



Below are some basic principles of safe walking, but it must be remembered that your safety depends on thorough preparation and clear-headed, sober actions.

PREPARATION FOR TRIP.

1. Choose your route with care and obtain information from experienced walkers. The Hon. Information Officer, Mr. Pallas, will gladly assist.

2. Do not undertake too much within the allowable time and realise your limitations in relation to the country to be covered.

3. Obtain best maps and always carry a compass. Understand how to use both of them.

4. A party of at least three is advisable. In case of an accident one can go for help and the other remain with the injured person.

5. Before leaving, always give details of your route to parents and friends and be certain that they are aware of the functions and 'phone numbers of the Search and Rescue Section.

6. Check the worthiness of your gear. Prepare your food list, always allowing a slight surplus for emergencies, allowing 2/3lbs. of food per day. Your gear, excluding food, should weigh in the vicinity of 20/25lbs. and the total weight for a two day week-end should not exceed 30/35lbs.

7. Always wear sturdy, easy-fitting footwear that will stand up to rough usage. It is often wise to carry a spare pair of light rubber shoes. Sufficient and suitable clothing should be carried to allow for warmth in cold weather and changing.

8. Each member should carry a torch (with fresh or spare battery), matches in a waterproof container, and a snake-bite outfit in a readily accessible place. A light, but comprehensive, first-aid kit should be carried by at least one member of the party.

9. Elect a leader who would be capable of taking control in an emergency.

WHILST ON WALK.

1. The pace of the party should be regulated to fit every member and the leader should not strain weaker members with a fast pace over rough country. Take periodical rests.

2. Take note of physical features such as creeks and ridges, and occasionally look back so that you can recognise the route in case it is necessary to retrace your steps. Memorise outstanding things in

relation to the track; these may take the form of peculiar trees, unusual rocks, etc.

3. A walker should always be aware of his progress and direction by frequent reference to map and compass, or position of sun.

4. The party should be kept together at all times and a strong, experienced person should be stationed at the rear to keep up stragglers. Check your numbers fairly frequently, particularly when there is a river crossing, before starting after a rest, and before and after a difficult section of country.

5. Creeks draining through habitation are likely to be polluted and it is better to boil the water before use.

6. Do not risk your life in a flooded creek or river. It may be wiser to wait for it to subside a little as mountain streams do so fairly rapidly. If crossing is necessary pick where the bottom can be seen and the current is not strong; these places may be found on straight stretches or where the river is divided. Always test with a stick for depth before entering and make sure your pack can be shed quickly.

7. Be careful with your fires. A bushfire may block your path or burn your equipment.

8. Beware of following unknown creeks; the backbone of a ridge is usually easier walking.

BLIMEY—WE'RE LORST.

1. Sit down and plan logically. By using map and recollection of country traversed, decide which is the best route to safety.

2. From the time you are uncertain of your location mark the route taken by breaking twigs, scratching arrows, leaving paper trails, etc. Leave dated notes indicating your plans and personnel in a conspicuous place at each stopping place, e.g., fireplace.

3. Check your food supplies and ration them if necessary.

4. Unless you are quite sure of the way, it is not safe to travel in rough hush country at night. It is better to light a good fire in a sheltered position or cave and await the arrival of daylight or searchers.

5. If you are bewildered and cannot find your way to safety find an open camp site with water and stay put.

6. The accepted distress signal is three distinct calls. A smoky fire will always attract attention.

N.S.W. FEDERATION OF
BUSHWALKING CLUBS
(Search and Rescue Section)

