



THE BUSH CLUB INC.

Suggestions to help you pack for a day walk

Bush Club members are independent walkers; responsible for their own well-being and safety. The following list is provided as a guideline only. It is designed to help you get started when packing for a day walk. The list is neither comprehensive nor prescriptive. It is a starting point to assist new walkers with their own decision making. However, consider all essential items carefully in relation to: walk location, conditions, weather and leaders' comments when you contact them.

ESSENTIAL ALL YEAR Fully enclosed footwear+ and	<i>And ESSENTIAL for</i> WINTER WALKING AND MOUNTAINS in COOL WEATHER	<i>And ESSENTIAL For</i> SUMMER WALKING	OPTIONAL
Backpack large enough to carry the following: <ul style="list-style-type: none"> • Water, minimum 1 litre, but amount will vary depending on the season and the difficulty of the walk. If in doubt, then call the leader. • Lunch and snacks ++ • First aid kit, including bandage and any personal medication • Whistle • Money +++ • Toilet paper • Rain jacket, minimum lightweight plastic poncho • Matches or cigarette lighter, waterproof pkg • Sun hat • Sun block • Pack liner or pack cover • LED head torch on all walks, even on day walks (and also spare batteries for longer/remote walks). Note also that free torch apps are available for many smartphones. 	Take "essential all year items" plus clothes that will keep you warm when wet, including: <ul style="list-style-type: none"> • Fleece jacket • Beanie, gloves • Extra thermal top and bottoms • Rain jacket (good quality) and over-pants 	Take "essential all year items" plus: <ul style="list-style-type: none"> • Extra water (suggest: 3 litres) • Electrolytes *You will be surprised how thirsty you get	<ul style="list-style-type: none"> • Relevant map and compass • Tissues • Insect repellent (summer) • Mobile phone • Change of clothes in the car (in case of rain in winter) • Compact umbrella • Gaiters and gardening gloves (rough 'off track' walking) • Toilet trowel/hand wash • Salt for leeches (or cramp relief) • Seat pad for lunch stops • Plastic bag for rubbish etc. • Camera • Binoculars • GPS and spare batteries
	+ Sturdy with good grip ++ Your hunger may surprise you +++ For expenses such as shared transport costs		