

# THE

# BUSHWALKER

Newsletter of the Federation of Bushwalking Clubs (NSW) Box 2090 GPO Sydney 2001 ISSN 0313-2684

Welcome to the 1988 special edition of the Bushwalker. This newsletter is the official voice of the Federation of Bushwalking Clubs (NSW).

The Federation is an organisation that represents 40 affiliated outdoor clubs in NSW numbering about 5000 members in total.

This issue is for people who are only new walkers or who do not yet belong to a club and would like to know something about clubs and their benefits.

The Federation as an organisation has been in existence since 1932 when a meeting was held to discuss a proposed federation.

It was moved that the name of the organisation should be 'The Federation of Bushwalking Clubs of New South Wales'.

Its Objectives were to be;

- 1. To unite all recreational walking Clubs with a view to protection and promotion of mutual interests.
- 2. To accumulate knowledge and information re;
  - a) Technique of Walking and Bushcraft.
  - b) Information re Routes and Country.
  - c) Statistics.
- 3. To promote the resumption of suitable areas for the formation of walking parks and for the protection of tracks.
- 4. To prevent the incursion of roads into recognised walking areas.
- 5. To protect our native Fauna and Flora.
- 6. To prevent spoilation and vandalism in any shape or form and to educate the public to a greater appreciation of the bush.
- 7. To co-operate with other bodies for the furtherance of the objects of the Federation.

- 8. To encourage good fellowship amongst Federated Clubs.

A meeting a week later resolved that Affiliation shall be open to all established recreational walking clubs whose aims and objectives are in accord with those of the Federation. Affiliation fee was set at 75c for the first year.

As well as a voice for bushwalkers the federation provides a volunteer search and rescue organisation to assist any people that are lost in wilderness areas. The people who run the search and rescue group come from many of the clubs around Sydney and all have extensive wilderness experience.



Bushwalkers Search and Rescue has been established to assist lost or injured members of affiliated clubs. This role is willingly extended to include assistance to any person in difficulty in the bush, with assistance always being given at the request of the Police.

In the last ten years 80% of the rescues we have performed have been for people outside the club network (another good reason for joining a club)

Bushwalkers search and rescue provides backup support to clubs in their principal aim of teaching bushwalkers bushcraft skills.

Search and rescue operates as a self contained unit within the federation, under the control of the NSW Police.

Search and rescue is run by a committee that organises all field operations and maintains its equipment.

Each bushwalking club has three contacts that the committee communicates with during an alert. These contacts then raise the required number of walkers who drive to the field headquarters.

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## JOIN A CLUB

We think club membership is worthwhile. If you would like to meet a group of people with similar interests then use our club contact list to find a group near you.

Correspondence for the newsletter can be sent to.

The Editor, Federation Newsletter  
2/22 Sunbeam Av. Enfield 2136

After a briefing, volunteers proceed in the field under the overall control of a field officer from the committee.

Communications are maintained with a compact radio network that is particularly suited for rough terrain.

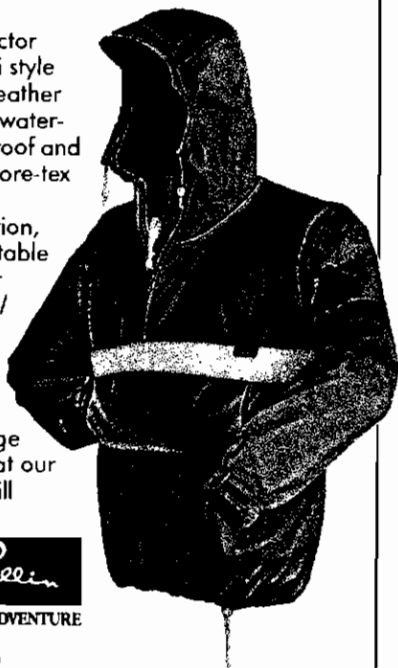
Volunteers are equipped and able to stay in the field for as long as the search continues.



# SKI STYLE

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It's cut for action, with an adjustable hood and our unique pouch/handwarmer pocket with lift ticket tab. See the complete range of ski jackets at our City or Box Hill stores.



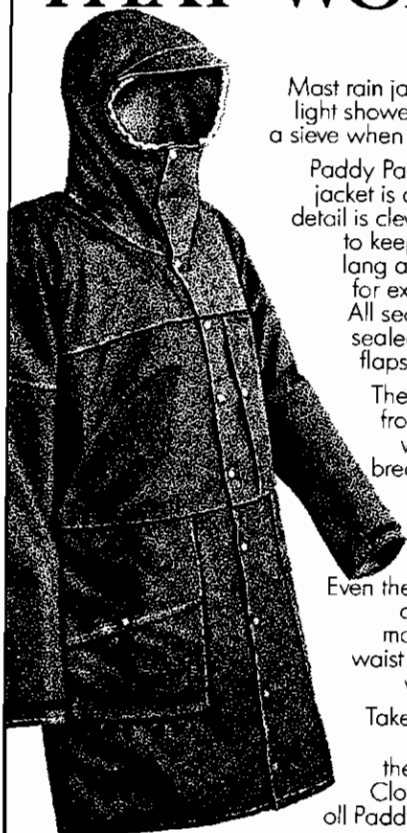
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**VECTOR \$219**

# RAINWEAR THAT WORKS



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The Vista is made from waterproof, windproof and breathable Gore-tex fabric, is recognised as the best available.

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Take a look at the Vista, part of the new Integral Clothing range at all Paddy Pallin stores.



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# These shoes are made for walking

The Scarpa Trionic Shoe is a revolutionary step forward in walking comfort.

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# Luggage that lasts



The Outgear Travel Pack is a complete travel system. Versatile, easy to pack, lightweight and very sturdy. Two main compartments hold all you need for the longest journeys. There's a roomy

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Made in Australia, it's built to last a lifetime — tough Cordura fabric, double sewn seams, bar tacked stress points and heavy duty # 10 zips.

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# WHAT TO TAKE

This is a topic that can have bushwalkers arguing (fighting) for hours over the merits of one style of equipment or another. Numerous outdoor gear specialist shops have grown up over the years to cater to the bushwalkers innate need to spend lots of money on their pursuits.

Some gear is life saving and therefore essential, some gear is for comfort in the outdoors and so is avidly sought by some and scorned by others.

From the files of the Sydney University Bushwalker's magazine we have some advice from Ashley Burke (*well mainly from Ashley, I have changed some of it Ed.*) on the never ending topic of Outdoor Gear.

The essential gear to be taken on an average weekend walk in NSW is as follows

## Pack

These can vary greatly in price, quality and usefulness. Discuss with a more experienced walker what you need in a pack and then look around in the stores that the clubs recommend. Sydney sandstone walking can be very wearing on a pack, so whatever you get must be as robust as possible. If you are planning any walks off tracks then make sure the pack isn't going to catch on every stray branch.

## Sleeping bags

Down bags are lighter and more compact (but more expensive) than synthetic bags. However a synthetic bag will stay warmer when it is wet. There are many things to look at when you get a bag and it is most important to at least talk about it with more experienced people before going out and spending what will be hundreds of dollars on a good bag.

## Raincoat

On a bushwalk you can assume that often when you are wearing a raincoat you will be walking hard. If you sweat like the rest of us then you need a coat that will pass water vapour out (sweat) but not let water drops in. There are a number of methods of doing this and they all have their supporters. Dry japara is one way that is not as expensive as some, or for those with more money there is Goretex, which has many supporters. Looking around you will find other methods of doing the same thing. Just remember that if you get a coat that traps sweat then you will always get wet.

## Jumper

Wool is great as it stays almost warm when it is wet. Two thin jumpers is bet-

ter than one thick one. A more expensive alternative is one of the marvelous new synthetics that are ridiculed by the "hard core" walkers (and loved by all the rest)

## Flysheets

These are all that is normally needed in the area surrounding Sydney. A flysheet and some ground covering is much cheaper and more versatile than most tents. Nylon flies can be bought at camping and disposal stores. The only

drawback you might notice is in summer, if you have an aversion to mosquitoes.

## Volleys

The old Dunlop Volley, or similar light weight footwear is much favored by the walkers of NSW. There is rarely a need to start with anything else and the argument between volley walkers and boot walkers is mentioned elsewhere in this magazine.

# Packing For That Walk

If you have never been on an overnight walk then the idea of packing for a weekend in the "wilderness" can cause some concern. If you are one of the many walkers who wonder why it is, that for a short summer walk, it seems that someone has smuggled a 20 kilo rock into your pack, then the following is for you.

This article has been lifted almost intact from the magazine of the Sydney University Bushwalkers. Their sometimes controversial, but always interesting ideas on lightweight walking are being discussed by Brad Phillips.

Remember the golden rule: "If in doubt - leave it out." Carrying excess gear only detracts from your enjoying a trip (especially going up steep hills)

*\*\* If you are as pale skinned as myself then this would be in the Essentials for most of the year (unless you like skin cancer) Ed.*

If you travel by car then you can throw in a change of clothes (to be left in the car) for when you return. Spare clothes are not always needed in NSW, unless you are in alpine areas

Tent flies rather than tents are shared between participants. Any group gear such as ropes will be organised by the leader (although you might wind up carrying it if your pack looks to big)

As for what food to take a list has been provided below to give a few suggestions and people should not limit themselves to this. Long time members of bushwalking clubs often have many interesting favourite recipes

### Breakfast :

Muesli or other cereals served with powdered milk or water (yuk). Porridge and weetbix are good. Toast and Tea/coffee is another possibility.

### Elevenes :

Chocolate, dried fruit, nuts, jelly beans, snakes etc

### Lunch :

Vita Wheats, "heavy breads, eg. black bread, muffins, pocket breads, lebanese bread and anything you would like to put on them eg. Cheese, jam, honey, salami...

### Dinner :

Usually start with some sort of base such as rice, macaroni, 3 minute noodles, lentils etc. and add a flavour, which could be a soup powder, herbs and spices and some vegetables (fresh are nice but dehydrated may be necessary on longer trips) For desert, cake or biscuits or for the more adventurous instant puddings or cheese cakes..

*You might not go as light as this but it does make you think more about just what is really necessary on your short walk in the blue mountains Ed.*

### What to Take

#### Essential Gear

- Pack
- Sleeping bag
- Ground sheet
- Water bottle + water
- large plastic bag (for pack lining)
- Raincoat
- Jumper (wool)
- Small billy
- Tent fly
- Cup, plate, spoon
- Food
- Knife
- Matches
- First aid kit
- Map and compass

#### Optional Gear

- Sleeping mat
- Suntan lotion \*\*
- Hat \*\*
- Small stove
- camera

# BOOTS OR VOLLEYS?

As said earlier, equipment plays a major part in the comfort and safety of a bushwalker. The question of footwear will provoke a spirited discussion around the campfire.

Footwear is the only contact between the walker and the ground and is subject to a lot of use and abuse. The choice of footwear is complicated by many factors including cost, type of walk, foot size/shape, weight as well as personal preferences.

If you were to talk to a Victorian or Tasmanian bushwalker, they would tell you that you must walk in boots. They have their reasons for this recommendation as do NSW walkers who usually are inclined to walk in joggers or volleys (tennis shoes for non-walkers).

As a result of talking to many walkers covering the full range of experience, age, gender and mentality, I've come to the conclusion that "they're your feet, do what you like to them". However, in the hope of providing some discussion on the topic, here are some considerations:

## 1. WEIGHT



light walking boots

Boots are generally heavier than any other sort of shoe. It has been said that "one pound on your feet is worth seven on your back" (its an old saying). I tend to agree with this. On average you will lift your feet 2000 times per kilometre. The extra effort for each step is often not worth the other advantages if the walk is longer than two days or has many steep climbs.

## 2. PROTECTION

Boots afford more protection than any sort of footwear (with the possible exception of expensive walking shoes). The Australian bush does contain living and non-living hazards to walkers. Boots will be an advantage when these hazards are excessively numerous. Snakes and leeches immediately come to mind (as

well as foot) when walking in certain areas.

Creek beds strewn with 15cm rounded pebbles are likely to stress the ankles of some walkers. The waterproof nature of boots also will help keep feet dry if any puddles are encountered. (Kanangra plateau is a good test for feet and footwear- it contains puddles, sharp sticks, uneven surfaces, snakes and more !)

Many types of plant were put on Earth to hinder/harm bushwalkers. The spinifex of the outback and the speargrass of the coast will/can cause much discomfort to the unwary. Nettles and "wait a while" of the Barrington Tops area and wet areas generally also are useful in helping you to decide what footwear is best.

## 3. PERSONAL PREFERENCE

Due to certain anatomical features of their feet, some walkers cannot wear boots. Excessive sweating in boots will quickly cause the feet to soften and blisters to develop. Blisters present a major problem on an extended walk.

Another problem for some is the size or shape of their feet. Boots are not available in certain sizes or widths. If the wrong boot is worn for any length of time, problems soon follow.

## 4. COST

It would be good if the price of boots were the same as volleys. Unfortunately, the price of ordinary boots are around \$50 or more, while good quality walking boots may cost \$150 or more. For the person whose feet sweat a lot, breathable fabric ("Gore-Tex") uppers are available on boots, - for a price.

Volleys, on the other hand are around \$30-40, and sometimes on special. Joggers are priced similarly. Quality of joggers vary considerably with cost and a good examination is necessary to ensure the quality is reasonable.

## 5. DURABILITY

There is no doubt that boots will outlast (a boot joke!) any volley or jogger. The strength of leather is far superior to the synthetics used in other footwear. A walk in South West Tasmania will wreck a pair of volleys within two weeks. In the mind of many people is the useful life of the product that they buy. A boot which will live for more than 5 years will seem to be a better investment than a pair of volleys each year.

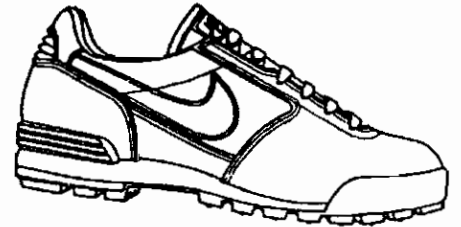
## 6. WARMTH

For standing around in, volleys are cold, especially when wet. After a day's

walking in wet conditions, boots will be warmer.

## 7. WATER

If any wading is needed, boots will fill with water and take a long time to dry. If they cannot be taken off while river crossing (e.g. very uneven bottom, weeds etc.) then volleys will be more convenient, with their quicker drying time.

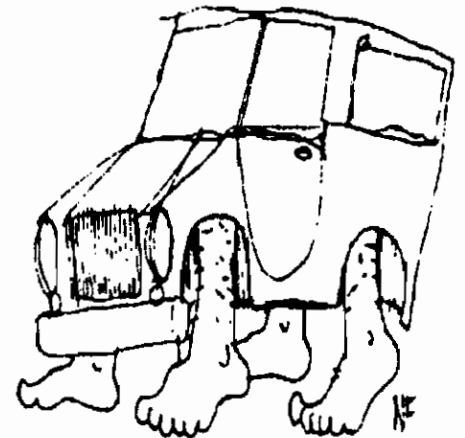


Running shoe (two needed)

If I was asked for my opinion on whether to wear boots or volleys I would have to consider the following questions :

- 1) How long is the walk ? (time and distance)
- 2) What type of terrain is it over ? (rocky, wet ?)
- 3) Are there any dangers from living hazards ? (snakes, vines)
- 4) What will the weather be like, before and during the walk ? (rain ?)

If in doubt, carry sticking plaster, extra socks and wear gaiters and you will hopefully enjoy your walk.



Alternative Bushwalking Transport

For the environmentally aware off road driver. Sports model uses volleys and the agricultural version uses boots.

## ELECTRONIC BUSHWALKER

As mentioned in earlier editions of the BUSHWALKER, information on outdoor activities is available from a computer run Electronic Bulletin Board.

This service is provided at no cost (except for STD phone rates) to all people who have a computer, phone line, modem and communications software. It is set up by Mel Lee of the Three Peaks Outdoors Society.

All you have to do is get your computer to dial up the following number and reply to a few questions. To allow you to get copies of the Bushwalker, you MUST use BUSHWALKER as the password. You are then asked for your personal password.

Any further information can be obtained from Mel at the same telephone number after 6pm.

### DETAILS

Phone Number : 046-668253  
 Times : any time EXCEPT 5pm --> 10pm  
 Baud Rate : any speed up to 1200 full duplex, including Viatel.

### SO YOU'RE AN OPTIMIST ?

Murphy has a special place in his heart for bushwalkers  
 Here are some of Murphy's laws of bushwalking

- The number of stones in your boot is directly proportional to the number of hours you've been walking.
- When you arrive at your chosen camp site it is full.
- An empty campsite is full of leeches and or mosquitoes.
- It always rains the heaviest just before reaching camp.
- The weight of your pack increases in direct proportion to the length of time it is carried.
- First Aid kits are only needed when they are not carried.
- Brand new torch batteries die in the middle of a night navigation exercise.

## FINDING GRID REFERENCES

If you get annoyed finding just where that point on the map is, when all you are given is a 6 or 8 digit grid reference then the 1:25000 grid helper shown can help. It is cut to surround a 4cm square (the grid square on a 1:25000 map)

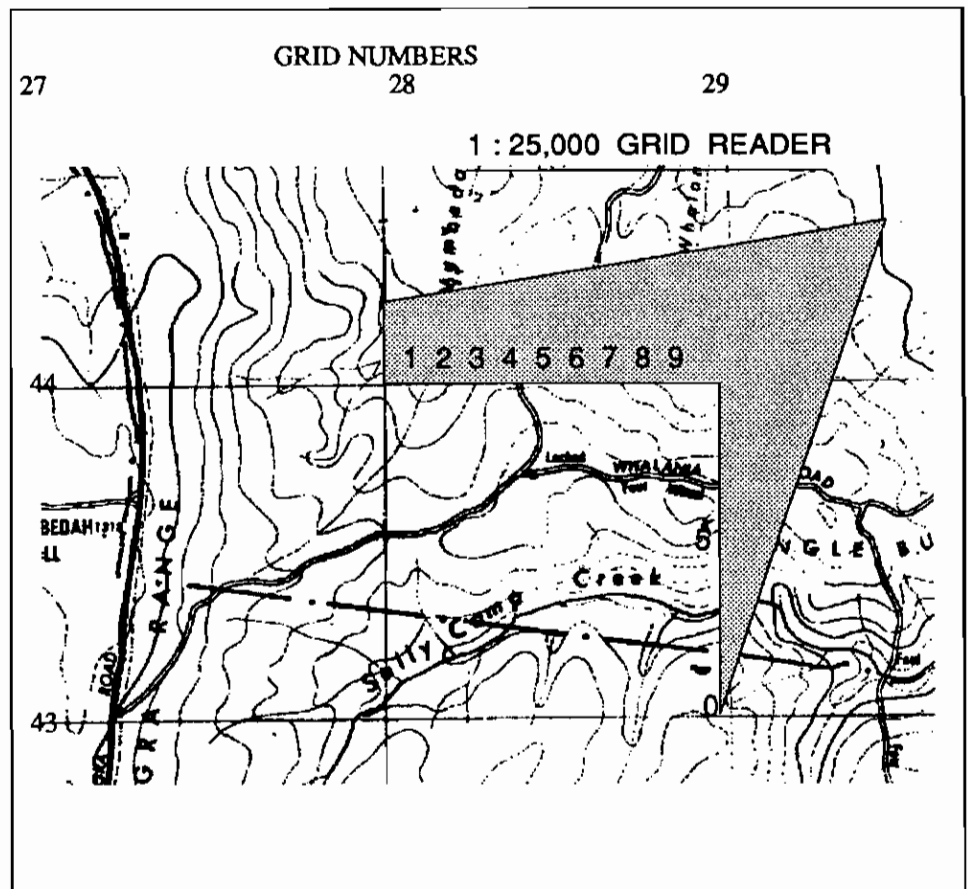
A grid reference has two parts. Each of the parts may be two or three digits wide. The first part refers to the numbers along the TOP of the map, while the second part refers to the numbers DOWN the side of the map.

Eg. The grid reference of 280430 is the cross formed by the grid just below "Sally" of Sally Camp Creek.

The fire road junction then would have a grid reference of 284437.

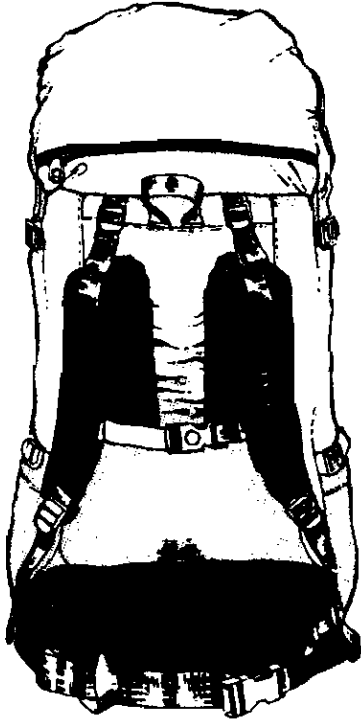
The grid helper can be made by cutting out the outline on firm cardboard, each division being 4mm.

*Tell me please which way I ought to go from here?  
 That depends where you want to get.  
 I don't care where.. said Alice  
 Then it doesn't matter which way you walk.. said the cat.  
 ... so long as I get somewhere.  
 Oh, you're sure to do that.. said the cat.  
 If only you can walk long enough.*



But you said you could use a compass

# SPECIAL GEAR FOR SPECIAL PLACES



## PACKS

Largest range of daypacks, rucksacks & travel packs. 20 to 90 litres, fixed and adjustable backlengths. All fitted. Warrantee included.

## PARKAS

Gore-tex, Peter Storm M.V.T., Japara and nylon. All styles and colours.

## THERMAL CLOTHING

Polypropolene, chlorofibre, pile, polar-plus fleece, down and thinsulate. Styles: Underwear and outdoor.

## STOVES

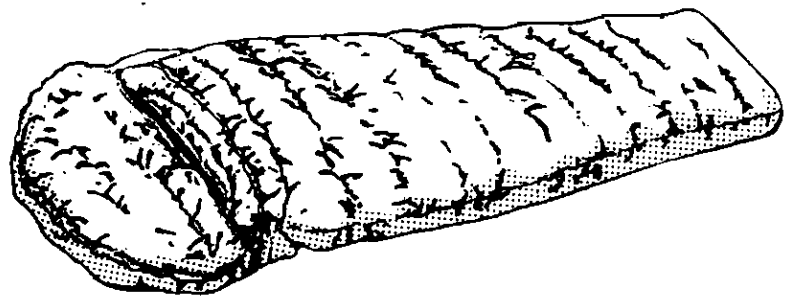
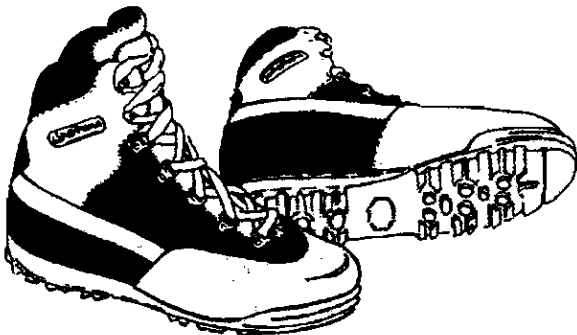
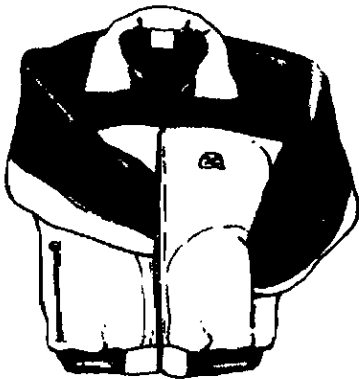
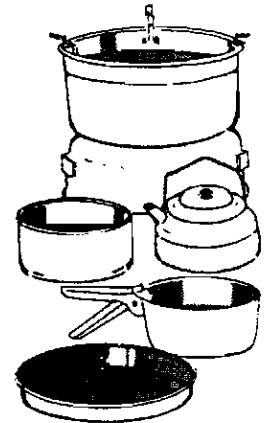
Single or multi-fuel M.S.R., Trangia, Optimus, Coleman. Large range of cookware.

## FOOTWEAR

For bushwalking, trekking, travelling, daywalking, cross country skiing and climbing. Importers of Scarpa, La Robusta and La Sportiva.

## SUPERDOWN S/BAGS

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