

# Getting ready for a short bushwalk

## Before you go

- Plan your walk: [nationalparks.nsw.gov.au/things-to-do](http://nationalparks.nsw.gov.au/things-to-do) [wildwalks.com](http://wildwalks.com)
- Ask friends to join you
- Check weather forecast ([bom.gov.au](http://bom.gov.au)) and if park is open ([nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au))
- Clean your gear - to avoid spreading weeds & plant diseases <sup>[L]</sup> <sub>[SEP]</sub>
- Tell someone you trust where you are going and when you will be back. (Ask them to phone you if they are worried that you are back late. If there is no answer then they can call the police for help.)

## What to Wear

- Shirt (with collar for sun protection)
- Shorts or loose pants
- Clean, comfortable shoes (e.g. running shoes)
- Comfortable socks
- Sunscreen
- Sunhat
- Sunglasses



## What to Pack

- Backpack (lightweight, comfortable)
- Map of walk
- Snacks (e.g. fruit, muesli bar, trail mix)
- Water (0.5 L per hour of walking)
- Waterproof jacket (keep wind & rain off)
- Plastic rubbish bag
- Sunscreen & Insect repellent (avoid using if entering creeks, use clothes instead)
- Small nail brush to remove mud and seeds on the spot
- Personal medication (e.g. allergies, asthma, angina)
- ID & money (for coffee, transport etc.)
- Mobile phone (phone 000 in emergency)
- First aid kit
- Camera



## Also consider

- Lunch (e.g. sandwiches)
- Morning tea, Afternoon tea (e.g. fruit, biscuits)
- Jumper or thermals (avoid cotton), warm hat & gloves
- Gaiters (to stop spread of seeds), scrub gloves
- Trowel, toilet paper - bury 15cm down, 50m from creeks
- Head torch & fresh batteries (if walk > 6 hours)
- Personal Locator Beacon (if out of mobile phone range)



## Before you start

- Make sure everyone has gear and is feeling fit
- Go to the toilet

## On the walk

- Stay on the track
- Carry out all rubbish (even fruit peel – it's bad for our animals)
- Think about other people (no loud music, allow others to pass)
- Keep away from animals and do not feed them

## When you finish

- Let your friend know you are back safely
- Plan your next walk 😊

### More Information:

[bushwalkingnsw.org.au](http://bushwalkingnsw.org.au)

[bushwalking101.org](http://bushwalking101.org)

[lotsafreshair.com](http://lotsafreshair.com)

**Bushwalking** NSW