[PREPARING FOR A BUSHWALK](http://www.boroondarabushwalkers.org.au/walks/preparing-for-a-walk.html)

Suggested clothing and equipment for a day walk

**Shirts & trousers** –visitors do not need to purchase special bushwalking clothing prior to participating in a walk.  Almost any type of shirt, t-shirt, shorts or trouser will do. Lightweight cotton or synthetic is best.  Do not wear jeans because they take a long time to dry if they get wet.

**Warm clothing –**lightweight thermal leggings and tops and fleece jackets are great, however a warm woollen jumper is also suitable.  Bring layers in cold weather and a woolly hat and gloves.

**Sunhat & sunglasses**

**Waterproof jacket with hood –**always carry this essential item even if rain isn’t expected. Waterproof overpants are optional.

**Footwear –**comfortable shoes with a good tread are vital.  Check with the leader regarding the walk terrain as trainers may be adequate on some walks.

**Personal items –**sunscreen, lip balm, insect repellent, toilet paper, and a plastic sheet or small mat to sit on.

**Personal first aid –**each walker should carry their own first aid, kit, including plasters in case of blisters (act as soon as a hot spot is felt – prevention is easier than cure) etc. Walkers must also carry their own personal medications and if they have a medical condition advise the Leader where the required medication is located in their pack and provide instructions about its use.

**Food and water –**lunch and high energy snacks for the day, plus a little extra in case of emergency. 1-2 litres of water in cool weather; more in hot weather or if you drink a lot.

**Backpack –**any back pack that is comfortable to wear and that the necessary gear fits in.  No shoulder or handbags are permitted, as these quickly become tiring to carry and greatly restrict you walking ability.

**Whistle & torch**

**Cash –**for contributing to shared petrol costs, paying the visitor's fee and for any refreshments you may purchase (many walk groups stop at a coffee shop on the return journey).

**Identification –**driver’s licence in case of an emergency.

**Other items** (optional) –change of clothes, plastic bag for wet and muddy equipment, walking poles, vacuum flask – for a hot drink or soup, mobile phone (note many areas will not have mobile coverage), compass/GPS.

If you decide bushwalking is for you then you will want to set yourself up with a good pair of leather or lightweight boots, gortex rain jacket, thermals etc.  We would recommend you speak to some of our experienced walkers to seek their recommendations before making any major purchases.

Walk departure arrangements

Sunday walks meet at 7.45am for an 8am departure from the Kew Library car park; enter from Cotham Road, Kew (Melway Map 45 D6).

Wednesday walks meet at 8.45am for a 9am departure, from Victoria Park oval, High Street Kew, enter from Belford Road (Melway Map 45 G5).

Transport to walks is by private car, and walkers usually carpool and share petrol costs.

**Also...**

* Visitors are accepted on walks only if they have made prior arrangement by either using the walk booking sheet at a club meeting or by telephone request to the leader.
* The walk leader requires the name, address, telephone number of each visitor, plus an emergency contact telephone number.
* Visitors who wish to cancel their booking should advise the Leader by telephone at the earliest opportunity.
* Visitors are required to sign an Acknowledgement of Risk form prior to participating in a club activity.
* Visitors must pay to the leader prior to departure a visitor’s fee as set by the committee.
* All walkers are required to advise the leader, in confidence prior to departure, of any medical condition that may affect their participation.
* The leader is authorised to exclude any walker whom he or she considers not suitably attired or equipped, not sufficiently skilled or fit, or who poses any risk to the safety of the party, considering the nature of the walk and climatic conditions expected.
* Written consent of a parent or guardian is needed for any visitor under the age of 18 years unless accompanied by a parent, guardian or other adult.
* During the walk, visitors must remain with the walk party and comply with any reasonable direction of the leader