

PANDANI BUSHWALKING CLUB INC.



PO BOX 146 NORTH HOBART 7002



INFORMATION FOR NEW MEMBERS

Thank you for your application to join the Pandani Bushwalking Club and welcome to the Club. Your name has been placed on our mailing list and you will receive new programs and newsletters as they become available.

We hope you will enjoy walking with our Club and look forward to meeting you on walks or at socials in the near future. As a guide for new members, the Club has prepared the following notes on trip gradings, safety in the bush, Club meetings and other details.

TRIP GRADINGS

The following definition of trip gradings has been prepared to give new members some idea of the relative difficulty of Club trips they may wish to go on. The gradings assume a reasonable (but not high) level of personal fitness. However, because of Tasmania's varied terrain and weather conditions and variations in personal fitness levels, no grading system can be completely accurate. If after reading the trip preview in the program you are still in doubt about your ability to do the trip, discuss your previous experience with the trip leader and find out more details about the trip. It should be noted that gradings used by other bushwalking clubs may not necessarily match those that the Pandani Club use.

The current Pandani Bushwalking Club gradings are:

Easy - a walk of up to ten kilometres along a generally flat well formed track or beach. These walks are often suitable for families with small children - enquire with the Organiser. The walking time is usually up to about four hours.

Easy-Medium - a walk that anyone of reasonable fitness would still find relatively easy but may extend to about twelve kilometres distance in a day with some hills, although no sustained or steep climbs. The walking time is usually up to about five hours.

Medium - a reasonably solid walk for most bushwalkers but not in the arduous category. Up to a maximum of fifteen kilometres distance along a reasonably well formed track with individual climbs of no more than 250 metres encountered along the way. Alternatively, the distance traveled may be only a few kilometres but the walking may involve a sustained climb, off-track walking or snow covered ground. Usually about six to seven hours walking involved.

Medium - Hard - starting to get into the category of "for enthusiasts only". Usually will involve a significant distance (greater than twelve kilometres) combined with a

sustained climb up to 1000 metres and/or off track walking. May involve eight or nine hours walking in a day. Such trips can still be suitable for people with limited bushwalking experience *provided they are well equipped and have a better than average level of fitness*. If you think you fall into this category and want to go on a medium-hard graded trip discuss your experience with the trip Organiser or other experienced Club member before committing yourself to the trip.

Hard - remote and challenging walking. Will include off track or difficult terrain. Be prepared for rock scrambling, mud, uneven and undeveloped surfaces and steep, sustained ascents and descents. Generally up to 10hrs walking in a day, at a sustained pace (not including breaks). Only for experienced walkers and not suitable for beginners. May also involve a long drive to the start of the walk. An overnight walk is only for strong, fit walkers.

Rough suffix e.g. medium-rough. This indicates that although the distance travelled or elevation gained may not be unusual for the grade of walk involved, the walk involves steep and rocky and/or scrubby terrain. Progress in such terrain may take inexperienced walkers of only moderate fitness two to three times longer than experienced walkers would take.

Heavy Packs. It is generally unwise to set out on a harder or extended trip carrying a heavy pack until you have gained experience carrying a load. Start out on shorter weekend walks and get used to your pack before attempting longer trips.

That First Hill! If you are relatively new to bushwalking (or even if you aren't) don't despair when you come to the first steep hill at the beginning of the walk and begin to wonder whether bushwalking is really for you. It happens to us all and you will find that after an hour or so you will develop an easy rhythm to your stride and by the end of the day will feel much more confident.



Medical Fitness. If you have a medical condition that may affect your ability to complete a trip safely or if the condition may become acute during

the course of the walk, please inform the trip organiser *before* the trip.

If you are uncertain whether you should attempt a particular walk, discuss the situation with your doctor. Even with today's efficient helicopter services, rescue may be days away if you are in a remote area or the weather closes in. If you need special medications make sure you take sufficient supplies on the trip. People subject to severe reactions from insect bites e.g. jack-jumper bites, should always carry suitable medication.

SAFETY IN THE BUSH

Many of Tasmania's bush and mountain areas are rugged and the weather is very unpredictable. Even in summer, cold wet weather and snow may be encountered. In these conditions knowledge of safety in the bush is very important. Enclosed with this letter is a leaflet on Safety in the Tasmanian Bush and it is recommended that it be carried in your pack at all times.

You are also urged to obtain a copy of and read "Safety in the Bush". This is a much more detailed book produced by the Hobart Walking Club with a wealth of information on bushwalking in Tasmania. This book is available from most outdoor equipment retailers and bookshops.

The club has its own Personal Locator Beacon (PLB) which is taken on the more remote club trips. It is available for private trips by club members if it is not required for a club trip.

WET WEATHER GEAR

Many Club trips visit areas at high altitude where cold wet weather and even snow is possible at any time of the year. You will often see in trip descriptions the requirement for "wet weather gear". The definition of this requirement is as follows:

- ◆ Warm shirt/top - preferably thermal.
- ◆ Polyester, wool mix or fibre pile long trousers.
Cotton jeans are not suitable.
- ◆ A warm woollen jumper or fleece jacket.
- ◆ A **fully waterproof** coat *with a hood*.
- ◆ Woollen or fleece mittens or gloves (with waterproof over mittens).
- ◆ A woollen or thermal balaclava or beanie.
- ◆ Over trousers.

As a courtesy to those who provide transport it is a good idea to take a change of footwear for the return journey so that mud is not left in cars. Dry clothes may also be worth considering.

MAJOR RISKS

Bushwalking is a generally safe activity and there are surprisingly few major accidents and incidents. However, complete elimination of risk is not possible. Significant risks that may be encountered on a bushwalking trip include the risk of exposure in cold, wet and windy conditions, rock scrambling in exposed areas, river crossings, snow and ice conditions, snakes and bushfires. New members should make themselves aware of these risks and if at any time on a trip they feel uneasy with the level of risk they feel they are assuming they should inform the organiser immediately.

MINIMAL IMPACT BUSHWALKING

The Pandani Bushwalking Club supports and practices minimal impact bushwalking. A leaflet on minimal impact bushwalking techniques, prepared by the Parks and Wildlife Service, is enclosed. Please read this leaflet and help to preserve the wilderness environment.

OVERDUE WALKS

In each Walks Program is a list of the Club Search and Rescue contacts. Please make your other family members aware of these contacts. In the event of a party being overdue, these people should be the first point of enquiry, *not* the Police. In most cases there will be a simple explanation why the party is late such as a mechanical breakdown in a vehicle, bad weather or underestimation of the time needed to complete the trip.

BOOKING ON A WALK

Everyone wishing to participate on a trip must contact the trip organiser to register their interest. The program specifies the date by which bookings must be made for each trip. There may be a limit on numbers for some trips. If you are not known to the organiser they may ask you questions about your experience and equipment to ensure you will be able to cope with the planned trip, otherwise your safety and that of the group may be at risk. At times it may be necessary to change published information about a trip so the organiser can advise you of this on booking.

MEETING PLACES FOR WALKS

The club has a number of commonly used meeting places where club members meet to share transport for the remainder of the journey. The main meeting places are Station St Sorell and the carpark at the corner of Forest Rd and Lyell Highway Granton.

SHARING PETROL COSTS

Where possible we attempt to share transport to the start of trips. There is an expectation that if you travel in someone else's car you will contribute to the petrol costs. The guideline is 30

cents per km (or \$30 per 100km) to be divided between all the occupants of the car. Please remember to take enough money to contribute if you do not want to take your own car.

CLUB MEMBERSHIP CARDS

You will be issued with a Club Membership Card which can be used to obtain discounts from some of the specialist outdoor equipment retailers in Hobart. Currently the following shops provide varying discounts to Pandani members on production of their membership card: Jolly Swagman (Elizabeth St.), Macpac (Elizabeth St.), Mountain Creek Outdoors (Bathurst St.), Mountain Designs (Elizabeth St.).



CLUB MEETINGS

The Club's Annual General Meeting is held early in each year. Behind the scenes, the Club Committee meets about every two months. All members are welcome to raise an issue with a committee member for discussion at the next committee meeting.

On the first Thursday of the month (except January) the Club has a social meeting. These are an opportunity for club members to meet informally and to discuss past and future trips and listen to a speaker on a topic of interest to bushwalkers. Details of the dates and venues for all these meetings are listed in the Club program.

CLUB EQUIPMENT

To further encourage members to experience overnight walks during the warmer months, without the big expense of personally buying equipment, the Club owns light weight tents, small Trangia stove sets and overnight packs. All you need do is borrow a sleeping bag.

Susan and Robert Gardner are the custodians for the Club's equipment and for hire arrangements can be contacted on 6243 5759 (home).

The club has also purchased a hand-held GPS for use by club members. It is expected that members who hire the GPS have an understanding of their use and must be competent with the use of map and compass for navigation. Members are expected to provide their own batteries for use in the GPS – 2 AAs required (plus spares).

Club equipment can be hired for a maximum of 2 weeks at any one time and generally only for walking within Tasmania.

Listed below is the equipment available and relevant hire fees.

	<u>Per W/End</u>	<u>Per Week</u>	
Deposit			
2 person tent	\$20	\$30	\$30
1 person tent	\$10	\$20	\$20

Trangia Stove	\$10	\$15	\$10
Overnight Pack	\$10	\$15	\$20
GPS	\$10	\$15	\$20
Food dehydrator	N/A	\$25	\$25

Money will be deducted from this deposit if equipment is returned wet, dirty, damaged or incomplete. Please return equipment promptly at the end of the hire period.

GEAR LISTS

Use this list as the basis for planning your own clothing & gear list. Remember to pack as light as possible. Other club members and particularly walk organisers will help with ideas if you ask them.

Day and overnight walking

Walking boots - comfortable, well fitting, in good repair, good tread and offering good support.

Socks - high % wool blend, in good condition (for overnight walks divide the number of days hiking by 2 and add 1 for the number of pairs to take). A thin under pair is useful to help prevent blisters.

Long sleeve shirt and shorts/trousers - nylon, polyester cotton/nylon

Polyester mid-weight fleece, wind stopper (or similar) soft shell jacket

Polyester light-weight fleece, micro fleece jumper

Thermal underwear (long sleeve top and long john), polypropylene, hollow core polyester, bipolar polyester or superfine wool

Raincoat - providing protection from wind and rain. Knee length, breathable, wind proof and water proof.

Over-trousers - providing protection from wind and rain. Breathable, wind proof and waterproof. Side zips mean you don't have to remove boots when putting them on or taking them off.

Gaiters - providing protection from vegetation, mud and limiting water entering boots.

Hat - providing protection from the sun

Beanie - providing extra warmth if required

Gloves - providing extra warmth if required

Water bottles - minimum of 2 litres

Personal first aid kit - to carry out running repairs on yourself; include both a roller bandage and a triangular bandage and personal medication.

Torch with new batteries (L.E.D.recommended) or take spare batteries.

Sun glasses

Sun block and lip balm

Emergency kit - lightweight emergency blanket, whistle, 6m of 2-3mm cord, small note book & pencil, spare boot laces

Lightweight trowel & toilet paper in waterproof bag

Pack – lightweight and comfortable. For overnight walking ladies 65-70litres and men 75-80litres

Waterproof pack liner – eg. large garbage bag

Food, including snacks

Camera, spare film, memory card(s), batteries, etc

Optional: walking pole, waterproof pack cover, down jacket.

Additions for overnight walking

Light-weight sandals or similar to wear at night (give the feet a chance to breathe).

Eating utensils - Knife, fork, spoon, cup/mug, deep plate/bowl

Personal toiletries - keep to an absolute minimum

Lightweight towel

Spare toilet paper in snap seal plastic bag

Sleeping bag (-5°C comfort rating and weighing less than 2kg)

Silk sleeping bag liner

Tent

Stove, fuel

Closed cell foam mat, self inflating mat or down mat

Optional - book

WHAT WE EXPECT OF YOU ON A TRIP

We prefer not to have too many rules but we do have these reminders so everyone enjoys the trip:

All trip organisers are volunteers. To make their job as easy as possible please respect and cooperate with their requests.

Before the trip:

- Ensure you and your visitors have read the trip grading and the grading descriptors in the program and have the appropriate fitness level to complete the trip safely.
- To avoid the spread of soil pathogens in natural areas, ensure that all your equipment is clean from soil residues. This includes the soles of boots, tips of walking poles and tent pegs (for overnight walks)
- Leave details of the trip and the club contact with someone at home.

At the meeting place:

- Arrive early so the group can leave on time.
- Identify yourself to the trip organiser when you arrive.
- Be willing to share transport, costs and petrol money, either by driving or by

travelling in another car, to reduce costs and fuel usage. Ensure you have money to contribute to petrol costs.

Travelling to the start of the trip:

- Ensure you have understood the instructions on where to meet, how to get to the meeting place and the expected arrival time.
- Wait at all turns to ensure the car behind is aware of the change in direction and preferably wait for the whole group to arrive before moving on.

On the trip:

- Follow the organiser's instructions.
- Remember it is not a race, walk at a moderate pace that is comfortable for all members of the group. If you are in front regularly check behind to see that the rest of the group is keeping up.
- The whip is to be the last person in the group. Do not walk behind the appointed whip.
- If you are struggling to keep up with the group let the whip or trip organiser know the pace is too fast for you. Do not exhaust yourself by trying to walk at a pace that is too fast for comfort.
- If you are in front do not head off again after a rest stop as soon as the last person arrives – they need a rest too!
- If you need to go off the track make sure someone, at least the whip, knows you have done so. Leave your pack on the track so it is obvious where you have gone into the bush.
- If you become separated from the group do not continue to walk unless you are absolutely certain of how to get back to a known point. Wait for the group to find you. If you have a whistle blow it 3 times at regular intervals and wait.
- Always wait at track junctions for the whole group to arrive, otherwise there is a risk of losing party members.
- Do not walk with hands in your pockets as you have no support if you fall and are likely to badly damage your face
- Respect the enjoyment of others by keeping noise to a minimum.
- Offer assistance to other party members if needed; the trip organiser does not have to do it all.
- Do not cut corners, stay on the track to minimise damage.
- If you carry it in, carry it out – take all rubbish home. Do not throw anything in to the bush; most things such as fruit peel/cores take many years to break down.

- Leave huts clean and tidy after visiting.
- Do not put any food wastes or detergents into waterways.
- Bury faecal waste at least 15cm deep and at least 100m from a waterway.
- Do not feed animals.

Thank the trip organiser at the end of the trip!