

What's inside that pack?



Always have a hat, comfortable footwear, sunglasses and a rain jacket.

Sunscreen and insect repellent might also be important, depending on the walk and time of year.

One important inclusion is your first aid kit. The first aid kit doesn't need to be large but it does need to be adequate for **YOUR*** needs. It should include a small card with your name, address and Medicare number, details of allergies, regular medications or other medical information that may be important, and your emergency contact's name and phone number.

Carry food and water suitable for the activity and the weather. Most walks include 2 breaks: morning tea and lunch. It is usual to carry at least 1 bottle of 600-800 ml water; more if the activity is over 8 kms (2-3 hours) or undertaken on a warm day. Best to carry more water, if unsure.

If you join the club, consider using a comfortable day pack with adjustable straps. Many people like day packs with outside pockets, so water bottles can easily be reached.

Some people like to carry a foldable walking pole, especially when walking around rock platforms or in creeks.

* If you have an accident that requires the use of a first aid kit, it is **your** first aid kit that will be used. Therefore, ensure it contains what you think you might need and carry it on every club walk. Consider including at least some pain relief, band aids or tape suitable for blisters and cuts, and a crepe stretch bandage and safety pin. Ambulance cover is also recommended. Transport from remote areas can be expensive and you may not be covered by the club's personal accident insurance.