

# responsible walking means bushwalking safety



## Responsible walking

**Responsible walking** (v). *Walking in a manner that provides for a safe and enjoyable experience for all.*

### IT'S ALL ABOUT SAFETY!



#### Compass and map

Ensure that everyone in your group has researched the walk and plans the day ahead. Have a compass and map and know how to use them. If you think you are lost, stop. Think calmly. Go to a high spot or climb a tree to look for landmarks. Do not continue to travel until you know where you are. If you are lost then signal three times with a whistle, yelling or 3 lines in the snow. Any pattern of three is a distress signal.



#### Hypothermia

Wet and windy or cold conditions can bring on the onset of hypothermia – a chilling of the body's inner core. Dress to stay warm and dry. Always keep your sleeping bag and a spare set of clothes dry. Early signs of hypothermia include persistent shivering, frequent stumbling, and exhaustion. Get the person out of the cold and wind and into dry clothes, including a hat. Give warm sugary drinks (no tea or coffee) and place in a dry sleeping bag. In advanced cases shivering stops. In addition to the above, have someone get into the sleeping bag with the person. In most cases medical attention is required as soon as possible.



#### Snakes

Snakes are shy animals and will usually get out of a walker's way rather than attack. There are 3 species of snakes in Tasmania, all are venomous. Most bites occur when people try to kill snakes (this is illegal). If a bite occurs keep the person at rest, lying down. Do not wash or cut the bitten area. Apply a firm pressure bandage (not a tourniquet) to the entire limb affected. Death from snakebite is very uncommon. You do not need to identify the snake as the same antivenin is used for all snake bites.



#### Equipment

The following is a list of equipment needed for bushwalking safely in Tasmania.

- Clothes for walking in (thermal layers too)
- Sun hat
- Sunglasses
- Torch and batteries
- Whistle
- Gaiters
- Wool socks
- Gloves
- Rain jacket
- Waterproof matches
- Sleeping mat
- Sleeping bag
- Backpack
- Compass
- Spare set of clothes kept dry
- Sunscreen
- Hand trowel
- First aid kit
- Gloves
- Boots
- Wool beanie
- Overtrousers
- Main meals and snacks
- Fuel stove and fuel
- Tent with in-built floor and poles
- Pack liner
- Map
- Drinking water



#### First Aid Kit

A first aid kit should have the following essentials: Tweezers, Antiseptic, Broad Bandage, Pressure Bandage, Survival Blanket, Tape for Blisters, Smaller Absorbent Bandages.



#### On the right track

Tasmania caters for a wide range of bushwalking experiences. These range from short walks on formed tracks which last a few hours, to challenging walking experiences in remote wilderness, and everything in between. To enjoy your bushwalking experience, make sure you are on the right track, choose a walk that suits your level of experience and do not over-extend yourself. Get the Parks and Wildlife Service's *On the Right Track* brochure to help you decide which track to visit.

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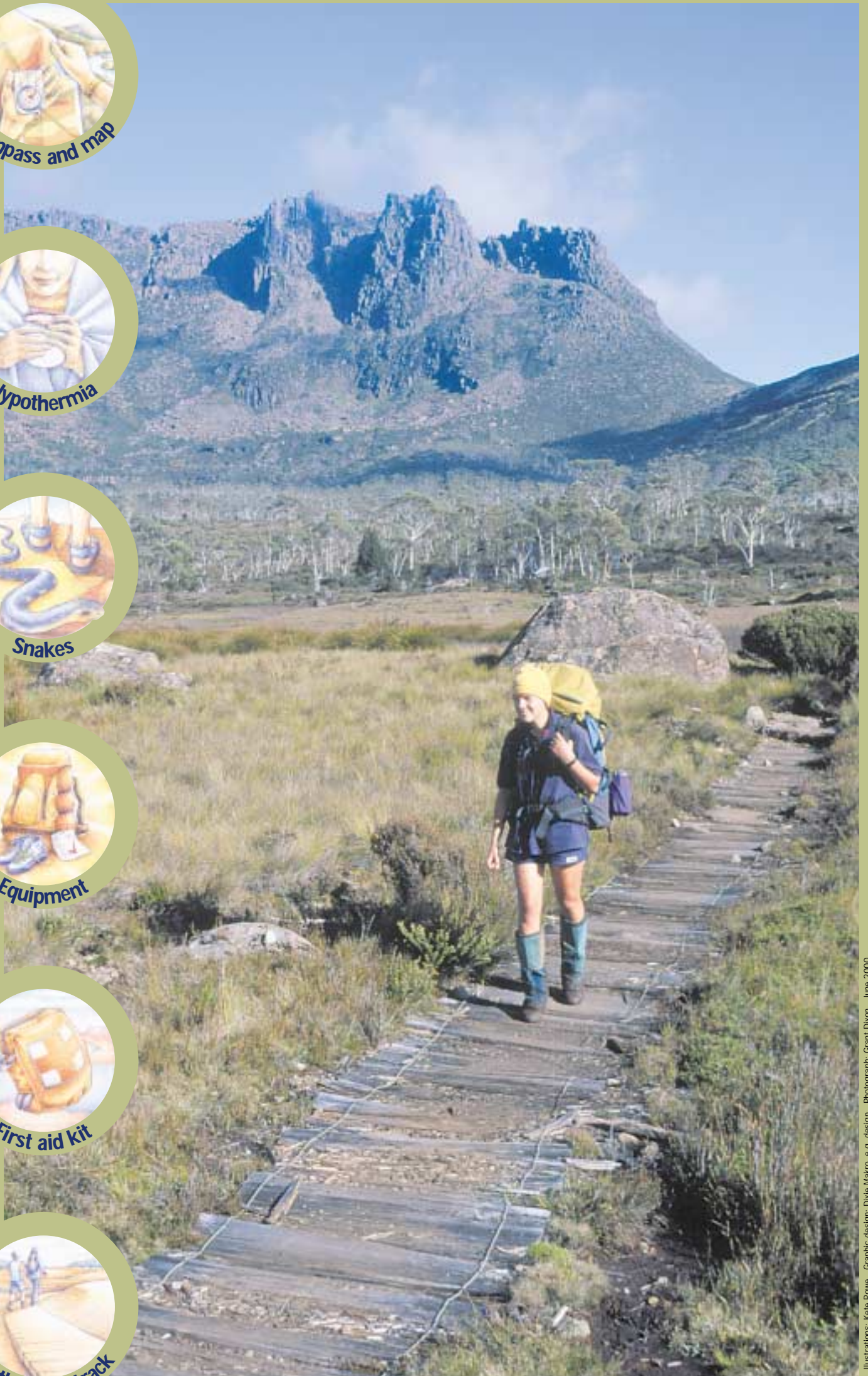
Equipment



First aid kit



On the right track



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