

Cairns Ramblers – Walker Training and Equipment

Walker Equipment:

- A whistle.
- Appropriate footwear for the terrain.
- Appropriate clothes – hat, sunscreen, insect repellent, warm or waterproof layers if appropriate.
- Water - if in bushland always at least 2 bottles (at least 2 litres if a full day hike). If you use a water bladder and it is a long day also carry a spare bottle of water.
- Snacks, hydrolyte powders or tablets.
- 1st aid kit – at least essentials – snake bandage, space blanket, plasters, (saline solution for leeches in eye, amongst other reasons) and dressings.
- Medical information and Emergency contact form in a plastic bag.

Leaders should also prepare/carry:

- Map/knowledge of the walk. Share with all the walkers – encourage everyone to develop knowledge of the walk.
- Compass/GPS map, downloaded in case you need to use the GPS offline – ensure **more than 1** walker has downloaded the track.
- PLB if appropriate. All walkers need to know about the PLB, who has one and how to use it.
- Incident report form.
- Know all walkers' ability – if it is a difficult walk discuss any visitors ability to complete the walk – don't agree to take anyone if you are not sure. They will affect the entire trip and all the walkers.
- If walkers need special assistance, ensure a walker is prepared to provide this care, this will need organising prior to the walk.

Group Etiquette – this is everyone's responsibility:

- Look after new walkers, ensure they stay with the group and are aware of what is happening, educate them on our group etiquette. They may decide to leave the group, they may not understand we are responsible to ensure we don't lose anyone.
- If anyone is ahead of the leader they will wait at **all track junctions, at regular intervals** and at **all other places of any uncertainty** until all are present and it can be confirmed all is well. It isn't enough to move on once you see the ones behind approach. You must communicate.
- We have to stay connected at all times. We should all listen and look behind and wait if necessary to ensure those behind are not separated. What if your tail-end-Charlie gets into trouble and drops back – you need to know.
- Rest stops, let the leader and others know if you need to rest more often, or need a slower pace.
- Nobody should leave the track or the group without the leader's knowledge.
- If leaving the track for a toilet break, let someone know and leave a pack on the track.
- The leader must be notified promptly of any problems, e.g. fatigue, walking pace, foot hot-spots that could develop into blisters
- A 'tail-end Charlie' should be assigned for any group greater than 6 in number, dependant on the terrain – this is an experienced member whose role is to bring up the rear. Ensure that the same person is not left as the tail end Charlie for the whole day, unless they want to be. It is their responsibility to pass on the job and let the Leader know who it will be.

I have discussed the "Walker Training and Equipment Form" with (Leader: _____) and I am satisfied that I understand the reasons for all the requirements,

Name: _____ Signed: _____ Date: _____