

What to bring when walking with Redland Bushwalkers Inc

The following items are essential for all walks except social walks:

Boots: must be fully enclosed – no sandals. Joggers may be suitable for social walks and some beginners' walks.

Backpack: a comfortable backpack, large enough to take all you require for the day. Ideally it will include a waist strap for added balance and better weight distribution.

Water: **minimum TWO litres per day** in a bladder and/or at least two separate containers.

Torch/head-torch: with spare batteries; if your walk takes longer than expected you may be walking in the dark.

Raincoat/poncho: for unexpected showers and another layer against the cold.

First aid kit: might include personal medication, bandaids, bandages, antiseptic.

Whistle: to be worn on outside of pack. Available for sale from the club.

Pack liner/plastic bag: for waterproofing in case of rain.

Hat/Cap: one that won't blow off in a wind.

Sunscreen and insect repellent

Toilet paper and trowel: and snaplock bag to put used paper in. Leave no trace, not even toilet paper!

Light fleece/thermal top: even in summer.

Map and compass: ideally the leader should not be the only walker with these items.

Rubbish bags: we take out what we take in, also for wet and muddy gear.

Set of clean, dry clothes: to change into at the end of the walk. Be considerate to others, especially your driver and their car.

Lunch and snacks: keeping your energy levels up with the right foods and drinks will help your enjoyment of the walk.

The following items are optional extras:

Gaiters

Electricians' tape: useful to repair boots, packs, etc.

Walking poles

Protective/gardening gloves

⊖ **Denim jeans are not suitable for bushwalking. They are hot, heavy and hard to dry.**

How to use your whistle

Whistles are essential communication devices and must be taken on every walk. Attach it securely to the outside of your pack within easy reach. The front of your shoulder strap is a good place.

These are the generally recognised conventions for signalling with a whistle:

- **One blast:** means “where are you?” Also used to respond to other whistle signals.
- **Two blasts:** mean “come to me”.
- **Three blasts:** mean “I need help!” (distress, emergency). Three of anything (whistle blasts, fires, rifle shots, piles of rocks, flashes of light etc) is generally recognised as a distress signal.

Each blast/signal should last for about three seconds and should be repeated at regular intervals.