GREAT AUSTRALIAN BUSHWALK
WALKER'S CHECKLIST

Please use this checklist to prepare for the Great Australian Bushwalk (GAB).

You can help to ensure you have an enjoyable day and get the most from your bushwalk by:
- knowing the details of your walk;
- arranging some simple equipment; and
- preparing yourself physically with a few simple exercises.

Before the day of the walk
Please ensure you have:

- read the full details of your chosen walk and understand the details. You can find these details in the walker confirmation email/letter sent to you after registration or by visiting **www.greataustralianbushwalk.org.au**;
- contacted the walk leader if you are uncertain about the walk details, your fitness or any challenges on the walk. Contact details for your walk leader are included with your walker confirmation email/letter sent after registration; and
- let the walk leader know if you have any medical conditions which may impact upon your participation in the walk.

What To Wear
What you wear is important for your comfort and safety. On your walk you should wear:

- comfortable walking boots or shoes with a solid, non-slip sole and shock absorption. Some people use jogging or tennis shoes. Others prefer sturdy boots. It generally depends on personal preference. Make sure your boots are broken in; that is, worn a few times to check for any problems and to soften them a little to help avoid blisters
- walking socks with good fit and moisture absorption;
- comfortable, breathable clothing that protects your skin from the sun; and
- a cap or hat to shield your skin from the sun.

You should **NOT** wear:

- open toe sandals or thongs;
- tight fitting clothing;
- excessively baggy clothes; or
- jeans (cotton gets cold when wet and jeans are usually too heavy and restrictive)

What to bring
You don't need any expensive equipment for the walks however, please ensure that you bring:

- a light lunch and/or snacks, depending on duration of walk;
- drinking water (allow about two litres per person for a full day, and possibly more if it is very hot). Normally you can't safely drink the water from creeks you may pass.
- insect repellent;
- sun screen lotion (preferably SPF 15+ or higher and water resistant);
- a long - sleeved raincoat (light raincoat in Nothern Teritory);
- a plastic bag to carry your rubbish in;
- emergency medication for your condition (if applicable);
- swimming costume (if swimming is an option on your walk);
- camera (there are some amazing views, so be ready to take pictures); and
- a backpack to carry all your items.

Your walk leader will be carrying a First Aid Kit.

Remember - only bring what you can comfortably carry

Please do **NOT** bring your family pet. Our native bushland is very delicate. It is important that we remain environmentally conscious and protect native animals and vegetation.

On the day of the walk
Please ensure that you:

- turn up at the meeting point for your walk 10-15 mins before the start time (the nominated meeting point and start time are noted in your walker confirmation email/letter);
- read and sign the GAB attendance sheet (or other local paperwork) provided by your walk leader, prior to starting the walk;
- Listen to the walk leader's pre-walk briefing on the walk's safety guidelines. Please ask for additional information if the details are unclear to you.

The 7 Leave No Trace Principles for walkers

During the walk, your walk leader will introduce you to the Leave No Trace Principles for responsible bushwalking. These principles help us to enjoy bushwalking while protecting the environment for future generations. The seven key principles are:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimise Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Your Leader and Other Visitors

For more information visit **www.LNT.org.au**

Tips for general health and safety

- always follow the instructions of your walk leader;
- always stay with the group; and
- if you have any concerns or start to feel unwell, tell your walk leader.

In order to prepare yourself physically for the bushwalk, it is recommended that:

- if you don't exercise regularly, you should walk for 45 minutes to an hour a few times before the day of the walk. A walk around a local park is a good idea; and
- you do a few simple stretches prior to your walk, to help prepare your muscles and decrease the risk of injury.

Things to remember when stretching:

- stretch alternate muscle groups;
- stretch gently and slowly, rather than bouncing;
- stretch to the point of tension or discomfort, but never pain;
- hold your stretch for a minimum of 15 seconds;
- stretch for the same amount of time in each side of your body;
- keep breathing evenly while stretching; and
- stretch at the beginning and end of your walk.

Stretching before and after exercising:

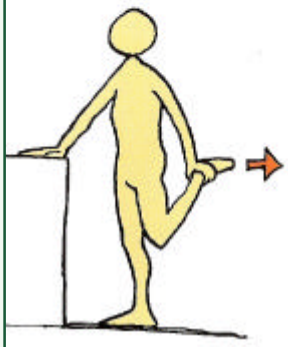
- reduces muscle tension and relaxes the body;
- helps coordination by allowing for free and easy movement;
- enhances body awareness;
- helps reduce the likelihood of injury; and
- promotes circulation.

Standing Gastrocnemius Stretch

Stand in a walking position with one leg stretched straight behind you and the other leg bent in front of you. Using a wall or chair for support, lean forwards and down until you feel the stretch in the upper part of your back calf. Make sure that both feet are pointing straight ahead and that your heels stay on the floor the whole time.

Standing Achilles Tendon Stretch

Standing with one leg slightly behind the other, push your heels down while bending your knees.



Standing Quadriceps Stretch

Hold onto something for support with one hand and grab your ankle with the other hand. Pull your ankle towards your bottom, then try to straighten your knee while resisting with your hand and allowing no movement. Then pull your ankle toward your bottom again.

Hip Flexor Stretch

Stand in a stride standing position. Put both hands on your front knee while keeping the back knee straight. Push your pelvis forward keeping your back straight. The stretch should be felt in front of the hip and slightly down the front of the thigh.

Standing Hamstring Stretch

Place one heel on a low step or bench and, keeping your knee and back straight, bend your upper body forwards from your hips. You should feel the stretch behind your knee.

Standing Hip Adductor Stretch

Standing with your legs astride and straight, bend one leg and put your hands just above your knee. Bend your leg even more and put more weight on it. You should feel the stretch on the inside thigh of your straight leg.

Safe stretching guidelines courtesy Sports Medicine Australia.
Stretching graphics © Sports Medicine Australia

Frequently Asked Questions

Q: What if I can't make it to the walk?

A: If you are cancelling **prior** to Thursday 7 September 2006, please e-mail **cancellation@greataustralianbushwalk@org.au** with your contact details. A contact phone number will also be provided in your walker confirmation email/letter.

If you are cancelling **after** Thursday 7 September 2006, please call your walk leader.

Cancelling your place will avoid the group being unnecessarily delayed and may enable other walkers to fill your space.

Q: What if I don't feel so well during my walk?

A: Notify your walk leader immediately and remain where you are within the walk group.

Q: What if my walk returns late and my friends get worried?

A: Tell your friends not to worry. In most cases, the walk is just delayed.

If your friends have concerns, they can call your walk leader (if mobile reception is available) or call the Great Australian Bushwalk National Office on **phone 02 9290 2503.**

Remember, walk leaders carry a first aid kit and are experienced in dealing with common emergencies. In the unlikely case that something more serious happens, your walk leader will contact the Police or other appropriate emergency service.

If you have any additional questions or concerns please do not hesitate to contact the Great Australian Bushwalk National Office on: **Phone 02 9290 2503; or Email: info@greataustralianbushwalk.org.au**

We hope you really enjoy your day on the Great Australian Bushwalk!

Great Australian Bushwalk

Sunday 10 September 2006

Try bushwalking, Australia!

www.greataustralianbushwalk.org.au

This free community event is presented by the non-government National Parks Associations and other leading bushwalking groups across Australia as a flagship event of their year-round bushwalking programs.

2006 National Supporting Sponsors

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Supporting the Leave No Trace Principles

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