

Bushwalking

In Australia, bushwalking covers a range of activities from short walks on flat, well-formed trails to multi-day expeditions for fit, experienced and appropriately skilled bushwalkers.



Many trails in Western Australia have been classed according to the Australian Walking Track Grading System to help you decide if a trail is one that you can enjoy safely and whether it offers the experience that you're looking for. - See more at: <https://parks.dpaw.wa.gov.au/know/bushwalking>

Complete the following three activities by referring to the Parks and Wildlife website at <https://parks.dpaw.wa.gov.au/know>

1. Plan Your Activity

- a. What two main things should you do prior to attempting an excursion?
 - i. _____
 - ii. _____
- b. You can find out about a park by using the Parks and Wildlife website as well as?

- c. What website provides up-to-date information on current weather conditions?

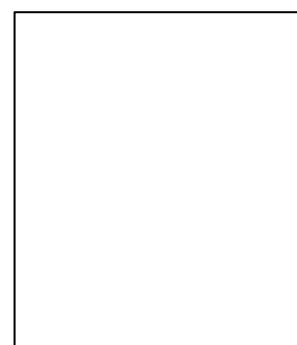
- d. Road conditions and fire bans can be known by contacting?

- e. What Radio Station provides important broadcasts? _____
- f. Current fire danger can be found at what website?

- g. What five things should you tell someone prior to leaving?
 - i. _____
 - ii. _____
 - iii. _____
 - iv. _____
 - v. _____
- h. What two characteristics should a person have for you to entrust them with the information?
 - i. _____
 - ii. _____
- i. Where can you register your trip in case anything goes wrong?

- j. You should always also register your information where?

- k. Draw the symbol that warns visitors of a risk.



2. Be Prepared

- a. What three areas of your capabilities should you be aware of?
- _____
 - _____
 - _____
- b. There should always be at least one _____ person in the group to guide and assist others.
- c. You should always be prepared for what kind of changes in weather? _____
- d. What are the essential supplies you should bring in case of unexpected delays?
- _____
 - _____
 - _____
 - _____
 - _____
 - _____
- e. What kind of footwear should you be using? _____
- f. You should carry and drink how many litres of water per person per day? _____
- g. How can you treat water to make it safe for consumption?

- h. Where can you access fact sheets on first aid for stings, bites and heat conditions?

- i. Mobile phones can be useful but don't _____ on them for safety.
- j. For remote walks, consider bringing either a:
- _____
 - _____



3. Bushwalking

- a. You should always take a _____ and _____ and know how to use it because trail markers sometimes go missing.
- b. You should have a _____ survival plan
- c. Complete the following 'Walk Safely' points.
- Walk in groups of _____ or more and walk to the _____ of the _____ person.
 - Stay on the _____.
 - Don't bushwalk on hot and _____ days due to the risk of _____ or during winter when there is a chance of _____ winter storms.
 - Protect yourself against _____.

4. Leave no Trace

The leave no trace principles are a set of guidelines designed to help outdoor enthusiasts reduce their impact on their environment when participating in activities.

Go to <http://www.lnt.org.au/programs/7-principles.html> and write down the 7 Principles below.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

