

# BUSHWALKING INFORMATION



Founded In 1945

A member of the NSW Confederation of Bushwalking Clubs

- ❑ Walk In The Safety Of A Club
- ❑ Activities Every Weekend
- ❑ Make New Friends
- ❑ Improve Your Fitness
- ❑ Care for The Environment
- ❑ Learn New Skills
- ❑ Social Activities

PO Box 554

Charlestown NSW 2290

Web Page:

<http://sites.google.com/site/newcastlebushwalker/Home>

Meetings 7.30 pm

2<sup>nd</sup> Wednesday of Each Month  
Charlestown Multi Purpose Centre  
17 James Street, Charlestown  
Email: NBCwalks@gmail.com

Bushwalking is a safe, healthy and rewarding outdoor activity that can be enjoyed by any person with a reasonable level of fitness. It provides an opportunity to make new friends, learn new skills and visit magnificent natural places off the beaten track.

**Newcastle Bushwalking Club** is a group of people committed to having fun safely in the outdoors.

We pride ourselves on being a group of friendly and accepting people who welcome and encourage new participants in outdoor adventure sports. Anyone interested in participating in bushwalking, canoeing, canyoning, liloing, mountain biking, car camping, cross country skiing, and an active social programme is welcome to join us.



There are activities every week, our Walks Program is published in the bi-monthly NBC Magazine and is also available on our web page. Activities are organized by volunteer leaders and are graded to indicate the degree of difficulty. Visitors and prospective members are welcome to join us. We recommend you start with an easy day walk. The best way to find out more is attend one of our meetings and talk to other bushwalkers.



Participants **must contact** the leader at least two days beforehand to confirm details and book a place. In the interests of safety the leader may inquire about your equipment, fitness and experience before accepting your participation. Some trips may not be suitable for beginners. Non-members pay a \$5 temporary membership fee (refundable on joining the club). All participants do so as volunteers and must sign a waiver accepting full responsibility for any risks that may be associated with an activity. A responsible adult must accompany children under the age of 18.



## SAFETY IN THE BUSH

Safety in the bush is enhanced by a few simple precautions:

- Talk to trip leaders in advance to ascertain the suitability of a proposed activity for your level of experience and fitness.
- Never walk alone, a minimum of 3 walkers provides a safety factor if someone is injured.
- Conduct regular head counts.
- Check weather forecasts before departure.
- Leave details of your trip and expected time of return with a responsible person.
- If a party fails to return when expected initially contact club officers listed in the front cover of the NBC Magazine.**
- On steep slopes, be careful of loose rocks. Try not to dislodge rocks, if you do, shout **ROCK** to warn those below. Don't move when there is someone immediately below you.
- During the bushfire season, keep an eye (and nose) on the lookout for fires and do not walk where there are fires or in a high fire danger periods.
- Keep with the group, especially in rough country.
- Exercise extreme care when swimming in or crossing rivers, especially if the water level is up, watercourses contain many hidden hazards.
- Be aware of your location and actively participate in the navigation.
- Watch out for snakes, they are more active in summer. If you leave them, alone, they will leave you alone.
- Avoid camping under dead or burnt trees.
- When camping near watercourses plan a possible escape route in the event of a flash flood.
- Be cautious with billy lifters when removing boiling water from a fire.

## FIRST AID

**Always** carry a small first aid kit in waterproof container and know how to use it, the kit should include personal medications plus: -

- 4 Pain killing tablets.
- 2 10 cm X 2.3 m heavy duty bandages
- 1 Emergency foil reflective blanket.
- 5 cm x 7 cm non-adherent wound dressing.
- Triangular bandage.
- Band-aids.
- Antiseptic swabs.
- Splinter Probe.
- Slant nose tweezers.
- Waterproof tape.
- Pair of latex gloves.
- Pair scissors.
- Antihistamine tablets.
- Accident action list.

## PROTECTING THE ENVIRONMENT

- Water:** Always protect water quality. Do washing and cleaning well away from the water. Never use soap or detergents in a creek or wash away food scraps into a watercourse.
- Toilet:** Keep well away from campsites and creeks. Toilet and ablution wastes should be buried under at least 10 cm of soil.
- Litter:** All litter, tin cans, paper, foil fruit skins etc must be carried out, carry a bag for litter.
- Fires:** Fire bans **MUST** be followed. Avoid campfires in dry windy conditions and always clear the area around your fire.
- Minimise Impact:** Use existing tracks, campsites and fireplaces wherever possible.
- Do not disturb areas of cultural significance such as Aboriginal sites or abandoned European settlement.

## CHECK LIST – ONE DAY WALKS

- Small day pack (20 to 35 litres).
- Warm jumper, swimmers.
- Lunch, cut lunch fruit, chocolate nuts dried fruit, salads cheese etc
- Lightweight walking boots or joggers.
- Water bottle(s) (min 2 litres in summer).
- Parka.
- Small torch + spare globe.
- Matches in waterproof container.
- Sun screen, hat, and insect repellent.
- Whistle.
- Emergency rations (chocolate, dried fruit etc)
- Map and compass.
- First aid kit.
- Plastic bag for litter.
- Dry clothes and water left in the car.
- Use a garbage bag inside your pack to improve waterproofing.

## CHECK LIST – ADDITIONAL ITEMS FOR OVERNIGHT WALKS

- Pack (50 to 70 litres).
- Groundsheet.
- Clothing (summer) - long sleeve shirts shorts, swimmers, change of sox.
- Clothing (winter) - change of warm clothing, extra sox, thermal underwear gloves, balaclava, over-mitts.
- Sleeping bag - down filled.
- Sleeping mat.
- Tent or fly sheet.
- Cooking equipment - billy plate spoon knife mug, scourer.
- Stove & fuel (If required).
- Toiletries, small towel, toilet paper, tooth brush
- Food, - lightweight, high energy, easy cooking.
- Safety line (10 to 20 metres of climbing tape)