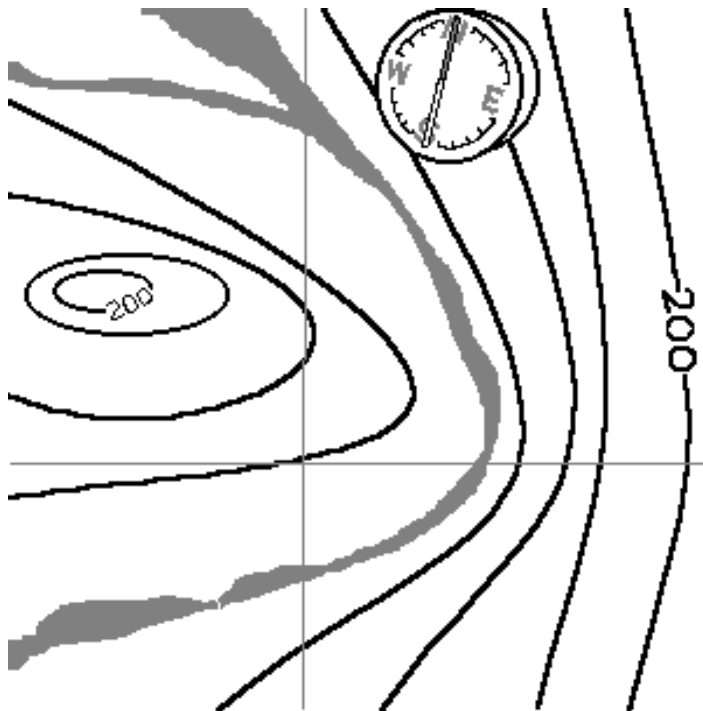


Basic Bushwalking Handbook v3



Participant:

Date:

Topics and Content Session 1

TOPIC	Learning Outcomes participants will:	Notes	PAGE
1. Scout Bushwalking Policy 10m	<ul style="list-style-type: none"> Become familiar with the Scout Bushwalking Policy and its requirements: Can describe how people become qualified, and what skills are required. 	Refer to Policy SIS Bushwalking Workbooks	5
2. Location 10m	<ul style="list-style-type: none"> select and assess suitable locations for the activity, 	consider landowners, access, conservation, skills of participants	10
3. Planning schedule and Program 15 m	<ul style="list-style-type: none"> plan time frames (for preparation, then the program for the day/s) 		10
4. Transport 5m	<ul style="list-style-type: none"> Plan suitable transport Consider public transport issues Be aware of requirements of parents drive (prohibited employment etc) 	<i>Use planning format</i>	11
5. Participants 5 min	<ul style="list-style-type: none"> Select suitable participants 	age, fitness, ability, skill supervision, leadership	12
6. Risk Assessment and Management 10 min	<ul style="list-style-type: none"> carry out Risk Assessment and make recommendations how the anticipated risks can be reduced. 	<i>Utilise "Why wont this Happen to me?" Folder</i>	13
7. Promoting the Activity 5 min	<ul style="list-style-type: none"> promote the activity to the audience/children and provide appropriate information to the parents 	How is the information disseminated? Who will it be sent to? What information will be required? what kind of activity...when...where.....costs...how you will get there..RSVP...	14
8. Equipment and clothing 10 min	<ul style="list-style-type: none"> select appropriate equipment for the leader and participants Styles and types of materials (clothing and rainwear, packs) describe and demonstrate suitable clothing for the event Packing and fitting of packs 	demonstrate and describe clothing, shelter, , equipment packing (Food and water in next discussion)	15
9. Activity Notification 10m	<ul style="list-style-type: none"> complete an ANF Describe the procedures for Overdue parties 	ANF – needs to have location, participants, risk Management, and program.	16

Topics and Content Session 2

TOPIC	Learning Outcomes participants will:	Notes	
10. Maps	<ul style="list-style-type: none"> interpret a map being able to identify features from the legend interpret distance from the scale / fraction differentiate amongst True, Magnetic and Grid Norths understand grid references 	Legend symbols scale Norths Grid References (Battleship game)	17
11. Compass	<ul style="list-style-type: none"> Locate north on the compass Understand bearings Locate the information on a map relevant to the use of a GPS 	north bearings and back-bearings tracking (by sectors and bearings)	18
12. Navigation	<ul style="list-style-type: none"> find positions on map Orientate the map Calculate bearings from a given position to another point 	orienting the map triangulation (or three points of confirmation) last known position landmarks	19
13. Walking speeds	<ul style="list-style-type: none"> judge walking speeds and distances Naismith's Rule Scout's Pace 	walking: distance/time Naismith's Rule Highway Code Scouts Pace	20

Topics and Content Session 3

TOPIC	Learning Outcomes participants will:	Notes	page
14. Conservation	<ul style="list-style-type: none"> "tread lightly" 	HANDOUT 1. Party size: 5-8 2. Traffic and trespass: 3. Tracks 4. Water use and protection 5. Toilet waste 6. Huts 7. Camp fires 8. Stoves for cooking 9. Carry out all rubbish 10. Respect flora and fauna	22
15. Health and Hygiene	<ul style="list-style-type: none"> Describe hygiene measures for toileting and bathing in remote or areas where there are no facilities Describe the importance of strict hygiene code Discuss the risks associated with non-adherence to the code 	water use waste/toileting washing spread of illness	24
16. Nutrition and Hydration	<ul style="list-style-type: none"> plan suitable menu (for energy and hydration) 	Nutritional needs Emergency rations Menu planning Food packaging contamination risks	25
17. First Aid	<ul style="list-style-type: none"> Relevant qualification Consider prevention and management of possible injuries and illnesses 		27

Topics and Content Session 4

TOPIC	Learning Outcomes 4 participants will:	Notes	page
18. Safe Practices	<ul style="list-style-type: none"> Identify potential threats- reinforce risk assessment employ Safe Practices in preventing or minimising risk of emergency: including party composition, leadership, and communication 	"Convoy" travel party size and communication Communication limits (phones, EPIRBS etc) escape routes leadership emergencies overdue parties action plans	27
19. Difficulties and Emergencies	<ul style="list-style-type: none"> can make sound decisions regarding party stress; makes appropriate First Aid decisions demonstrates some understanding of this in discussing possible scenarios 	likely scenarios – and management handling emergencies, plan of management Discuss the options for a party in distress Psychological issues	27
20. Log keeping	<ul style="list-style-type: none"> The participant will appreciate the use of Logs and Trip reports The participant will set up their own system of recording 	HANDOUT - examples	28

TOPIC	Learning Outcomes 4 participants will:	Notes	page
Evaluate Course	<ul style="list-style-type: none"> Return to base 	Debrief Evaluation Depart	29

1. BUSHWALKING POLICY and RECOGNITION OF SKILL

1.1 Refer to current Policy (*download*) from

1.2 Discussion of Skills and evidence for Bushwalking

- Complete the Adventurous Activities e-Learning modules
<http://training.scouts.com.au/curriculums/adventurousactivities>
- Maintain a logbook as you participate in events and trips
- A current subject matter expert who holds the Guide level or higher, units of competency completes and signs the Observation Checklist (relevant Workbook)
- Complete the workbook for the relevant activity skill level,
- Contact the Branch Training Administrator and submit all of the above evidence
training@scouts.nsw.gov.au to be assessed by a SAIT Assessor.

1. Evidence of previous knowledge, and experience provided:

	Type of evidence	Details	Comments	BI init.
	Trip Reports			
	Logs			
	Photos			
	Gear			
	Training			
	Other			

2. Applied knowledge:

Prepare a trip plan with relevant considerations for location, menu, gear, safety, overnight, escape routes, party numbers etc.

3. Competency assessed and demonstrated.

4. Appropriate Workbooks completed

5. Copy for your personal records, and submit to [training@](mailto:training@scouts.nsw.gov.au)

Self-Assessment Guide**1. PLANNING**

	CRITERIA	MORE PREPARATION NEEDED	DEMONSTRATES KNOWLEDGE
1.1	Can list at least four areas requiring preparation prior to a bushwalk: "where" "who" "how" "when" and "why"		
1.2	Can describe some implications regarding location (maps, terrain, weather etc)		
1.3	Can describe some implications regarding participants (skills, size of group etc)		
1.4	Can describe some implications regarding transport (costs, tickets, times etc)		
1.5	Can describe some implications regarding gear, food etc		
1.6	Can describe some implications regarding reason (pleasure, award scheme requirements etc)		
1.7	Can explain when and why permission/notification and paperwork needs to be done.		
1.8	Can explain the need to imagine possible risks.		

2. NAVIGATION

	CRITERIA	MORE PREPARATION NEEDED	DEMONSTRATES KNOWLEDGE
2.1	Interpret features on a map (incl contours, symbols, scale)		
2.2	describe different kinds of "North"		
2.3	can align the map and compass correctly		
2.4	describe at least three ways of identifying your position on a map		
2.5	can take a series of bearings off a map and show how you would follow those		
2.6	describe walking speed and variables		

3. SAFETY

	CRITERIA	MORE PREPARATION NEEDED	DEMONSTRATES KNOWLEDGE
3.1	Describe how you would select other members for your group		
3.2	Have First Aid qualifications (if a Venturer), or satisfactory First Aid knowledge (if a scout).		
3.3	Show how you would identify escape routes off a planned route		
3.4	Describe various types of emergency communications (whistles, EPIRB etc)		
3.5	"rules" for party including size and walking		
3.6	Anticipate some threats and actions imposed by storms, bushfires, flash floods, fog, etc		

4. BUSHCRAFT

	CRITERIA	MORE PREPARATION NEEDED	DEMONSTRATES KNOWLEDGE
4.1	Describe clothing appropriate to various trips		
4.2	Describe other gear depending on length of trip, terrain, weather etc.		
4.3	Describe water considerations including individual needs and supplies		
4.4	Describe nutritional considerations (energy, menu, packaging, cooking etc)		
4.5	Describe health and hygiene considerations – fatigue, medications, hypothermia, heat exhaustion,		
4.6	Describe an appropriate backpack for a particular trip – it's size, weight, and "fit"		

5. CONSERVATION

	CRITERIA	MORE PREPARATION NEEDED	DEMONSTRATES KNOWLEDGE
5.1	Describe what you think "tread lightly" means?		
5.2	Describe appropriate strategies for tracks/no tracks		
5.3	water use and protection		
5.4	toilet waste		
5.5	rubbish		
5.6	cooking		
5.7	flora and fauna		
5.8	private land		

Comments:

In addition, you may provide a logged record or report of a walk which includes:

1. Party Information
2. Date/time of walk
3. Location, maps used
4. Transport details to/from walk
5. Gear taken, and menu
6. Route taken and track notes including condition of track, weather, incidents, and other observations.
7. Conclusion, or recommendations for “next time”

2. LOCATIONS

Choosing the location will depend on a number of factors:

- | | |
|----------|---|
| Consider | <ul style="list-style-type: none"> • purpose • features or scenery • terrain • tracks/difficulty • distance to travel before you start • access • restrictions and permits • your participant's needs • climate/season/weather |
|----------|---|

Why?

What else?

3. PLANNING

Maybe you want to “walk the circuit from Katoomba across Mt Solitary”, achieve a topic of the award scheme, or “explore the Cape Banks Headland”. Whatever the trip, good preparation and planning will make it more likely that you'll have fun, discover things about yourself, and return safely!

Planning is 80% of the effort, but *skills* are making the right choices for the right reasons.

Preparation: Planning – work to a timeline. Try this exercise working towards departure:

days Remain	Plan	Other prep needed	Example time frame
42 days 6 weeks	Idea formulated for an outing – type, location, season	An idea of the type of the activity and possible locations, considering terrain and weather	Saturday 17 th , month 1
35 days 5 weeks	Initial invitation to participants	an opportunity to improve skills, fitness; size and composition of party	
28 days 4 weeks	Plan in place,	Expected participants have to met to plan trip – location, dates, costs, activity requirements etc. WHO WILL DO WHAT (and WHEN)? eg. 1. Maps and compasses 2. travel plans 3. menu, food and shopping lists 4. Contact local authority, set up paperwork, 5. recommended clothing and gear lists	
21 days	Receive everyone's part II (parent permission) and medical form	Forms will have been obtained and distributed	Wednesday 11 th , month 2
14 days 2 weeks	Fax Activity Notification advice to required people (check with your leader)	Usually to home leader, DC, ZAC of District where you will do the activity, and the statutory body (eg. Regional Office of the National Park)	Saturday 14 th , month 2
11 days	Organise gear to be taken, both individual and group	Party to meet to plan gear and equipment, menu and finalise travel arrangements etc.	Tuesday 17 th , month 2
7 days	Check the gear you're taking	Repairs or replacements needed	Sunday 22 nd , month 2
2 days	Purchase food (unless frozen or dried beforehand)	Menu and quantities	Thurs night 26 th , month 2
1 day	pack	Check	Frid night, 27 th , month 2
0	Departure	How will you travel? Eg. Train timetables	Saturday 28 th , month 2 08:00hrs

4. TRANSPORT

Transport to the event will need to accommodate...

Where you're going – and access

The number of travellers

Their gear

Consider cost (tickets, fuel, etc)

Timetables – reliability, seasonal variances

Round trip or point to point?

Example: Hinchinbrook Island - Thorsburne Trail

1. Sydney to Townsville	flight	Leave after 14:00 hrs Thursday	Allow 4 hrs for flight
2. Townsville to Lucinda	Bus - charter	6 to 8 people can charter for same price.	Allow 2 hrs
3. Lucinda to south H. Island	ferry	One departure /day	Allow for tides
4. Walk			
5. North H. Island to resort/mainland	ferry	One departure/day	Arrives Cardwell around 5pm
6. Cardwell to Townsville	Bus- charter	As above	Allow 3 ½ hrs
7. Townsville to Sydney	flight		

5. PARTICIPANTS

Who are you inviting – or who will you select?

<i>features</i>	<i>Why is this important?</i>	<i>What limits might you consider?</i>
group size and range of features / ratios		
Fitness		
age		
skills		
Policy restrictions		
Qualifications held/needed		
endurance		
psychological features		
Leadership		

6. RISK ASSESSMENT AND MANAGEMENT

See also state and region scout websites for sample risk management documents

Why won't you be a statistic?

You can anticipate potential problems and take actions to prevent or minimise their occurrence or impact.

Examples of what can go wrong are well described on <http://www.accidentregister.info/listsmain.html>

Sector	Process:	Potential Hazards:	Likelihood	Consequence / harm	Hazard Controls:	Person responsible:
1. train	1.1 Participants to meet at Central Railway at 08:30. Train tickets to be purchased.	1.1.1 Participant fails to arrive on time 1.1.2 Track work? State Rail provides alternative bus travel. 1.1.3 Alternate bus travel provided by state rail – additional time taken.	Hi Mod Hi	Lo Lo Lo	1.1.1 Mobile phone numbers held of participants and NoK 1.1.2 Participants will be directed to appropriate buses instead 1.1.3 Remind participants that they will need to heed information about return bus times and allow for the delay and departure location.	
2. Walk	2.1 Day walk in tracked areas - navigation	2.1.1 Unable to locate start 2.1.2 track route doesn't go where expected 2.1.3 become irretrievably mislocated (LOST)				
	2.2 equipment issues					

7. PROMOTING THE ACTIVITY

What do people need to know so they can decide whether or not they can attend the activity?

Design a promotional notice.

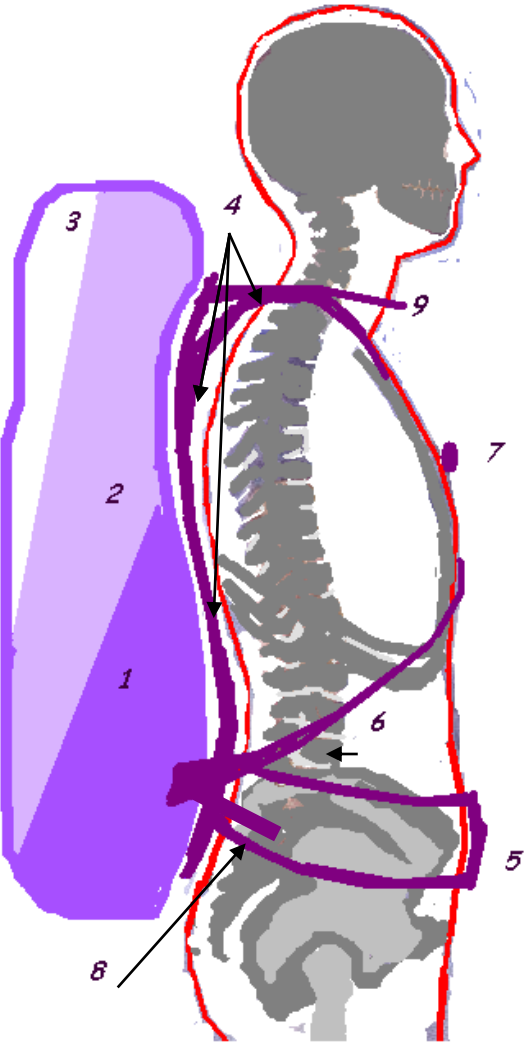
8. EQUIPMENT

Always take into account possible weather conditions, terrain, length of trip, vehicular access,

- comfort of pack - one quarter of your weight is adequate, one third is the absolute maximum. For example, if you weigh 60kg, you should aim for your total pack weight to be 15kg.
- learn how to adjust and fit your pack



	Personal Gear: in a backpack: (with room for shared gear)	Possibly shared
Sleeping equipment	Sleeping Bag (+innersheet) mat	Tent + guys, poles etc
Hygiene	small shampoo (also good for body washing) "wet ones" toothbrush light towel	toilet paper small trowel toothpaste
Health and safety	water bottle personal First Aid Kit* whistle notebook and pencil dental floss = (strong repair thread) needle personal medications lip salve torch (+batteries/globe) 2 jumbo garbage bags (various emergency uses)	compass maps map pockets track notes insect repellent sunscreen duct tape Emergency Positioning device
Outer wear	Hat (and sunglasses) raincoat and rain-pants, or poncho	
wear	long pants (or shorts and gaiters if appropriate) and T shirt outer layer if necessary (hat and sunsreen) thick socks good walking shoes	
Additional clothing	1 clean underwear/day thermals and/or clean T shirt/day thick walking socks (fewer pairs OK if you have clean lighter socks underneath/day) 1 long sleeved shirt warm fleece or wool jumper beanie and gloves	
meals	mug deep plate cutlery	FOOD matches or lighter fuel stove billies
* minimum First Aid Kit should contain:	Band-aids (blister relief) salt (antiseptic and leech extracting) large crepe bandage (also suitable for snakebite) survival blanket triangular bandage	
Optional	Swimmers Camera Pocket knife	GPS Radios Instant heat packs

	<ol style="list-style-type: none">1. Pack compartments of pack correctly. Heaviest items in bottom, and closest to body. Loosen off ALL straps.2. Next heaviest in middle.3. Make sure everything is compacted into the pack – not hanging off the outside. Tighten any compression straps.4. Look at the curve of the pack and how well the straps fit against the body. You may need to take the pack off, and release them from the bottom, or take in some of the height.5. Firm the “waist” strap it up so the weight of the pack encircles the top of the pelvis.6. Shorten shoulder straps so the pack sits close to the body, but the weight is NOT on the shoulders.7. Do up chest strap.8. Shorten straps that bring pack weight forward.9. shorten top retaining strap to bring top of pack towards shoulders.10. Wriggle, walk and bend...then re-adjust anything that doesn't settle in over the first 15 minutes or so.
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9. ACTIVITY NOTIFICATION FORM *insert*

“Home” based people knowing where you are travelling, how many of you and how well you were prepared for the conditions are a valuable adjunct to your safety. It will also include the home base person understanding your expedition and their required actions if you do not check in with them at the agreed time.

- A home base person will notify emergency services when your party is overdue.

Preparation for safety will include discussion about the circumstances for activating emergency devices.

- A PLB activated will provide rescue services of your location but not the circumstances.

Other tracking devices are NOT a substitute for a PLB as they are NOT reliable, nor directly supported by AMSA.

Download most current version from internet as it is regularly updated according to safety and legal requirements.

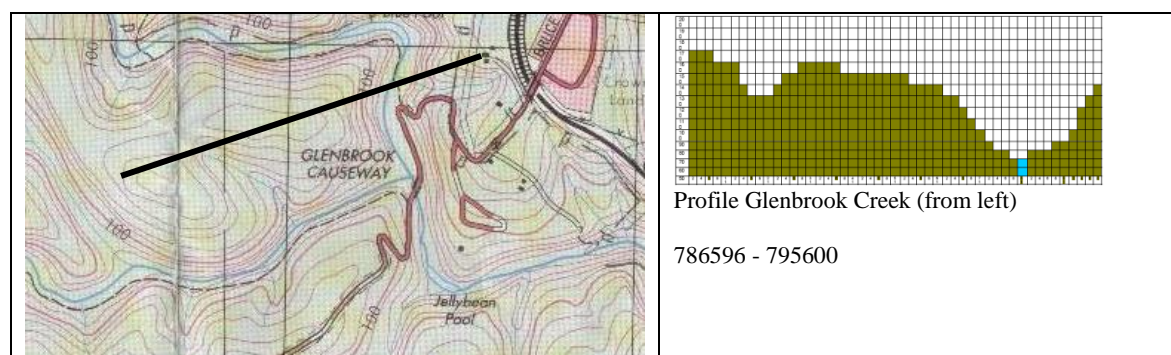
10. INTERPRET A MAP

1. The Map

Parts	type	Scale	legend	Grid lines
Feature	"mud"map tourist map road map topographical map	Representative Fraction	"key" to symbols used on the map	marks off squares on the map.
Function	each map has it's use. For bushwalking, a topographical map and compass is required.	1:25,000 means that one unit of measure on the map is equal to 25,000 units of the same measure on the ground.	designates features such as roads, contours, buildings, churches, dams, bridges etc	the vertical ones correspond to GRID NORTH (cf. True North, and Magnetic North)

Map tasks

Tasks:	Consider:
1. Open out the map and identify <ul style="list-style-type: none"> General location Scale grid lines TN, GN and MN Legend 	<ul style="list-style-type: none"> Is it a suitable map for the purpose? What is the scale? What is the distance between grid lines? How is vegetation represented? How are different roads or tracks marked?
2. identify contour lines	<ul style="list-style-type: none"> calculate difference between lines describe the gradient (up or down, steep or gradual, cliffs, gullies, etc) draw a line across a section of map. Convert the contours to a <i>profile</i> view.
3. Locate some Grid References	<ul style="list-style-type: none"> Easting by northing (or across then down..) Practice by playing Battleships or variation.
4. Select a section of a route – and "talk the walk" describing the terrain, vegetation, etc.	<ul style="list-style-type: none"> consider walking times (find other information on Naismith's Rule, Scouts Pace, the Highway Code etc)



11. COMPASS

Parts	Base plate	Face or "rose"	needle	Dial/housing/capsule
Feature	Provides flat base	NESW and bearings (0-360°)	Pivots on centre point	Rotates the face
Function	Alignment on map, tracks	Indicator against which the needle moves	RED end orients to <i>magnetic</i> north	Enables the angle between north and the selected landmark or feature to be calculated (bearing).

Compass tasks

Tasks:	Consider:
1. hold the compass in a useful position	Magnetic interference Needle movement
2. Allow the needle to indicate north, and rotate the bevel to match. <i>This is magnetic north.</i>	The North indicator is aligned or matched to the red end of the needle.
3. Choose a landmark in your environment and take a bearing.	Face the landmark holding the compass. Point the compass to the landmark. Rotate the bevel so that the N (or 0 °) matches the needle point. The bearing is the number of degrees deviating from north. eg. East is 90 °, SW is 225 ° etc.



Marion and Cynthia, TAS

12. NAVIGATE

Map and compass

Using a Compass	how	detail
Finding your location	Last known landmark	
	Relative bearing to a landmark	See “attack points”/”aiming off”/”catching features” and “handrails” (p 187 Fieldbook).
	triangulation	Take at least 2 bearings to landmarks. Calculate corresponding intersection point on map.
	back-bearings	these are the <i>reciprocal</i> bearings (180° difference)
Planning, following or tracking a route	A series of bearings from point to point	Each bearing will necessarily require a distance as well. Consider using back-bearings and triangulation to regularly check your route.
Following a route	Following a series of bearings and distances and achieve the stated goal.	
Logging (or “tracking” equivalent on a GPS).	Similar to the above, but ACTUAL bearings and times will be recorded <i>en route</i> .	

REFERENCES

1. Fieldbook for Australian Scouting, 3rd Edition 2007
2. Personal notes. Marion Fisher 1977-2007
3. Websites

13. WALKING SPEEDS

1. Level ground:

1. A walking speed of a fair pace on a clear, level track should be in the range of 4 km per hour.
2. Once you add careful navigation or sightings and bearings, the speed will be slowed, as will sight-seeing, photography, thicker vegetation and unclear tracks.
3. Cross bush navigation may be slowed to around one km per hour.

2. Naismith's Rule, first devised by the Scottish climber W W Naismith in 1892, provides a means of estimating route times in the hills, by taking into account both the distance to be walked and height to be climbed.

1. Work out the time taken to walk the estimated distance, then add the allowance to walk uphill. A simple calculation of height gain using Naismith's rule allows 1 minute for each 10 metres of height gain. This applies to hill-walking: our more rugged, rocky gullies will take longer because of the scrambling involved.
2. Some people also add time for descent (although this is a matter of personal choice) the formula often used is 1 minute for each 20 metres of descent of average descent.

3. SCOUTS' PACE is a traditional technique to minimize fatigue while covering long distances on foot. It can be scaled to the ability of the participants: from alternating 20 paces running with 20 walking – or 100m running and 100m walking, etc.

Practice the pacing and create your standard of distance and time.

4. The Highway Code

isn't about speed – but is about safety.

Traditionally, where there is no footpath or clearing away from the road, to reduce the hazard of traffic, you walk in a single file towards oncoming traffic so you can see what the traffic is doing. Wear a light colour so that you can also be more easily seen at dusk and lit up more easily by headlights.

Exercise while on a walk:

Was there any difference with hills?

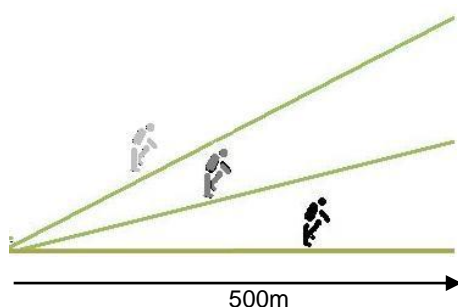
Were you slower when navigation became difficult?

Were you slower when you were tired?

What was your average time per 500m?

When you used Scouts' Pace, what was your average distance/time?

Could you use time to judge distance?



120 mtrs difference in elevation walking 500m on the map = will take you approx 20 mins

80 mtrs difference in elevation walking 500m on the map = will take you 16 mins

< 60 mtrs elevation walking 500m on the map = will take you approx 8 mins

Naismith's Rule tabled

Track at approx 4 km/hr (67 mtrs/minute)

elevation	<60	60	80	100	120	140	160	180
distance	approx TIME (mins)		+ 8	+ 10	+ 12	+ 14	+ 16	+ 18
200m	3	9	11	13	15	17	19	21
300m	5	11	13	15	17	19	21	23
400m	6	12	14	16	18	20	22	24
500m	8	14	16	18	20	22	24	26
600m	9	15	17	19	21	23	25	27
700m	10	16	18	20	22	24	26	28
800m	12	18	20	22	24	26	28	30
900m	14	20	22	24	26	28	30	32
1000m	15	21	23	25	27	29	31	33

Scrub at approx 1.5 km/hr (25 m/minute)

elevation	<60	60	80	100	120	140	160	180
distance	approx TIME (mins)	+ 10	+ 12	+ 14	+ 16	+ 18	+ 20	+ 22
200m	8	18	20	22	24	26	28	30
300m	12	22	24	26	28	30	32	34
400m	16	26	28	30	32	34	36	38
500m	20	30	32	34	36	38	40	42
600m	24	34	36	38	40	42	44	46
700m	28	38	40	42	44	46	48	50
800m	32	42	44	46	48	50	52	54
900m	36	46	48	50	52	54	56	60
1000m	40	50	52	54	56	58	60	62

14. CONSERVATION and MINIMAL IMPACT

Set a good example and promote the same approach in youth members as leaders in environmental management.

SUMMARY OF APPROACH: "Leave no trace"

"take nothing but photos, leave nothing but footprints" and "leave the bush better than you found it"

Minimal Impact Strategies: (from Confederation of Bushwalkers and National Parks and Wildlife resources)

1. Party size: 5-8

- Minimum for safety – now recommended as five, while many areas issue permits for a maximum of eight.

2. Traffic and trespass:

- Park cars in areas set aside.
- Due to inconsiderate behaviour by others, more and more landowners consider walkers trespassers, and may even be reluctant to grant permission to cross private land.

3. Tracks

- Minimise damage by keeping to established routes and tracks, where possible.
- Don't cut corners or create new tracks, especially in open untracked country, spread out to disperse any damage.
- Avoid walking over easily damaged areas, for example, alpine bogs.
- Obtain permission before crossing farmland and leave gates as you find them. Cross fences preferably at gates or strain posts, never stand on the wire.
- Choose light boots or runners for shorter and less demanding walks.

4. Water use and protection

- Water conservation should be a way of life for all Australians.
- In populated watershed areas or where livestock is grazed, all creek or lateral water must be boiled for three minutes continuously prior to consumption.
- Avoid contamination of the waterways by your own actions (see also Healthy and Hygienic Practices)

5. Toilet waste

- Where there is a toilet, use it.
- In other areas, you should bury your faecal waste and toilet paper at least 100 metres from campsites, water sources and tracks. Dig a hole about 20-25 cm deep within the soil's organic layer.
- In snow try to find a place where you can dig through to the soil.
- Carry out sanitary pads or tampons as they are unlikely to degrade (use "nappy sacks").

6. Huts

- Be aware of local rules for huts.
- Some areas request that “regular” use is limited so that they are available for emergency shelter.
- If using them, consider others as well as wildlife, and keep them extremely clean.

7. Camp fires

- Be aware of local rules.
- In increasing numbers of areas, fires are not permitted due to the degradation of trees and vegetation.
- Fire bans due to bushfire risk must also be acknowledged – in fact, technically you cannot even light a fuel stove because of naked flame.
- Be prepared to take non-cook foodstuffs if timing, terrain and climate are high risk periods.
- If you have built a fire, ensure at least three metres clearance, keep it enclosed, and be vigilant to changes in wind, sparks etc. Ensure the fire is out completely, scatter and bury the ashes. Remember “leave no trace”.

8. Stoves for cooking

- Stoves should be considered a regular part of the bushwalkers equipment.
- Modern stoves are efficient, quick and easy to operate, lightweight, clean to use and controllable. They are good for wet weather and safer than fires at times of moderate fire danger.

9. Carry out all rubbish

- First of all plan your trip and menu to minimise rubbish. Think pockets of fish instead of cans, zip seal bags instead of boxes etc.
- All rubbish must be carried out (we no longer “bash, burn and bury”)
- And, if you can, clean up the waste left behind by other inconsiderate bush visitors.

10. Heritage, flora and fauna

- Be respectful of our environment and the property of others.
- Honour the spiritual nature of our natural heritage, and the land that is of cultural significance to our indigenous people and their history.
- Don’t damage plants during your walk or at your campsites. Use clothing or mats to sit on, never make a mattress out of vegetation.
- Animals thrive best in their undisturbed environment, and eating human food scraps, and being disturbed by lots of loud noise can make native animals particularly sick.

Enjoy the peace and the ancient surroundings nature has blessed us with.

15. HEALTHY AND HYGIENIC PRACTICES

1. Avoid contaminating your water supply

2. Reduce medium for bacterial growth.

“Washing up” can be done with water, sand and leaf litter – 50 metres away from the supply.

3. Hygiene is crucial in close quarters to avoid potential cross infection of others especially when medical help may be a few days away (diarrhoea and dehydration could be fatal).

Hand hygiene, especially for food preparation, is a necessity.

“Japanese Bathing” – fill a large billy with water (warm if desired) and move well away from the water-course. Ladle water over parts of the body to be washed. Lather up (shampoo is also good for skin). Ladle water to rinse.



4. Toilet:

- Dig or scrape a hole or trench at least 25 cm deep at least 100 metres from campsites, water sources and tracks. Stretch your hand into the hole – with fingertips at the bottom, your wrist should be below surface level. Faecal waste and minimal toilet paper in the hole is then covered with removed soil piled up on top. A stone or stick located on the mound may prevent other campers or animals from attempting to dig in the same place.
- Wet wipes are useful for hand cleaning, but are not bio-degradable. Carry out “wet wipes”, sanitary pads or tampons as they are unlikely to degrade (use “nappy sacks”).

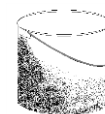
What is *Giardia*, and where can you find it? How do you avoid it?

16. MENU

WATER

Despite the other things you need to carry, drinking water is crucial to survival.

At least 2 litres of drinking water per day, PLUS cooking/washing.



* Always take into account possible weather conditions, terrain, length of trip, natural available water, when allowing for carried water

CONSIDERATIONS:

- **Fire bans** means no cooked foods; your menu may need to consist of food not requiring cooking.
- **Dry foods** weigh less than fresh foods, but **extra water** may need to be carried.
- How long before the food will be eaten (**the way it's packed** is also important). Fresh meat may be vacuum packed by the butcher, and if frozen beforehand will last several days.
- **Pack-ability** and convenience of foods
- **disposing** of packaging and scrap
- **Energy** density
- **Balancing** diet
- If your nutrition and hydration is not maintained, **metabolic changes** in your body can quickly result in hypothermia, lethargy and poor judgement. When added to other apparently insignificant conditions such as fatigue or intense exercise, the consequences can endanger the whole group.

A fair rule for each meal is to choose one of each of the following food groups:

protein	Carb/bread	Veg/fruit
Milk	Bread	Lettuce
cheese	Crispbread	Spinach
Tuna	Vitawheat	Cucumber
Pate	Pocket bread	zucchini
Salmon	Pasta	Carrot
Sliced cold meat	Noodles	Apples
Peanut butter	Potato	Fruit packs
Baked beans	rice	Fruit bars/ strips
Fresh meat	Cereal	Snow peas
nuts	Porridge	sultanas

SAMPLE MENU

MENU Day	Breakfast	Lunch	Dinner	Snacks and Misc
Thursday	Scrambled eggs Fresh herbs toast	Rolls Salmon salad	Lamb curry Spinach Rice Naan bread Tinned peaches and mango	Fruit bars Butter Tea Coffee milk
Friday	Baked beans with added diced ham, toast	Rye Bread Cream cheese Pastrami Sun-dried tomato cucumber	Chicken and Cheese Risotto	Juices Fresh fruit Muesli bars
Saturday	Oat and dried fruit porridge toast	Crackers Mini Cheeses Salmon Rocquet	Beef stir fry Glass noodles Baby corn, Capsicum Billy pudding	Butter Vegemite Peanutbutter Jam
Sunday	(Rehydrated) stewed apples and chocolate, Up and Go milk,			

QUANTITIES:

Some ideas are in the Scout Handbook.

Although you want to take exactly the required amount, if on an expedition, you should also carry extra food at the ratio of one extra meal for each day that you are away. If you are on a 4 day hike, for example, you should carry enough food for 4 extra meals, or one extra day.

Things to keep in mind:

- A loaf of bread has approx 24 slices, but also squashes easily.
- A serve of protein can be between 100 and 200 grams.

17. FIRST AID

Requirements for party, Courses etc.

When does First Aid become remote management?

Consider the location, weather and participants to anticipate possible issues requiring first aid.

In particular, consider the most probable injuries as well as the possible ones and make sure options for management have been considered.

Discuss some potential injuries/illnesses we may encounter on this course.

18. SAFE PRACTICES

The 10 Commandments of Safety:

1. **Preparation.** Planning, transport, party characteristics, equipment, menu, authorities, leadership, planning for emergencies (preparation of home leaders).
2. **Risk Minimisation.** Anticipate potential threats and manage accordingly.
3. **Navigation.** Map reading (location, terrain, distances) and compass. Planned route, and escape points
4. **Travelling.** "Convoy" travel, party size and communication systems, Party size: 5 is the minimum number now, 8 is the recommended maximum for conservation. Allow for the slowest or weakest person. What else can impact on travelling speed?
5. **External communication** limits (phones, EPIRBS mob, sat ph, Electronic Position Indicating Radio Beacon), + etc)
6. **Emergencies.** Action / Management plan; First Aid knowledge - and kit. When would you split the group? What is an EPIRB? When would you use it? Overdue party procedure.
7. **Health.** Nutrition, hydration, packaging - flies and disposal,
8. **Hygiene.**
9. **Weather** conditions and threats including temperature changes, storms, flash flooding, bush-fires.

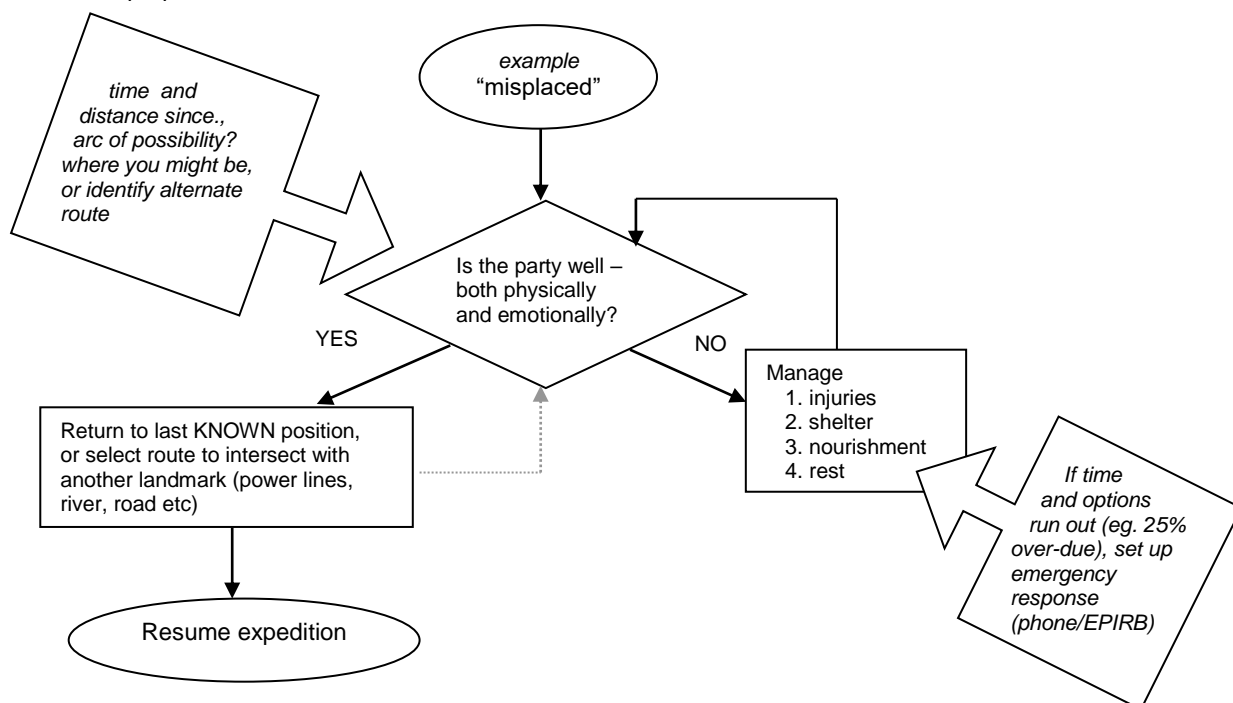
What is a Total Fire Ban?

Where do other fire restrictions apply? No open fires are allowed in more and more places. Fuel stoves are required. Never cut trees.

10. **Equipment.** Appropriate selection and serviceable condition. Be prepared to effect repairs: some strong cloth ("gaffer") tape, cable ties and dental floss are very versatile and strong repair materials.

19. MANAGING EMERGENCIES

The outcome is proportional to how it is dealt with.



See Overdue Party Procedures on Activity Notification Form.

Consider

- *what is a fair allowance of time for a party to be overdue before emergency services are contacted?*
- *who will the home leader ring?*
- *what time of day would be sensible for notification?*

20. LOG KEEPING

What is a log?

What is a trip report?

Why would you keep one?


How can it help you and others?

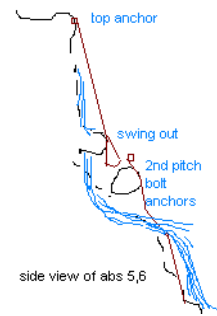
*A log is your expedition or trip record. A **full report** will contain the following elements:*

1. Title Page stating purpose, activity, dates, location or route, and the party.
2. Information including the map series, planned route, travel arrangements, contact numbers, copies of "paperwork"
3. Menus including comments on suitability, waste etc.
4. Gear list requirements for the type of activity to be undertaken
5. Log of trip may include planned bearings and expected times as well as the actual findings. Route condition and weather are all relevant to the outcome of the activity.
6. Conclusion Summary of highlights, future recommendations

Much of the information is prepared before the trip, notes will be kept during the trip, and the log is written up afterwards. Skills of planning, packing, navigation and the activity are evident from the logs kept.

Sample from log:

Sector	Bear- ing	Dist- ance	Time	Track Notes	
Bottom of falls			(0:10)	The National Pass track crosses the bottom end of the Falls, and continues into the valley. A duck was brazenly wandering around the pool. We took a look around, but as it was still lightly drizzling and the cloud was low, we began ascending the track.	
Ascent by track	70°	0.2 km to fork 0.25 km to Hut	13:35 13:50 (0:15)	This track ascends fairly rapidly via steel steps and a few sets of wooden ones, and meets the track at the National Pass intersection. Then continues up the same way that we entered the valley. We passed 2 commercial groups on their way in - the first being pretty large (maybe 14-16). Back at the car in 15 mins!	



Marion Fisher

Mob: 0410 534 409

marion@mountainandbush.com

This handbook has been referenced where material has been obtained from other sources. The remainder has been written from the author's own experiences.

Course Evaluation

So that these courses can be made as useful as possible, we would appreciate any time you can spare to give us your feedback.

Please comment on the following – both the good, and suggestions for improvement.

1. Having to do some preparation prior to the course?	
2. Course content (topics covered, or not)	
3. Format (time frames, venue, sessions and walk)	
4. What did you get the most out of?	
5. What other ways can we improve the course?	
6. Are you planning to have your skills assessed	Yes <input type="checkbox"/> No <input type="checkbox"/>

Thanks for completing this and returning it to me by any convenient method.

Marion Fisher

SCAASF
2016

marion@mountainandbush.com