

## GEAR FOR WALKING

### 1. WINTER BUSHWALKING (April to November)

Appropriate walking gear (including what to bring) -is important for both safety and comfort to cater for the terrains and adverse weather conditions.

- Footwear: - Comfortable walking shoes with grip soles-waterproof if wet weather. Good waterproof trail shoes or boots, with bushwalking socks are recommended. Spare socks for really wet weather.  
Thongs, sandals and smooth-soled sneakers are not suitable
- Clothing: - Multiple lightweight layers are more versatile than single heavy layers and can be adjusted to the weather conditions. Don't forget a hat, cap or beanie appropriate for the weather. Gloves for particularly cold mornings are recommended.
- Waterproof jacket (3/4 length is best) and pants or a poncho for the wet days, unless you prefer shorts, then only a jacket. Unless you have full length water protection avoid cotton jeans- they take a long time to dry out.
- A backpack with shoulder straps to hold all your stuff. Backpacks with a waist belt and chest strap to distribute the weight between shoulders and hips are recommended.
- 1-2 liters of water, this can include a tea/coffee/soup thermos.
- Morning tea snacks and lunch. (Winter walks may take up to 5-6 hours)
- Plastic sheet to sit on for morning tea & lunch.
- Basic first aid kit.
- Insect spray, sunscreen.
- Whistle. Members are required to carry a whistle for emergency use

#### Optional Walking gear

- Walking poles: - A lot of Club members use walking poles, particularly on medium and hard walks as an aid for balance and to reduce the consequences of tripping hazards. Various websites claim that the use of walking poles reduces stress on feet, knees and back (by 10 – 20%).
- Insect net: - Cheap and effective when insects are really bad.
- Navigational aids. These can be map and compass, GPS units or phone apps, and quite a few Club members carry these. Interest in navigation is encouraged, and the Club holds occasional navigation exercises to improve skills.

### 2. SUMMER BUSHWALKING GEAR (December to March)

- As for the winter list, but summer walks are shorter and are on formed paths, paved paths or the beach, so sports shoes or good sandals are OK. Good shady hat is important. Thongs are not suitable.