



1st August 2011

Greg's Tips for Bush Comfort

Walk safely - Walk with a group

Bushwalking is fun when walking with a group and provides some simple basic precautions to ensure your safety. Usually when you join a group there will be some very experienced walkers and leaders who are entrusted with your comfort and safety. These participants are always happy to impart their knowledge on to you.

Before attending a walk, it is best to approach the group to find out what type of clothing and footwear will be required for the walk that you have chosen to undertake. You can start by looking at comfort. Wear sturdy shoes or a supportive pair of cross trainers with good grip.

With clothing you will need to dress for the weather. Shorts and singlet/shirt in the warmer months and a two layer top when it is colder. Include a light weight spray jacket if the weather looks unfavourable. If you are on any thing more than a two hour journey such as a half day or full day walk you will need more gear as you will be out in the elements for a much longer period of time. Please ask for our full gear and equipment list if you are interested in participate in our day trek events. Note: If you only participate in short walks such as our Sunrise and Twilight events, light clothing will usually suffice for most of the conditions.

Half the fun of bushwalking is getting up close and personal with mother nature. Don't wear good clothes, cause you might get dirty. Be sun smart, no matter what time of day it is. If the sun is up, it is beneficial to have a hat, sunglasses and suncream with you.

Take a backpack as you will need to carry some essential items such as a crepe bandage incase of snakebite. Fresh water should always be carried as water in the creeks is usually unsafe to drink. And, don't forget the insect repellent when walking on those wet and humid days.

Safety in the bush

Walk with a group, our bushland can often be a wild place with hidden dangers for the unwary. Here are some of our tips to help make bushwalking safe and enjoyable:

Before you go:

- Find out whether the desire event will be suitable for your level of bushwalking experience.

Things to take and wear:

- Wear comfortable, protective footwear.
- If you get blisters easily strap your feet before going.
- Wear a hat and sunscreen to avoid sunburn.
- Always carry water. Bushwalking is thirsty work!
- Wear insect repellent to discourage things that bite and suck.
- Take a light weight spray jacket. Walking is fun in the rain if you keep dry.
- Take a small backpack with extra clothes if it is cold.
- Take water and a few nibbles to keep you going.
- When required, wear a headtorch and light coloured clothing for twilight walks

During your walk:

- Detour around any snakes. Never provoke them!
- Stay on the track where possible.
- Avoid drinking creek water. Even clear water can be contaminated.
- Stay well back from cliff edges and off slippery areas to avoid any accidents.
- Think before you swim. Never dive or jump into a creek or waterhole.
- Always adhere to the club's safety rules and follow the leader/s instructions.

After your walk:

- Look for and remove any ticks and leeches after your walk.
- Take your rubbish home with you.

