

What to bring when walking with Redland Bushwalkers Inc

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

Boots/shoes: 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.**