

Load List 1

1. The following is a suggested minimum Load List for Day Trips, under the following assumptions:
 - a. The trip is planned for a single day, during daylight hours;
 - b. The trip is generally on 4WD tracks, existing foot tracks or marked routes across country through light to medium vegetation; and
 - c. the weather has been checked and forecasted as good without rain or extremes of temperatures.

2. The Load List is a base guide to help you make your decisions on what you may want or need to take with you. However, the final decision and RESPONSIBILITY always rests with you. If you are not prepared to accept responsibility for yourself, then DO NOT GO.

<u>Item</u>	<u>Category</u>	<u>Per Person</u>	<u>Per Group</u>	<u>Notes</u>
<u>To Wear</u>				
Shoes/Boots	What to Wear	1 Pair		
Socks	What to Wear	1 Pair		
Gaiters	What to Wear	1 Pair		Optional
Underwear or Lycra Shorts	What to Wear	1 Pair		
Shorts/Pants	What to Wear	1 Pair		
Shirt or T-Shirt	What to Wear	1 Pair		
Hat or Cap	What to Wear	1 Pair		
Sunscreen	Protection	Applied		
Insect Repellent	Protection	Applied		As Required
Safety Whistle	Safety	1 Attached		Especially Children
Safety Blanket	Safety	1 Attached		Especially Children
Storage Belt	Safety	1 Attached		Especially Children

<u>Item</u>	<u>Category</u>	<u>Per Person</u>	<u>Per Group</u>	<u>Notes</u>
<u>Additional Clothing</u>				
Jumper	To Carry	1		
Rain Clothing	To Carry	1		
Spare Clothes	To Carry	1 x Set		For Children
<u>Basic Safety Items</u>				
Mobile Phone	Safety		1 minimum	Fully charged
Basic First Aid Kit	Safety		1	
Bite Bandages	Safety		2	
Emergency Shelter	Safety		1 per 4-6 persons	
Torch or Headlamp	Safety		1 per 2 persons	Checked and working
<u>What to Carry</u>				
Back Pack or similar	To Carry		1 per 2-4 persons	
Canyon Bag	To Carry		1 per pack	
Map	To Carry		1 per group	
Compass	To Carry		1 per group	
Navigation Application	To Carry		1 per group	
Food & Water	To Carry		Quantity	
Rubbish Bag or Container	To Carry		1 per 3-4 persons	
Toilet Paper	To Carry		1 per group	
Harness Tape	To Carry		1 per group	Optional
Knife or Secateurs	To Carry		1 per group	
Matches or Fire Starter	To Carry		1 per group	