

# Hiking, Camping

BB OUTDOORS 2006

- Rules and Country Code
- Preparation
- Hiking
- Health

# Rules and Country Code

- Leave gates as you found them
- Carry your rubbish home with you
- Put out fires after use - properly
- Don't annoy others with noises and roudy behaviour
- Don't use soap in waterways. It kills plants and the animals that live there. It's also not good for people might want to drink downstream. Soap up away from the water. Old fashion soap may be ok.
- When toileting dig a hole about 30cm deep. Bury paper with soil. Make sure you are a good distance from camp and waterways.
- Do not throw rocks off edges where people could be, even if it seems unlikely. Be sure before you do so.
- Do not use tracks that have been closed.
- Do not damage the bush by cutting down trees etc.
- Fire bans are enforced for a reason, no fires on total fire ban days.

# Preparation

- Plan, and let others know your plans, where, and when you will be back.
- Think about what could go wrong, don't assume everything will happen to plan.
- Enough water is critical
- Don't take more than you need. But don't leave important things behind.
- Look after your health and hygiene
- Make a list of what to take, don't just throw everything together the night before!
- Don't underestimate difficulty, hills and terrain make the distance more difficult than you might be used to.
- Allow enough time for the trip back.
- Common Sense will get you a long way.

# Preparation-Things to take

## The Obvious

- Tent – for hiking light weight and small
- Pack – Waterproof, framed one is good
- Small torch, spare batteries eg aa maglight.
- Sleeping bag – light weight such as down is good.
- Sleeping mat – foam or self inflating.
- Compass, map, possibly gps
- Small stove and solid fuel tablets
  
- Food ideas - Muesli bars, sweetened condensed milk, packet soups, fruit, 2 minute noodles, quick cook 3 minute spaghetti, 1L bottle juice, stir through pasta sauce, tinned foods – remember you will carry weight and rubbish back, freeze dried foods, packet foods like soup, 'meal for one' pasta's, dehydrated potato, cereal, dried fruit, dried biscuits, lollies, tuna tins, tuna packets, hot chocolate satchets, salt, sugar in satchets curry, spices etc. jam, vegemite (in tubes), dehydrated meat and food, flour and salt for damper, biscuits, For trips longer than a week you will need to think more carefully about a balanced diet and taking freeze dried foods.
  
- Pocket knife
- Radio depending on trip
- Toilet paper, tissues
- Clothes, spare socks, wet weather gear, hat.
- Sun screen, insect repellent
- Toothbrush toothpaste – small tube,
- Soap – small, facewisher
- Bandages, bandaids, antiseptic, antihistamine
- Matches - make sure they are kept dry
- Camera – use same batteries type as gps and small torch if possible

## Other Handy Things

- String,
- Thread and needle
- Magnifying glass (one in compass is ok)
- Fish hooks and line
- Water sterilisation tablets
- Surgical blades – for various tasks
- Small keyring LED torch as spare
- Signal flare
- Electrolyte powder
- Space bag.(heat bag)
- Epirb – signal beacon
- Flexible saw
- Small candle
- Ockey straps
  
- More.....

# Hiking

## PACKING

- Pack light.
- Put first needed things at top
- Put heavier items near your back and towards the top of pack
- Take time to adjust your pack comfortably.
- Wear it in by using it with lighter weight before doing a big hike.
- If it is likely to rain, wrap everything in plastic bags.

## WATER

- Do not risk dehydration.
- The amount will depend on temperature, distance travelled, time away.
- 4 litres per day is reasonable.
- Water can be sterilised from streams, by boiling or adding sterilising tablets, but do not rely on these sources unless you know for sure it will be available.

More.....

## FEET

- Look after your feet.
- Wear hiking boots that cover the ankle, which stops you twisting your ankles on rocks and branches.
- Wear in your boots before a long hike.
- Use thick woolen socks. 70% or more wool is better than the 50% blends.
- Powder your feet before you leave. Take and apply tinea powder each day in hot and sweaty conditions. Especially longer trips.
- Air your feet at night.
- If you feel hot spots, stop and cover with adhesive bandage before it turns into a blister.
- Before you leave, your foot skin can be hardened to help avoid blisters by rubbing with metho once a day before you leave. Do not over do it.
- Skin will harden naturally if you do a lot of walking.
- Blisters can be pierced with a pin in a corner to release the fluid. Keep the skin covering as protection. Apply antiseptic and cover with an adhesive bandage.

# Getting Lost

- Know your maps and tracks well before you leave.
- If you get lost, stop and think.
- You may have to re-trace your steps to last known location.
- Leave signals along your path to help people find you.
- More.....

# CAMPING

- It is not good practice to setup a tent in front of vehicles, in case they need to drive away quickly.
- Watch out for ants nests, animal trails, and dead overhanging branches.
- Dig a drain around your tent if water could be a problem.
- Aluminium tent pegs are lighter
- Fire should have clearance to any grasses, vegetation that may spread fire.
- Try not to camp on the top of exposed hills or in gullies or dry creek beds.
- More.....

# HEALTH AND HYGINE

- **WASHING**
- Wash armpits groin, any sweaty and sensitive areas each day
- Clean teeth.
- Wash wounds, apply covering such as bandaid and antiseptic as wounds take longer to heal when constantly dirty and infection is easy in the bush.
- Keep fluid intake up. Drink a little bit often rather than a lot occasionally.
- Dark yellow urine may be a warning sign you may need to drink more – take notice of your colour!