

# What To Carry On Bushwalks

The lists below are guides only. Please take into consideration seasonal conditions and the terrain. Extra items of a personal preference may also be carried as well as any items specifically requested by the leader. At least 1 Personal Locator Beacon (PLB) should be carried on walks that have limited or no mobile phone coverage.

<b>Gear for a day bushwalk</b>
Comfortable walking shoes/boots Day pack Food Water* Personal first aid kit (see separate list) Lightweight/head torch Wet weather gear Jumper Hat and Sunscreen Whistle Emergency/space blanket

<b>Personal First Aid Kit</b>
One 10-15cm wide elastic bandage (snake bandage) Triangular bandage and fasteners Wound dressings Assorted bandaids Paracetamol Saline Antiseptic Blister treatment Small scissors Tweezers Ether containing spray for adult tick removal (e.g. Wart Off, Medi Freeze Skin Tag Remover, Compound W Freeze Off)** Personal medication*** Member Emergency Contact and Medical Information form

\* The advice is 0.5 litres per hour of walking in spring weather (2 litres for most day walks). More information, especially about hot weather: <http://www.bushwalking101.org/water-needs-2/>.

\*\*See <https://www.northernbeaches.nsw.gov.au/community/safety-and-wellbeing/ticks>.

\*\*\* Personal Medication – these should be carried in a separate container, clearly labelled with the drug name, circumstances indicating use, dosage, any possible reactions and expiry date. The member should advise the leader if they are carrying personal medication.

Additional information is available at:

<http://www.bushwalking101.org/gear-for-day-walks/>

<http://www.bushwalkingnsw.org.au/gear/>

<https://lotsafreshair.com/2014/04/14/what-to-pack-fo-a-day-hike/> (if you prefer a video)