



## Clothing and Equipment for Day Bushwalks

- Footwear:** Sturdy, comfortable boots with good tread and non slip soles [and spare laces].
- Socks:** One thick pair and thin inner socks.
- Shorts or slacks:** Not tight fitting. Avoid jeans.
- Underwear:** Light, comfortable; thermal synthetic for winter, cotton for summer.
- Shirt:** Button-front is popular because you can adjust temperature more readily. If prone to sunburn wear long sleeves.
- Day pack:** Large enough to contain all the items listed below. Look for strong fabric and stitching and a comfortable fit. Line with large plastic bag.
- Hat:** With sufficient brim to cover eyes, ears and back of neck; or woollen beanie for cold weather.
- Rainproof jacket:** Hooded parka of Gortex, *Hydronaute*, coated nylon or proofed japara with seams sealed.
- Warm jumper:** Fibre-pile jacket or wool shirt.
- Water bottle:** One litre minimum
- Lunch:** Include a plastic bag for rubbish.
- High energy nibbles:** Chocolate, nuts, lollies, dried and fresh fruit. Allow extra for emergency food.
- First aid kit:** As per *Participants' Responsibilities*.
- Toilet paper:** Can also be used for track marking [tying to branches] in an emergency.
- Small Trowel**
- Matches:** Preferably the waterproof/windproof type and some paper or other aid to firelighting.
- Strong nylon cord:** 2 metres, 3-4mm diameter; for emergency use, tying ground sheet etc.
- Ground sheet:** For sitting on and emergency shelter.
- Small torch:** You may be delayed. Include extra batteries.
- Loud whistle:** You may become separated from the group [see *Participants' Responsibilities* for signal code]
- Watch**
- Sunglasses:** Also good for protecting eyes from wind and hail
- Insect repellent:** Roll on also good for removing leeches.
- Note paper & pencil**
- Money**
- Identification cards:** Drivers Licence is the preferred ID in case you need to drive in an emergency. Medicare and health card.
- Optional extras:** Pack cover, gaiters, camera, umbrella, compass, small mirror for attracting attention
- Summer extras:**
- thermos with iced water
  - small towel
  - spare socks
  - sunscreen
- Winter extras:**
- waterproof overpants
  - gloves
  - beanie
  - thermal underwear
  - thermos with hot drink

It is advisable to leave a change of clothing in the car in case your walking clothes get wet.