#### NIGHTTIME STUFF

- 1 Terra Nova Voyager two-man tent (www.terra-nova.co.uk). *Nick Hands in London gave me a free tent bag to replace my well-worn one when I returned to the UK.*

- 1 SnugPak TravelPak 1000LH sleeping bag. *Temperature rating of minus five degrees Celsius.*
- 1 Silking silk liner. *Added an extra five degrees Celsius of warmth.*
- 1 three-quarter-length Therm-a-rest. *An inflatable sleeping mattress; packs tiny.*
- 1 blow-up travel pillow
- 1 Mini Maglite
- 1 Petzl head torch
- 2 4.5-volt batteries
- 1 travel alarm clock with snooze function

#### IMPORTANT PAPERWORK STUFF

- 1 copy of phone numbers and email addresses printed out in extra small format
- 1 journal. *When that was full, I picked up six small school notebooks.*
- 1 pad of thin airmail writing paper
- 10 airmail envelopes
- 2 pens. *I always kept one as a spare, buying another when one ran out.*
- 1 Canadian passport
- 1 Australian tourist visa
- Travellers cheques. *2500 Australian dollars and 700 US dollars.*
- 1 VISA credit card
- 1 year of travel insurance

#### STUFF TO REPAIR MY BODY AND MY BABY JOGGER

- 1 Swiss Army knife
- 1 tyre pump
- 2 extra tyre tubes
- 1 puncture repair kit
- 1 small first-aid kit
- 200 Ibuprofen and 200 paracetamol
- 30 packs of five Compeed blister plasters
- 500g tub of Vaseline
- 1 bottle of Goanna Oil – donated by Herron Pharmaceuticals. *Marina in Perth kindly contacted Herron about my walk, and they donated the multivitamins and antioxidants below as well as six bottles of Goanna Oil, although I only had room for one when I left Perth.*
- 500 multivitamins and 500 antioxidants, donated by Herron Pharmaceuticals
- 1 roll-on mosquito repellent
- 1 tube of 30+ broad-spectrum sunscreen
- 1 The Stick – Muscle Device. *A hand-held device composed of a semi-rigid core inside a number of rotating spindles. The ergonomic design allows you to self-administer deep or superficial manipulation to all major muscle groups, either directly on the skin or through light clothing. Mostly used as a weapon against fang-bearing dogs in the bush.*

#### NAVIGATION STUFF

- 1 UBD map of Australia
- 1 map of Western Australia. *This was the one I burned in celebration the day before I got to the Western Australia-South Australian border.*
- 1 Ortleib clear map case
- Mobile phone. *Rented from Rentlo in Perth, returned in Sydney. Reception was out of range for most of the journey through Western and South Australia. I could pick up voicemail from any touch-tone public phone, although across the Nullarbor there were often only the older pulse-dial phones at the roadhouses.*

#### STUFF TO KEEP ME CLEAN

- 1 medium Ortleib collapsible bowl. *Great for quick wash-downs, foot soaks and swishing out my ultimate travel undies!*
- 1 small travel towel
- Sports Physio shower gel/shampoo
- Conditioner
- Body moisturiser
- Soap
- Wash cloth
- Comb
- Shower gloves
- 50ml Peppermint Foot Lotion from The Body Shop
- 125ml Leg Cooling Gel from The Body Shop
- Toothbrush
- Toothpaste
- Deodorant
- Sunscreen
- Tampons
- 2 rolls of toilet paper (1 plus a spare)
- Laundry soap
- 1 travel mirror
- 5 stuff sacks of different sizes
- 1 container of 160 Handi Wipes
- 1 shower nozzle to fit the water bladders. *I didn't use this because water was too precious to waste, and it was easier to have a quick wash-down with a cloth and some shower gel.*

#### OTHER STUFF

- 1 website. *Jez built the website and added pages while I was on the road. Some of the original updates can still be viewed through [www.deannasorensen.com](http://www.deannasorensen.com)*

**STUFF I ADDED ALONG THE WAY**

- 1 thermos
- Envelopes
- Stamps
- Postcards
- Toilet paper
- Books. *Including two mystery novels and Sorrel Wilby's 'Across the Top' and 'Africa'*
- 1 reflector jacket. *Given to me by Alan in Meckering, Western Australia.*
- 500ml Aerogard insect repellent. *Also given to me by Alan in Meckering.*
- 2 24-shot disposable cameras. *To use while I got the Nikon repaired.*
- 24 rolls of APS film. *Jez sent most of the film I used by post from the UK – APS film was still quite rare in Australia at the time.*
- Plastic containers (for food)
- Cassette tapes from Jez. *Mailed to me at regular intervals along the way.*
- 1 pair of rain pants
- 1 pair of 'Tuff with Kevlar Flat Out Winter' gloves. *As I mention in the book, these were not as waterproof or 'chillstop' as advertised. However, George Johnson, the managing director of Allglove International in Australia, was exceptional at replying to my letter posted from somewhere in the bush of South Australia. He happily replaced my faulty gloves with a new pair.*
- 1 pair of oversized Rossi boots
- 2 pairs of Explorer woollen socks to wear in the Rossi boots
- 1 DIY accommodation guide for the Adelaide-to-Sydney leg. *I cut and pasted information from an automobile club magazine into one of the small school notebooks I'd picked up along the way.*
- 1 Penguin 'Touring Atlas of Australia'. *The one I found in a ditch at the side of the road on the Nullarbor.*
- 1 'Caravanners Guide to Highway One and the Stuart Highway – Second Edition of Bush Camps and Rest Areas Around Australia'. *Invaluable.*
- 1 map of Sydney
- 1 RACV 'Melbourne to Sydney via Princes Highway' strip-maps book
- 1 NRMA 'Wollongong and District' map
- 1 RACWA 'Perth to Adelaide via "Eyre Highway"' map
- Phone cards for national and international use
- 4 pairs of sports ankle socks. *To replace the 1000 Mile socks. I threw out all but one pair of the 1000 Mile socks, which I sent back to the company for a refund.*
- 2 spare tyres for the Baby Jogger. *Sent by Bob and Astrid Killip after they helped to mend (temporarily) my well-worn tyres on the Bunda Plateau.*
- Extra wheels for the Baby Jogger. *Collected in Ceduna, the eastern edge of the Nullarbor, donated by Linda and Richard Philip of Baby Jogger Australia ([www.babyjogger.com.au](http://www.babyjogger.com.au)).*

- Gifts from local RSPCAs along the way:

- 4 RSPCA t-shirts
- 2 pairs of RSPCA socks
- 4 RSPCA baseball caps
- 1 RSPCA key chain

**STUFF TO KEEP ME FUELLED**

*I didn't take a cooking element with me – I'm not a big fan of cooking in a kitchen let alone in the bush, and I didn't want to add the weight of fuel and utensils to my load. I made do with food I picked up at roadhouses and supermarkets en route. From halfway across the Nullarbor until the finish in Sydney I had a thermos, so when I wasn't camping I was able to prepare hot tea or coffee for one day's journey. My brew usually stayed hot (well, lukewarm anyway) until the next morning. The following is a list of some of the food I ate along the way.*

- Apples
- Assorted nuts
- Bananas
- Boiled eggs
- Bread
- Canned fruit, veggies
- CCs
- Cheese
- Chocolate
- Coke
- Coffee
- Honey
- Kiwi fruits
- Muesli bars
- Nutolene
- Nutrition bars
- Oranges
- Pasta
- Peanut butter
- Pitted dates
- Raspberry cordial
- Raspberry tea
- Rice cakes
- Roadhouse meals – veggie burgers, chips, Coca-Cola, gooey chocolate cake. *Food rewards! I ate all the things that I daydreamed about between one roadhouse and the next.*
- Ryvita crackers
- Salt

## GOING THE DISTANCE

- Sports drinks
- Tuna (*no more tuna ever again!*)
- Vitamin supplements
- Water