[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.