

Basic Safety Equipment



Mobile Phone



Basic First Aid Kit



Minor cuts & scrapes

Basic Safety Equipment

Introduction

Knowledge, training, preparation and planning can go a long way in mitigating many of the potential risks and hazards you may encounter whilst in the Bush.

The addition of a few basic safety items to your Load List can further help reduce both the possibility and severity of potential issues.

However, Common Sense and due care on your part are ALWAYS essential. The final responsibility for your safety is with you. If you cannot or will not accept this, then DO NOT GO!!

Scope

The suggested items are based on reasonably easy, day trips with good weather forecast. We suggest these as a bare minimum.

Mobile Phone

At least one fully charged, mobile phone should be carried. In this day and age, mobile phones tend to be one of the best methods of signalling for help in an emergency.

Basic First Aid kit

A basic first aid kit to deal with minor cuts, scrapes and similar injuries is a good idea. A suggested list of items to consider including is provided at the end of this section.



Bite Bandages



Emergency shelters



Emergency Blankets



Emergency Blanket & Shelter

Compression or Bite bandage

If YOU make the decision to carry no other basic safety equipment, a Compression Bandage or Snake Bite Bandage is the one item we would consider not negotiable.

While the chances of being bitten are exceptionally low, if it does occur you will be potentially, facing a very serious situation. Having a bandage with you and knowing how to apply it might just save the life of a friend or a loved one.

Purpose made “Snake Bite” bandages are readily available in most chemists and outdoor shops. They are a cheap (about \$10.00 at the time of writing), compact and lightweight item that is pretty much essential for you Load List.

Emergency shelter

A small, compact and lightweight tent fly can serve as a very effective emergency shelter. These can be purchase fairly cheaply from good outdoor shops.

If you do happen to get caught out in poor weather, and especially overnight, the aim of the shelter is to provide some level of protection from the elements. Direct exposure to wind and rain, over a period of time, can rapidly increase the onset of hyperthermia (exposure). This can become a very serious problem.

An emergency shelter, coupled with the use of emergency blankets, can greatly aid in slowing the onset of hyperthermia.

Emergency Blanket

Emergency Blankets go under a number of different names. They are basically a large sheet of material similar to aluminium foil that can be wrapped around a person to reduce heat loss from the body. They can be very effective in slowing the onset of hyperthermia in emergency situations.

Emergency Blankets are small, lightweight items that can be purchased for about \$10.00 (at the time of writing) from most outdoor shops.

They are one of the two items that we very strongly suggest be carried “attached to the person”, in zip pockets or similar. That way, if a member gets separated from your group, the item remains with the individual.



Safety Whistle



Torch or Headlamp



Advanced Safety Equipment

Safety Whistle

A Safety or Emergency Whistle is the other item that we strongly suggest being “attached to the person” by each member of your group. This is especially the case with children.

These items are lightweight, cheap and relatively robust. Proper whistles are extremely loud and can be heard over long distances. They can be the difference between quickly reuniting a separated group member and someone getting seriously lost.

When using whistles, you should be aware that three equal whistle blasts is a recognised emergency “help” signal. This is answered by two equal whistle blasts. If you are using whistles for other than emergency signalling (such as locating a wandering child), we suggest using single blast signals to avoid unwanted emergency attention.

Water resistant torch or headlamp

It is well worth considering carrying at least one water resistant torch or headlamp with you. There are a large variety of these items available, ranging quite substantially in both price and quality.

In your early journeys into the bush, you may have no intention of being out after dark. However, many times we have seen and heard of people whom, through a combination of compounding issues, end up racing against sunset to get back to their start point.

For the weight and cost, this item is well worth including. When we go bush, we always carry a minimum of one light source per two group members. Unexpectedly trying to negotiate a bush track at night with a group of people using a single light source is a challenge you may want to avoid.

Advanced Safety Equipment

As your experience and knowledge grows and you move into longer, more challenging trips, you should carefully consider additional items from the Advanced Safety Equipment section of the website for your Load Lists.