

Equipment – What to Wear



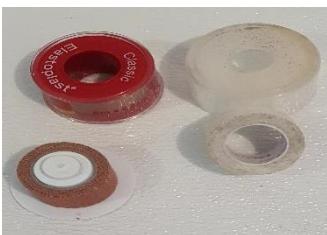
“Runner” Type Shoes



Well worn Hiking Boots



Good, thick socks



“Second Skin” type Tape

What to Wear

Introduction

The clothing and equipment that you wear and use will vary with personal choice and experience. As you move into more challenging adventures you may find the need, or desire, to upgrade some items. Some suggestions for these can be found in the Advanced Equipment sections of the website.

The items presented here come from our own personal choices and experience. Hopefully, they can at least give you an idea of where to start.

Scope

The suggested items are based on reasonably easy, day trips with a good weather forecast.

Footwear

Good, fully covered shoes with good grip on the soles are pretty much essential for heading into the bush.

When starting out, we suggest a good “runner” type shoe. For low cost, (at the time of writing), lightweight and durability, something like the old-style Dunlop KT26s are hard to beat. But any similar shoe can work.

The only real issue with this type of shoe is the limited side and top protection from spikes and the like, particularly when heading across country



Long pants or shorts



Gaiters



Lycra "Type" shorts



Long shirts or T-shirts



Hats for sun protection

As you advance further, you may consider investing in Hiking Boots. These provide greater protection, especially when heading cross-country. However, they are a very significant step up in price.

Socks & Blisters

A decent pair, of thick comfortable socks tend to be better to stop rubbing and blisters on longer walks.

If rubbing does start to occur, it is highly beneficial to act on it before it forms blisters. As a great preventative treatment, we apply "second skin" type, medical tape directly to the skin on the affected area. The more adhesive, the better the protection. However, this tape can be a bit difficult to remove at the end of the day. We find it best to "soak" it off when removing.

Longer Pants or Shorts

This is very much a personal choice. Longer pants provide more protection from scratches and insects, while shorts tend to be cooler.

A good compromise can be shorts and gaiters.

Gaiters

Gaiters can be a great addition to help protect your legs if your preference is to wear shorts. They can be found in a very wide range of styles, with varying quality and price.

Underwear

Another personal choice. However, on longer trips, especially in hotter weather, we find that "lycra" type pants can aid in reducing rubbing and improving comfort.

Shirts

The choice tends to be long sleeve or short sleeve/T-shirt. Unless heading across country, through thicker bush, we tend to use T-shirts as they are comfortable and cooler. They can always be supplemented with a jumper in colder weather.

Hats

A good, wide brim hat for sun protection is a great idea. Although Caps are often a popular choice.



Good quality Sunscreen



Insect Repellent



Safety Whistle & Blanket



Storage Belt



Dressed for Adventure

Sunscreen

A good quality sunscreen that is re-applied throughout the day is strongly recommended. Always remember that even on overcast days sunburn can still occur

Insect repellent.

A good quality insect repellent can help make a trip far more enjoyable.

Safety Whistle.

A safety whistle for each person in the group, and especially children, is strongly recommended. We suggest they be attached to the clothing, through a belt loop or pocket eyelet, so they remain with the person at all times.

We strongly recommend against putting anything around your neck unless it has a “safe release” mechanism. However, this can defeat the point of attaching a safety whistle to the person, as it may become separated in case of a slip or a fall, or something similar.

It is also well advised to discuss safety signals, prior to heading into the bush. Some ideas in this regard are provided in the Safety Section of the website.

Safety Blanket.

A safety blanket for each person in the group is also a great idea. These are small and inexpensive, but can save a life in dire situations.

Like safety whistles, we strongly suggest they be carried on the individual rather than in a pack or similar.

Storage Belt.

A storage belt, “bum bag” or similar can be a reasonable compromise to a back pack, particularly when trying to get children to carry smaller, essential items. Although not as effective as having safety items directly attached to the individual, it can be a fair solution to the chance of items falling out of pockets and the like.

Conclusion.

This concludes our hints on what to wear. We suggest you next review some ideas on what to carry.