

# REDLAND BUSHWALKERS INC CHECK LIST - FOR NEW MEMBERS

Thank you for considering joining our Bushwalking Club. We have created a checklist with information about our Club, our walking platform, and minimum requirements for bushwalking. We hope you find this useful. Check out our website for further information: <https://redlandbushwalkers.org.au/> or send us an email if you require further information: [redlandbushwalkersinc@gmail.com](mailto:redlandbushwalkersinc@gmail.com).

## 1. MEMBERSHIP WITH THE CLUB

- 1.1 The required introductory walk is a great way to be introduced to members of the club and experience the type of walks we do. This will also assist you in gauging whether you are interested in a bushwalking group vs a walking group.
- 1.2 We are a Club and only use meetup as our walking platform to sign on for walks.
- 1.3 Cost \$40 per year. Can do 2 walks with the Club (including Mt Cotton) before joining as a member.
- 1.4 Visitor's fee comes off the membership eg only pay \$30 (if done 2 walks) for the first year.
- 1.5 The Club holds a monthly meeting at the Lions Hall at Cleveland starting from 7pm on the second Wednesday of the month. Check out our website for details <https://redlandbushwalkers.org.au/>.

## 2. MEETUP

- 2.1 Visitors and new members **must** contact the leader by sending a message or phoning them if they **haven't** walked with them before. Unless it is an easy walk, most leaders will put you on a wait list and if they don't know you, they won't immediately accept you on a walk until you've spoken to or contacted them.
- 2.2 The Club preference is to have a picture of your face and full name. [details on how to do this for the Club only are on the website].
- 2.3 On the morning of the walk check Meetup before you leave just in case there is an update from the leader regarding the walk.

## 3. EMERGENCY CONTACT DETAILS

- 3.1 **Carry an emergency card** with you, with your name and mobile PLUS your emergency contact person and mobile number – include rego and any allergies. You will receive one in your welcome kit when you join the club.
- 3.2 **Emergency Plus** App on your phone.
- 3.3 **Emergency contact** on your phone: Add emergency contact under your "Contacts" (or add SOS details for iPhone)

## OTHER INFORMATION FOR NEW MEMBERS: Also located on our website.

## 4. BUSHWALKING – MINIMUM REQUIREMENTS FOR BUSHWALKING

- 4.1 **What to pack in a Daypack - 2 litres of water, first aid kit, hat, sunscreen, poles if using, snacks and food, windproof jacket.**  
Example: O'Reilly's, Binna Burra or Mt Barney area – pack thermals and light merino fleece (especially in winter) as it can be 10 degrees difference in temperature from the Redlands. If unsure what to take, contact the leader or put a message on meetup. If you are not using a water bladder let the leader know so they can add adequate stops along the way.
- 4.2 **First Aid kit** – everyone to carry one. Must have at least one snake bandage.
- 4.3 **Toilet Break** – If you need to have a toilet break while on a walk, let the tail-end person know, so they can wait for you to return to the track.
- 4.4 **Tail End Charlie** – We appoint a tail end Charlie and always wait at junctions to ensure everyone follows the correct track.

- 4.5 **Backpack** - Details of what to pack for a day pack are on the website. Have a look. Backpacks with hip belts especially for longer walks and creek walks so they don't move around and cause you to lose your balance.
- 4.6 **Whistle** and how to use it. (Provided in welcome pack)
- 4.7 **Poles** – If you are unsure how to use them or the advantages of using poles, talk to a leader for guidance.
- 4.8 **Carpooling** - Bring change of clothes/shoes for end of walk. Petrol money for driver: An average is 1 hours = \$10, 2 hours = \$20. Driver will set amount depending on how many people are in the car.
- 4.9 **Walks Grading System** – check out the website.

Distance			Terrain Gradings		Physical / Endurance Grading	
Code	Name	Description	Code	Description	Code	Description
<b>S</b>	<b>Short</b>	Less than 10km per day	<b>1</b>	Path with smooth surface and low gradient.	<b>A.</b>	<b>Basic</b> - Generally suitable for new bushwalkers. About four hours of walking and possibly minor hills. Slower pace with frequent breaks.
<b>M</b>	<b>Medium</b>	10-15km per day	<b>2</b>	Well-formed path or graded track with some minor obstacles.	<b>B.</b>	<b>Average</b> – Can be up to five hours of walking and/or up to 300m of elevation gain/loss per day. Comfortable level of fitness required.
<b>L</b>	<b>Long</b>	15 - 20km per day	<b>3</b>	Graded tracks, with obstacles such as rock or root intrusions, fallen debris, or creek crossings.	<b>C.</b>	<b>Moderate</b> – Can be up to six hours of walking and/or up to 600m of elevation gain/loss per day. Reasonable fitness and agility required.
<b>X</b>	<b>Extra Long</b>	Over 20km per day	<b>4</b>	Rough, unformed track or open terrain, with obstacles such as rock or root intrusions, fallen debris, or creek crossings.	<b>D.</b>	<b>Hard</b> – Can be up to seven hours of walking and/or up to 800m of elevation gain/loss per day. Sufficient level of fitness, endurance and agility required.
			<b>5</b>	Rough or rocky terrain that may require use of hands, and/or creek rock hopping that requires small to moderate steps. Fallen debris possible.	<b>E.</b>	<b>Very Hard</b> - . Can be up to eight hours of walking and/or up to 1,000m of elevation gain/loss per day. High fitness, endurance and agility required.
			<b>6</b>	Steep, rough or rocky terrain requiring use of hands, and/or creek rock hopping requiring moderate to large steps or jumps. Fallen debris possible.		
			<b>7</b>	Climb or descend steep rock, using hand or foot holds. May be some exposure. Good upper body strength required.		
			<b>8</b>	Climb or descend near vertical rock with exposure, using widely spaced or small hand or foot holds. Climbing skills may be required. Good upper body strength required.		
			<b>9</b>	Sustained climbing or descent of vertical or near vertical rock with exposure, using widely spaced or small hand or foot holds. Advanced climbing skills may be required. Good upper body strength required.		