

12 April 2023

Dear Outback Odyssey rider,

3 weeks to go!!!

We hope you all had a pleasant Easter break with family and friends and managed to get on your bike for a spin or two.

Here is a few more things to think about to help you plan and prepare for Outback Odyssey.

Luggage

We limit the weight of each rider's luggage to 25 kilograms. This needs to be contained in 2 separate bags with no bag weighing more than 14 kilograms. We suggest that you use waterproof duffle bags, as these are easy to manage for both yourself and our hardworking volunteers. Yes, handling 400 pieces of luggage twice a day certainly gives our luggage team healthy appetites by dinner time! Dry Sacks are ideal to put your tent into, quick and easy. Check your local camping/outdoor store for a variety of brands. Making sure that your luggage is waterproof is important, as it is not always possible to protect your luggage during loading/unloading.

Sharing the love...

For those who like to share their experiences online feel free to use the following hashtags as you prepare for the event and of course, whilst you are having fun on the Outback Odyssey.

#outbackodyssey2023 #mawsontrail #southaustralia #bikesa

It is a great way for all riders to share images from the trail and also make your friends and family envious as they follow your adventures. Look out for some random prizes on tour for those we spot sharing the love.

Bike Maintenance

If you haven't had a chance to complete the bike survey please [use this link](#) to tell us a bit about your 'ride'. This will assist our support mechanic prepare a kit of spares for the trip. Don't forget to bring your own spares too just in case – Don't forget to check out the [My Bike info sheet](#) for more details on what tools and spares you should be bringing with you. **And PLEASE don't forget to have your bike fully serviced and any worn tyres, brake pads, chains, cables, cassettes or other parts replaced BEFORE you come on Outback Odyssey.**

Word from the locals up in the Flinders Ranges is that the countryside is still pretty dry and they are hanging out for much needed rain. Indications are that the dry spell is going to continue which is not good for the locals but great news for us. Not all areas have been dry though and we have heard reports of the menace of calthrop (bindi-eye, three corner jack) in some areas along the trail. We definitely recommend using tyre protection such as thorn proof tubes, protective tapes and self-sealing gels (such as Slime, Stans, Doc Blu, etc) and don't forget to bring a couple of spare tubes.

Muscle Massacre = Massage Time

Will riding the Mawson Trail hurt? Yes, probably, even after months of training. (You have been training, haven't you?!) It will be a physical and mental challenge. The good news is that we will have our favourite masseuse team Hazeline and Co on board again to help free up those tight muscles after a long day in the saddle. They will generally be available for appointments each day from mid-afternoon through to the evening. Fees from \$50 / 30min session. You can add your name to the daily booking sheet at any time during the ride however if you would like to lock in some appointments ahead of time you can contact Hazeline on 0439 331 569. The massage team are usually kept very busy so it is a good idea to plan ahead.

Hydration Pack



Carrying water with you on the trail is very important and the way we carry water has changed quite a bit over the last 100 years or so. Most of you are probably used to cycling with a water bottle or two attached to the frame of your bike. However not all bikes can be fitted with more than one bottle cage, especially dual suspension bikes. Hydration packs have become a popular accessory and provide a great alternative to the usual water bottle. It allows you to easily carry a lot more water and saves you reaching down to retrieve your bottle whilst riding. The mouthpiece also tends to stay cleaner than a bottle mounted on your bike.

They are quite comfortable to wear, and you can also stash other bits and pieces inside. Check out the range at your local outdoor shop.

Mobile Phones



Mawson definitely didn't have one of these contraptions, giving him constant weather and Facebook updates etc. Before you leave home, consider replacing your battery if it is more than 12 months old. Consider purchasing a small power bank / stick so you can have an extra recharge as well. Handy for recharging your lights or bike computer too. Don't forget to label your phone and your recharging cords with your full name.

You may also want to take lots of photographs on the trip, so battery power is vital. Look at ways to decrease your power usage such as: decrease screen brightness, turn off Location Services, turn off Background App Refresh, turn off Wifi and Bluetooth, switch to Flight Mode or turn off phone completely if not required. Consider purchasing a waterproof case to protect it from the snow, dust and rain.

There will be recharging stations at the overnight stops but they can get pretty crowded with many riders. So saving power will also help save time recharging.

[Click here](#) and [also here](#) to check out more handy hints

Communications and Getting Connected on tour

Mobile phone coverage is mixed along the route, becoming patchier the further north we travel. Coverage is reasonable at each town, but along the route it is unreliable and often non-existent, depending on your network. Telstra offers the best overall network coverage along the route. It can be a good idea to carry your mobile phone as a precaution, and may be handy if you break down or are involved in an accident.

Mozzies!!

With any outdoor activity there is always the chance of being annoyed by flies or mosquitos. With the extended spring rains and flood conditions along the Murray River in recent months, it seems that the mozzies have been breeding up in certain areas. We have recently been made aware of advice regarding mosquito-borne virus detections in some parts of SA. See the following advice from SA Health for details on prevention.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/protecting+your+health/yourself/fight+the+bite/fight+the+bite>

So, don't forget to pack some good Aerogard, Rid or other good quality mozzie repellent just in case.

We will be sending out another update next week with further details for preparation.

In the meantime, please take the time to review all the Participant Information on the website to remind you of anything you may have overlooked or forgotten in your preparations for Outback Odyssey.

<https://bikesa.asn.au/faq-odyssey>

Please also take time to review our previous updates as well.

[Outback Odyssey 2023 - Rider Update #1](#)

[Outback Odyssey 2023 - Rider Update #2](#)

Stay tuned for the next update coming soon.

The Bike SA Team