



How to be a responsible bushwalker

What do I Bring?

On your Introductory Bushwalk and your subsequent Club walks, make sure you are equipped with the following items:

- **Comfortable daypack** - worn on your back - in which to carry your gear.
- **Small first aid kit** - for your own use.
- **Minimum of 2 litres of water** - in an unbreakable container; essential for both summer and winter walks. (Note: If you turn up for a walk with less than 2 litres water, you will not be permitted to attend, as you may put both yourself and others at risk. Also, in hot weather, you may be wise to carry more than 2 litres depending on your own personal requirements).
- **Strong, comfortable footwear.**
- **Adequate protection from the weather** - including hat, sunscreen, rain gear (according to season and weather forecast). If you put yourself at risk (e.g. of heat exhaustion or hypothermia) by not being suitably equipped, you may also put the group at risk.
- **Adequate protection from the bush through which you will be walking.** Long trousers, gaiters, and a long-sleeved shirt are recommended when walking off tracks (cross-country). Shorts are more suitable for tracks and open-country walking, but the choice is yours. (If it rains, wet long pants are not as easy to dry as wet legs!) Jeans are not suitable for bushwalking.
- **Whistle for safety** - metal or plastic.
- **Food for the day** - morning tea, lunch and afternoon tea.
- **Sufficient cash** - for contributing to carpooling and paying the \$10 attendance fee (and also membership fee if you wish to join up on the day, at the end of the walk).

Preferably delay buying expensive new equipment until you have been on a few Club walks after joining. After a few walks and advice from experienced walkers you will have a better idea of your needs and preferences so you can then make a more informed choice.

Safety on Day Walks

- **Medical condition?** - If so inform the Leader before the walk of any medical condition which may affect you, and advise of the appropriate treatment if it might be required during the walk.
- **Individual responsibility** - The safety of the group is the responsibility of each individual. Be aware of others, especially in difficult situations.
- **Keeping together** - Be aware of who is walking in front and behind you, and keep them in sight. Pass a message forward to the Leader at once if anyone drops behind. (But don't walk so close to the person in front that you risk being hit in the face with a branch that springs back, and beware of swinging walk poles!)
- **Separated from the group?** - If you are not sure where the rest of the group is, stop and shout. If no answer, blow your whistle in groups of three blasts and listen for a response. Either stay where you are, or move a short distance to an obvious clearing - don't wander further into the unknown.
- **Struggling to keep up?** - If you are finding the pace too hard, or are otherwise in difficulty, stop and advise the "tail-end Charlie". Don't wait until you are exhausted.
- **Calls of nature** - Naturally, toilet stops are likely, but do not drop back behind the "tail-end Charlie" without advising of your intention to leave the group.
- **Snakes alive!** - Watch out for snakes when walking - especially in warm weather. Adequate protection (e.g. long trousers/gaiters) is recommended especially when walking off-track. Also see information on snakebite prevention and firstaid on this site.
- **Ticks** - Ticks are often encountered in W.A.'s bush. To reduce the chance of picking up a tick wear light-coloured clothing so you can spot and remove them quickly. Apply suitable insect repellent and avoid brushing up against foliage when possible. See the Club website for more info. on tickbite prevention and treatment .
- **Campfires** - Think carefully before lighting fires. Be aware of the weather conditions and Fire Regulations and check that the ashes from the fire are COLD before departing.

Transport

- **Paying your way** - When travelling in someone else's vehicle, you must pay your way. Please do not wait to be asked for your cash contribution. It is expected that passengers will share the fuel costs between them and ensure the amount contributed is appropriate considering not only the driver's cost of fuel, but also the driver's general costs of maintaining a car. Where vehicles are involved in a car shuttle, a small additional contribution should be offered.
- **Travelling in convoy?** - Each driver in the convoy must make sure they take note of the convoy vehicles immediately in front and behind. At all turn-offs, wait until the driver behind indicates that they are aware of your intentions.

Bush Hygiene & Bush Etiquette

- **Litter** - All litter must be removed from the bush. This includes fruit peelings, plastic, foil, etc. Please remove all traces of your presence. If you carried it in, also carry it out!
- **Toilet wastes** - including toilet paper, are to be properly buried between 150-200mm (6-8") deep - not just covered by rocks or leaves. Always ensure that your toilet stops are at least 100 metres from any water source and the rest of the group.
- **Dieback Disease** - To help limit spread of Dieback Disease in the bush, clean mud and gravel, etc. from your boots or shoes before attending a walk.
- **Mobile phones** - Preferably switch your phone to silent or turn it off. If you feel a need to leave your phone on make sure it has a subtle non-intrusive ring-tone or put it on vibrate mode.
- **Walker 'n talker?** – Everyone walks for their own reasons. Some like to chat while others enjoy the quietness of the forest. Most of our members are reasonably sociable types, but if you are a prolific talker, consider that not everyone may want to hear your voice all day.
- **Sorry, no pets!** - For environmental and safety reasons, pets are not permitted on Club activities.
- **Minimum impact** - See the Club's guidelines for minimising your impact on our bushwalking environment.

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