

# 2014

## Be Prepared...

*for new adventure!*



# BUSHWALKING : A PICTORIAL GEAR LIST

Suggestions for things you might not want to do without, without taking too much!

# BUSHWALKING PICTORIAL GEAR LIST

## BACK PACK



PACK RAIN COVER - WHEN YOU'RE BUYING ONE MAKE SURE IT'S THE RIGHT SIZE FOR YOUR PACK.

### TYPICAL BUSHWALKING BACKPACK

AVAILABLE SIZES TYPICALLY RANGE FROM 45 LITRES TO 85 LITRES.

MAKE SURE IT'S BIG ENOUGH TO FIT EVERYTHING YOU NEED.

TYING EQUIPMENT TO THE OUTSIDE OF A SMALL PACK IS RISKY AS ITEMS WILL FALL OFF AND GET LOST.

BUT BIGGER PACKS ARE HEAVIER, AND YOU MIGHT PUT MORE GEAR INTO IT THAN YOU CAN CARRY SAFELY.



ALL THE STRAPS AND ADJUSTMENTS SHOWN HERE ARE IMPORTANT.

WHEN BUYING A PACK MAKE SURE IT HAS THEM ALL.

AVOID CHEAP PACKS – THE BUCKLES AND CLAMPS BREAK VERY QUICKLY AND THE STRAPS TEAR OFF.



# BUSHWALKING PICTORIAL GEAR LIST

## BACK PACK – WRONG PACK SIZE



THIS PACK IS TOO **BIG** FOR THIS PERSON.

THIS WOULD BE BAD FOR YOUR BACK.

ALSO – IT'S WAY TOO EASY TO FILL EVEN THE LARGEST PACK AND END UP CARRYING WAY TOO MUCH WEIGHT.



THIS PACK IS TOO **SMALL**.

SO YOU END UP WITH LOTS OF GEAR ON THE OUTSIDE WHERE IT CAN BE DAMAGED OR FALL OFF AND GET LOST.

# BUSHWALKING PICTORIAL GEAR LIST

## BACK PACK – WRONG PACK TYPES



THIS PACK HAS A HANDLE ON THE SIDE WHICH INDICATES THAT IT IS MADE FOR BACKPACKING TRAVELLERS – NOT FOR BUSHWALKING.

ALSO VERTICAL ZIPPERS LET THE RAIN IN.

AND THE EXTRA PACK ON THE BACK PLACES WEIGHT TOO FAR FROM YOUR BACK.



THIS PACK DOESN'T HAVE THE ADJUSTMENTS YOU NEED.

IT HAS A ZIPPER WHICH WRAPS MOST OF THE WAY AROUND WHICH IS FINE IF YOU'RE IN A HOSTEL ROOM BUT NOT IN THE BUSH.



THIS IS A DAY PACK AND IS TOO SMALL FOR AN OVERNIGHT WALK.

# BUSHWALKING PICTORIAL GEAR LIST

## TENT



### TENT – INNER, FLY, POLES & PEGS

THE TENT IN THE PICTURE IS A 'HUON' : A POPULAR, INEXPENSIVE TENT.

THERE ARE MANY STYLES OF HIKING TENT.

DOME TENTS ARE CHEAP, BUT NOT GOOD IN WINDY CONDITIONS.

YOU SHOULD CHOOSE A TENT THAT WEIGHS LESS THAN 2.5 Kg.

TENT DESCRIPTIONS ARE GENEROUS IN STATING HOW MANY PEOPLE THEY WILL FIT.

IF YOU'RE PLANNING ON SHARING A TENT WITH SOMEONE IT SHOULD BE A 3 PERSON TENT, AND YOU CAN SHARE THE WEIGHT BETWEEN YOUR PACKS.



#0205  
nylon tent repair kit

Contains:

- 2 adhesive-backed Nylon Patches,
- 2 mesh screen patches,
- 2 spools Nylon thread,
- 1 #4 needle,
- 3 tent pins,
- 45' (114 cm) shock cord,
- 1/2 fl.oz. (14.8 ml) Seam seal,
- and a Ziplock bag for storage.



### TENT 'SPARE & REPAIR' KIT

# BUSHWALKING PICTORIAL GEAR LIST

## BEDDING



LIGHTWEIGHT 'MUMMY' STYLE SLEEPING BAG.  
THIS SHAPE GIVES THE BEST WARMTH FOR ITS WEIGHT.  
BAGS HAVE A TEMPERATURE RATING – GET ONE THAT SUITS THE CLIMATE WHERE YOU'LL BE WALKING.  
BAGS FILLED WITH DUCK DOWN ARE THE WARMEST BUT ALSO THE MOST EXPENSIVE, AND WON'T KEEP YOU WARM IF THEY GET WET.



TYPICAL CHEAP BAG FOR SLEEPOVERS – HEAVY, NOT WARM ENOUGH, BULKY & DOESN'T COMPRESS MUCH.

NO HOOD TO KEEP YOUR HEAD WARM.

BAD FOR BUSHWALKING, ESPECIALLY IF THEY'RE COTTON.



COMPRESSION SACK FOR CARRYING THE BAG IN YOUR PACK WITHOUT TAKING UP TOO MUCH SPACE.

MANY SLEEPING BAGS COME WITH ONE – IF NOT YOU SHOULD BUY ONE.



SLEEPING BAG LINER.

A THIN BAG OF MATERIAL THAT YOU SLEEP IN INSIDE YOUR SLEEPING BAG TO KEEP IT CLEAN.

SILK OR SYNTHETICS ARE GOOD.

DON'T USE COTTON – IT'S BULKY & HEAVY.

SLEEPING BAG LINERS ARE EASY TO WASH – SLEEPING BAGS AREN'T.



GROUND MAT TO INSULATE YOU FROM THE COLD OF THE GROUND UNDER YOUR TENT, AND MAKE YOU MORE COMFORTABLE. FOAM MATS ARE CHEAP AND LIGHT.

LIGHTWEIGHT INFLATABLE MATS CAN BE MORE COMFORTABLE BUT ARE MUCH MORE EXPENSIVE.



FOR A CHEAP LIGHT WEIGHT PILLOW, YOU CAN BUY A CUSHION INSERT FROM A SHOP THAT SELLS MATERIAL OR CRAFT SUPPLIES.

YOU CAN ALSO JUST FOLD UP YOUR FLEECY TOP BUT IT'S NOT AS COMFORTABLE AND YOU MIGHT NEED TO WEAR IT TO SLEEP ON A REALLY COLD NIGHT.



# BUSHWALKING PICTORIAL GEAR LIST

## HATS



A BROAD BRIMMED HAT HELPS TO PROTECT YOUR FACE AND NECK FROM SUNBURN. BUCKET HATS AND BASEBALL CAPS DON'T.

## SHOES



STURDY WALKING BOOTS WITH GOOD GRIP ON THE SOLE.  
PROVIDE PROTECTION FOR YOUR SOLES AND TOES.  
AND SOME ANKLE SUPPORT.

## GAITORS



PROTECT YOUR SHINS FROM CUTS AND SCRATCHES WALKING THROUGH SCRUB AND LONG GRASS.  
THEY ALSO STOP DIRT, PRICKLES, GRAVEL AND MUD FROM GETTING INTO YOUR SOCKS AND SHOES.  
BUY SELF SUPPORTING ONES – ELASTIC JUST FALLS DOWN.  
CHOOSE BREATHABLE FABRIC – YOU WON'T SWEAT AS MUCH.

# BUSHWALKING PICTORIAL GEAR LIST

## CLOTHES – USE LAYERING

SO YOU CAN EASILY & QUICKLY ADJUST TO THE WEATHER CONDITIONS

### INNER LAYER WHEN IT'S COLD : THERMALS



THERMALS SHOULD FIT SNUG BUT NOT TIGHT. THEY WON'T KEEP YOU AS WARM IF THEY'RE LOOSE.

POLYPROPYLENE MATERIAL IS CHEAPEST BUT GETS SMELLY.

POLYESTER IS OK.

WOOL IS WARMEST BUT A BIT HEAVIER – ESPECIALLY WHEN WET.

NEVER USE COTTON FOR WALKING.

### MIDDLE LAYER



SHIRT WITH LONG SLEEVES AND COLLAR FOR SUN PROTECTION.

LIGHT WEIGHT QUICK DRY MATERIAL.

NEVER WEAR COTTON SHIRTS FOR WALKING.



PANTS WITH ZIP OFF LEGS SO YOU CAN ADJUST FOR HOT OR COLD WEATHER.

LIGHT WEIGHT QUICK DRY MATERIAL.

NEVER WEAR COTTON PANTS ( eg JEANS ) FOR WALKING.



# BUSHWALKING PICTORIAL GEAR LIST

## OUTER LAYER: FLEECY TOP



POLAR FLEECE TOP WITH FULL LENGTH ZIP FOR EASY FITTING AND REMOVAL.

THICKER FABRIC IS WARMER BUT BULKIER AND HEAVIER.

CUFFS OR GATHERED SLEEVES AND WAIST WILL MAKE IT WARMER TOO.

## RAIN GEAR

### TOP



SPRAY JACKET  
MAKE SURE IT FITS OVER YOUR FLEECY TOP



RAIN COAT - BAD



PONCHO – VERY BAD

### PANTS



PULLOVER RAIN PANTS.

BREATHABLE FABRIC IS BEST – LESS SWEATY.

ZIPPERS ARE ESSENTIAL – AT LEAST NEAR THE BOTTOM OF THE LEGS. IT'S BEST IF ZIPPERS ARE FULL LENGTH BUT THAT MAKES THE PANTS HEAVIER.

# BUSHWALKING PICTORIAL GEAR LIST

## CLOTHES

### UNDERWEAR

SYNTHETIC SPORTS UNDERWEAR IS BEST

### SOCKS



THICK WOOLEN SOCKS ABSORB IMPACT AND SWEAT.

MANY PEOPLE WEAR A PAIR OF VERY THIN AND SLIPPERY SOCKS INSIDE TO REDUCE FRICTION AND BLISTERS.

CHECK THAT YOUR SOCKS AREN'T TOO TIGHT AT THE TOP - THAT WILL REDUCE BLOOD CIRCULATING TO YOUR FEET. NEVER TUMBLE DRY THEM – THEY'LL SHRINK.

### GLOVES



IF YOU'RE GOING SOMEWHERE COLD YOU'LL WANT LIGHT WEIGHT WATERPROOF GLOVES. ONES MADE FROM WINDSTOPPER FLEECE ARE VERY GOOD.

### TREK POLES



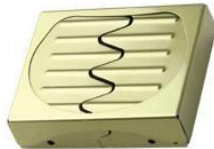
TREK POLES HELP TO REDUCE STRAIN ON THE LEGS & KNEES.

AND CAN SAVE YOU FROM TRIPS AND FALLS.

# BUSHWALKING PICTORIAL GEAR LIST

## COOKING EQUIPMENT

### HEXAMINE STOVE ( HEXI )



HEXI (CLOSED)



HEXI POTS



OPEN STOVE & 'HEXAMINE' SOLID FUEL

HEXI STOVES ARE CHEAP AND LIGHTWEIGHT BUT THEY'RE HARD TO CONTROL THE HEAT FOR COOKING AND THEY GET VERY SOOTY. YOU NEED A LIGHTWEIGHT POT TO COOK IN TOO.

### TRANGIA



ONE PERSON TRANGIA COOKSET



MINI TRANGIA COOKSET

TRANGIA STOVES USE METHO FOR FUEL – YOU'LL NEED TO CARRY IT IN A SMALL BOTTLE

### JETBOIL



JETBOIL STOVES USE GAS CANISTERS.

THEY COOK QUICKLY AND THE HEAT IS VERY CONTROLLABLE.

THEY ARE ALSO EXPENSIVE, AND SO IS THE GAS.

BUT THEY ARE EXCELLENT, ESPECIALLY IN BAD WEATHER.

# BUSHWALKING PICTORIAL GEAR LIST

## EATING EQUIPMENT



LIGHTWIEGHT PLASTIC CUTLERY.  
NEEDS TO BE STRONG.  
CAN MELT ON THE BOTTOM OF  
YOUR POT WHEN COOKING.

DON'T BRING KITCHEN CUTLERY.



LIGHTWIEGHT ALLOY CUTLERY.  
CAN BE EXPENSIVE  
BUT DOESN'T MELT IN YOUR POT.



PLASTIC BOWL .  
YOU ONLY NEED ONE IF YOU'RE SHARING THE  
COOKING WITH SOMEONE ELSE  
OTHERWISE YOU CAN USE YOUR COOKING POT.



PLASTIC CUP  
OR MUG FOR HOT DRINKS



# BUSHWALKING PICTORIAL GEAR LIST

## WATER



YOU'LL NEED ONE OR TWO LARGE LEMONADE BOTTLES TO STORE WATER IN YOUR PACK DEPENDING ON HOW MUCH WATER IS AVAILABLE ALONG YOUR WALK.

YOU ALSO NEED A SMALLER BOTTLE TO KEEP ON THE OUTSIDE SO YOU CAN DRINK AS YOU WALK.



SOME WALKERS PREFER TO USE A BLADDER BUT THEY OFTEN LEAK INTO YOUR PACK, CAUSING YOU TO LOSE WATER.

THEY ARE ALSO EXPENSIVE BUT THEY DO ALLOW YOU TO DRINK AS OFTEN AS YOU NEED TO



WATER PURIFICATION TABLETS.

SO YOU DON'T GET SICK DRINKING THE WATER YOU COLLECT FROM CREEKS.

EACH TABLET CAN TREAT ONE LITRE OF WATER.

YOU WILL NORMALLY DRINK 3 TO 5 LITRES PER DAY WHEN WALKING.



# BUSHWALKING PICTORIAL GEAR LIST

## NAVIGATION



SMALL LIGHTWEIGHT CLEAR PLASTIC COMPASS



PRISMATIC COMPASSES AND OTHERS MADE OF BRASS ARE HEAVY AND NOT SUITABLE FOR WALKING

## GPS



CONSIDER WEIGHT

BLACK & WHITE SCREEN HAVE THE LONGEST BATTERY LIFE



VERY BAD BATTERY LIFE

STANDARD NAV APPS DISPLAY ROADS ONLY AND ARE NOT TOPOGRAPHIC



## PLB / EPIRB



AT LEAST ONE PER WALKING GROUP

# FIRST AID



BAND AIDS FOR CUTS



GAUZE BANDAGE  
FOR TORNITUQUES & SPLINTS



TRIANGULAR BANDAGE  
FOR BROKEN ARMS ETC



STERILE  
SWABS  
FOR CLEANING  
WOUNDS



STRAPPING TAPE  
FOR ANKLES AND BLISTERS



BETADINE  
FOR  
DISINFECTING  
WOUNDS



SMALL TWEEZERS  
FOR REMOVING SPLINTERS

# BUSHWALKING PICTORIAL GEAR LIST

## TOILETING AND HYGIENE



LIGHTWEIGHT TROWEL FOR  
DIGGING A HOLE AND FILLING IT IN



TOILET PAPER.  
YOU KNOW WHAT IT'S FOR.  
DON'T TAKE A WHOLE ROLL –  
FIGURE OUT HOW MANY SHEETS  
YOU NEED PER DAY AND MORE FOR  
EMERGENCIES.



SMALL BOTTLE OF HAND CLEANING GEL.  
KEEP ONE IN YOUR TOILET KIT ALSO  
KEEP ANOTHER WITH YOUR FOOD.

CLEAN YOUR HANDS BEFORE YOU EAT.



TOOTHBRUSH AND  
A SMALL TUBE OF TOOTHPASTE.  
YOU SHOULD KEEP THESE IN A SMALL  
PLASTIC BOX IN YOUR PACK.



# BUSHWALKING PICTORIAL GEAR LIST

## OTHER STUFF



RELIABLE 'L.E.D.' HEAD LAMP.  
TAKE NEW BATTERIES ON EACH  
WALK.



SPARE BATTERIES.  
ONLY NEEDED IF YOU'RE OUT FOR  
MORE THAN A FEW NIGHTS.



HANDHELD TORCHES CAN BE  
DANGEROUS WHEN COOKING  
OR TOILETING AT NIGHT



SUNNIES FOR KEEPING SUN, WIND  
& RAIN OUT OF YOUR EYES



**SUNBLOCK - SPF30 IS A MUST**



INSECT REPELLENT.  
FLIES & MOZZIES CAN BE BAD IN THE BUSH.  
USE A LONG LASTING FORMULA.



TREK TOWEL .  
MICRO-FIBRE  
SMALL.

# BUSHWALKING PICTORIAL GEAR LIST

## OTHER STUFF



MINI UTILITY KNIFE.

THE STANDARD SIZE IS TOO HEAVY.



OPTIONAL CAMERA WITH FRESH BATTERIES



WATERPROOF MATCHES  
FOR COOKING AND CAMPFIRE



WHISTLE FOR MAKING NOISE WHEN  
YOU'RE LOST OR IN TROUBLE.  
MUCH LOUDER THAN YELLING.



A FEW SPARE ZIPLOCK BAGS FOR EQUIPMENT  
AND A GARBAGE BAG & A SPARE FOR CLOTHES



ANY GEAR THAT SHOULDN'T GET WET  
SHOULD GO IN A BAG

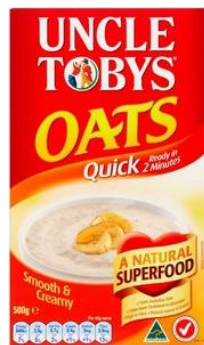
# BUSHWALKING PICTORIAL GEAR LIST

## FOOD SUGGESTIONS

– take what you like but here are some ideas

I eat 500g-700g per day total, but everyone is different

BREAKFAST –



OATS MAKE AN EXCELLENT  
BREAKFAST – USE ‘QUICK OATS’.

MEASURE OUT INTO ZIPLOCK BAGS  
FOR EACH DAY, OR BUY FLAVOURED  
SACHETS.

LUNCH



BISCUITS WITH VEGEMITE OR  
PEANUT BUTTER OR HONEY ETC

DINNER



2 MINUTE NOODLES .  
ADD A TIN OF FLAVOURED TUNA ,  
DRIED PEAS AND CORN ,  
AND CUPPA SOUP  
FOR A CHEAP TASTY MEAL  
THAT ISN'T TOO BAD AT ALL.



CANNED FOOD MIGHT BE OK ON A CAMP,  
BUT IT'S TOO HEAVY FOR A HIKE.

# BUSHWALKING PICTORIAL GEAR LIST

## FOOD SUGGESTIONS

### MORNING & AFTERNOON TEA & SNACKS



### SCROGGIN







































Make your own mix of nuts, dried fruit & smarties.















Measure into separate ziplock bags for each day.





## PACKING CHECKLIST

Overnight Walk Packing Check List     Write a \ in each box when preparing, add a / when placing in pack ( makes an X )					
Walk Location		Participant Name		Walk Date	
<b>ACCOMODATION</b>					
tent 		poles 		pegs 	fly
<b>HARDWARE</b>					
cooker 		fuel (hexamine, gas, or metho)		soap, tiny in zipbag	tea towel– v.small
matches 		scourer (reuse an orange bag)		bowl 	cup/mug 
spoon		knife (maybe?)		fork optional	
compass 		walking sticks 		water bottles 	phone
towel 		headlamp 		batteries 	pen knife -small 
maps		map pouch (or large zip bags)		track notes	trowel 
camera 		Repair kit 		garbage bags	sunnies 
tissues or hanky		hand cleanser/sanitiser 		plastic bags	ziplock bags 
toilet paper 		sleeping bag liner 		pillow - mini 	PLB 
whistle 		sleeping bag 		ground mat	dental floss
backpack 		<b>broad brimmed hat</b> 		tooth paste - mini 	toothbrush 
backpack rain cover 					
<b>FIRST AID KIT &amp; MEDICAL</b>					
band aids 		Puritabs 		panadol	bandages 
multivitamins		iodine / betadine 		ibuprofen	strapping tape 
Canestan (drops)		vitamin C		Deep heat ?	space blanket
Voltaren ?		Insect repellent 		lip balm	<b>sun block</b> 

	FOOD examples						
	rice		muesli bars 		mars bars		lavash bread
	Vita-wheats 		pudding /cake		chewing gum		cereal – oats ?
	dried fruit		biscuits		Craft cheese		nuts
	scroggin 		peanut butter & honey		vegemite		treats
	dehydrated stuff						
	condensed milk		small cans of fish or chicken		mi-goreng noodles		jerky
	instant pasta meals		instant savoury rice meals		mashed potato		dried peas
			instant desserts		pkt pudding		dried carrots
	sultanas		dried apple		dried fruit		milk powder
	DRINKS						
	water		tea		coffee		milos
	cordial		Tang/vita fresh				
	CLOTHING						
	thermal top 		sports underwear , 1 spare set		long johns 		zipoff trousers 
	gaiters 		shirt 		Socks ( 1 spare ) 		warm gloves 
	Polar Fleece jacket 		beany 				
	spray jacket 		waterproof overplants 				
			ABSOLUTELY NO COTTON CLOTHING		COTTON KILLS		NO JEANS OR COTTON TOPS