



## **Clothing and Equipment for Day Bushwalks**

<b>Footwear:</b>	Comfortable boots or walking shoes with good tread.
<b>Socks:</b>	Wool or wool blend.
<b>Trousers:</b>	Quick drying trousers or shorts. Avoid jeans.
<b>Shirt:</b>	Quick drying short/long sleeve shirt or top.
<b>Day pack:</b>	Comfortable and able to store all listed items inside. Line with large plastic bag or carry pack cover to keep contents dry.
<b>Hat:</b>	Broad brim sunhat or beanie for cold weather.
<b>Gloves:</b>	Synthetic or woollen gloves for cold weather.
<b>Jacket/jumper:</b>	Polar fleece or woollen jumper.
<b>Rainproof jacket:</b>	Good quality water and windproof jacket with hood.
<b>Water bottle:</b>	One litre minimum in winter. Two litres in summer.
<b>Lunch/snacks:</b>	Allow extra for emergency food.
<b>Sun protection:</b>	Sunscreen and sunglasses.
<b>First aid kit:</b>	As per <i>Participants' Responsibilities</i> .
<b>Toilet kit:</b>	Trowel, toilet paper & hand sanitiser.
<b>Whistle:</b>	See <i>Participants' Responsibilities</i> for signal code.
<b>Phone:</b>	Mobile phone.
<b>Optional extras:</b>	Gaiters give protection from grass seeds, leeches, etc. Walking poles may assist over rough/slippery terrain. Waterproof over pants. Thermal underwear. Insect repellent. Umbrella. Mat/plastic sheet for rest stops. Small torch in case of delay.