



BRISBANE BUSHWALKERS CLUB INC CLUB INTRODUCTION

Brisbane Bushwalkers Club was formed in September 1948 and is a member of the Queensland Federation of Bushwalking Clubs. The aims of the Club include:

to encourage bushwalking as a means of recreation, to establish regard for the welfare, preservation and conservation of the natural environment, to promote social activity amongst members.

Although special skills are not required to start bushwalking, some degree of physical fitness is desirable. By starting with easy walks and progressing to the harder ones, physical fitness will improve quite quickly.

MEETINGS

The Club meets twice per month, commencing at 7:30 pm at the Newmarket Memorial Hall, on the corner of Enoggera Rd & Ashgrove Ave, Newmarket.

Open Nights are on the second Wednesday of the month and concentrate on past and future trip reports followed by a presentation such as slides of past trips, usually by members.

General Meetings are on the fourth Wednesday of the month and are concerned with some business matters of the club, plus past and future trip reports and usually a special feature or guest speaker.

OUTINGS

All walks are listed on the outings program with the details of most walks written up in the monthly magazine. The leader is responsible for surveying the trip to be sure that it is possible in the time allowed, there is a suitable camp site, water is available and permission from property owners or managers is granted.

To cater for all members, most weekends feature a range of types of walks. People who have not been walking before are advised to attend a few easy day walks or base camps before attempting a through walk. The types of outings held are described below:

DAY WALKS (DW)

Day walks depart on Saturday or Sunday morning and return the same afternoon / evening. Lunch, water, raincoat, torch, jumper and First Aid Kit are usually the necessities to be carried.

BASE CAMPS (BC)

These outings leave Brisbane on Friday evening and extend all weekend, returning Sunday afternoon or evening. A day walk or activity is organised for both Saturday and Sunday returning each time to the camp site. Naturally, tents, sleeping bag, personal effects and food for 2 days is necessary as well as your day walk gear. It is like two day walks with a camp in between.

THROUGH WALKS (TW)

Through walks, like base camps depart Friday evening and return Sunday afternoon or evening. Camp on Saturday night is away from the cars so all gear and food necessary for two days and one night must be carried. These are usually walked as a circuit to finish at the cars and avoid transport difficulties.

SAFETY AND TRAINING OUTINGS (S&T)

These activities are for the education of all members covering topics such as compass use, map reading, first aid, survival in the bush, the idea is to promote safety and an understanding of these basic skills.

OTHER WALKS

Other walks may include photographic and kayaking.

NEW MEMBERS WEEKENDS

These trips run from Friday evening to Sunday taking the form of a base camp. Talks and advice on bushwalking topics will be provided on this weekend. An easy walk is usually done both Saturday and Sunday. It is not necessary for new members to make this their first walk, however, attending such a weekend is a requirement to qualify as a full member.

NOMINATION AND TRIP DEPARTURE

Nominations for activities must be made on the outing sheet available at the 2 meetings prior to the walk, or by calling the leader direct. Check your magazine or the outing sheet for departure details.

In the interests of a well run weekend, punctuality regarding departure times is essential. Adequate notice of cancellations allows for members on waiting lists to be contacted and is regarded as a common courtesy. This is particularly important as it enables transport to be arranged for everyone. Passengers share the running costs of the car in which they are travelling (refer guide on costs in the front of the magazine).

SOCIAL

A social coordinator organises various social activities throughout the year including a regular Dinner & Movies night and an Annual Dinner.

LIBRARY

A small library is run by the club with many titles related to the bush available to be borrowed for a small charge. T-shirts, cloth badges, car stickers, etc. can also be purchased from the librarian.

CLUB COMMITTEE

An elected committee comprising twelve members is responsible for the running of the organisation in both the administrative and recreational aspects. The committee is elected each year in October. Directions can be given to the management committee through general business at monthly meetings or any member may approach any committee member about any issues to do with the club. Members are also welcome to attend committee meetings.

CONTACT OFFICER

The club operates a contact officer system for walks. The trip leader will give the contact officer a full list of participant's names for each walk and phone back at the end of the trip on the safe return of the party. The contact officer will also be contacted in the case of delay such as vehicle breakdown etc to give warning of late arrivals. Next-of-kin or anyone who may be concerned about you should be instructed about this system. The contact officer should be their first contact if concern is raised. Currently the contact is Tom Cowlislaw 3856 4050 (club number in phone book). It may also be prudent to allow some time before raising alarm. (Call if they are not home for breakfast on Monday)

EQUIPMENT

New members are advised to hire packs, sleeping bags and tents from our Equipment Officer for the first few weekend walks. The purchasing of suitable equipment can be costly, so it is best to seek advice from experienced members before spending your money.

QUALIFYING FOR MEMBERSHIP

Prior to becoming a fully qualified and financial member of the club, you must first fulfil several requirements as a probationary member.

Fill out a Membership Application form at a meeting and pay the \$25.00 nomination fee to the Treasurer. This entitles you to a copy of the Club's Magazine for the next 6 months. Complete 4 walks in 6 months, one of which is a New Members weekend. (If you haven't completed your walks within 6 months, you can renew your probationary membership).

Fill in the walks section of the Membership Application form and return it to the Membership Officer.

Upon fulfilling these requirements, a newly qualified member will be advised in writing that the requirements have been met and when their annual subscription is due.

GEAR HINTS

A good way to learn about gear is to ask questions and look around at the equipment used by others on club trips. Good gear is very expensive but gives excellent value for money in the long term so be sure before you buy.

THE CLUB HIRES SLEEPING BAGS, PACKS AND TENTS. IT IS SUGGESTED THAT YOU TAKE ADVANTAGE OF THIS UNTIL YOU LEARN ABOUT SUITABLE EQUIPMENT FROM EXPERIENCED MEMBERS.

The following list was prepared as a guide for those who have not been bushwalking before. It will not be necessary to buy these items; many can be improvised.

Suggested items for an overnight walk include:-

- Groundsheet (sheet plastic as used on building sites)
- Parka (windproof before waterproof)
- Sleeping bag and inner sheet (must have quality to be warm)
- Hat, gaiters (stiff hats are easily dislodged by wind or scrub)
- Warm clothes for nights (jacket / jumper)
- Durable clothing (to stand scrub bashing)
- Footwear (boots / sandshoes)
- Wool socks (couple of pairs with boots)
- One change of clothes?
- Swimsuit (summer?)
- Water bottle,
- Matches (carry on person - cigarette lighter is waterproof)
- Candle and torch (small)
- Tent and/or tent fly, pegs (share and share load)
- Aluminium poles
- Billy, frypan and billy grabbers.
- Plastic bowl & plate, cutlery
- FOOD (very important)
- Cooking appliance and fuel (most camps are now fuel stove only)
- Rubbish bag (old shopping bags) (IF YOU CAN CARRY IN; YOU CAN CARRY IT OUT)
- Sleeping mat
- Toilet gear (Tooth paste, toilet paper, etc), hand trowel
- Map & compass (and knowledge of how to use it)
- First Aid kit & contact officer card
- A BIG PACK TO PUT IT ALL IN (AND A SHERPA TO CARRY IT!)

FOOD HINTS

It is very difficult write a menu for others as taste differs from person to person. Remember the following when deciding on your menu:-

Take food that you personally like.

Take more than you think you will need. Exercise builds appetites

Take food that is easily cooked on your heating device. This usually means that it must fit into one pot on one burner.

Use food that is easily and quickly prepared and cooked.

After hiking all day you will want a meal with the least possible effort and fuss.

Pre-cooking saves time and fuel on a hike. Fresh food keeps for a two day weekend.

Dehydrated food saves weight only if you camp near water.

Dehydrated food is essential on extended walks

Canned food is only suitable for base camps due to weight and litter

Milk can be fresh, long life or powdered.

Plan each meal separately to ensure nothing is forgotten

BREAKFAST

Rolled oast, muesli, cereal, etc
fruit (fresh or dried) Bread or rolls with your favourite spread

LUNCH

Bread (white, brown, pocket bread, pita bread, wholemeal, etc)
Crisp bread (ryvita, vita wheat, kavli etc)
Butter/ margarine
Spreads (jams, honey, cheese, vegemite, etc)
Cold meats (chicken, salami, processed, etc)
salad items (tomato, lettuce, etc)
snack pak fruits, fresh fruit (hard rather than squashy)

DINNER

tuna mornay, pasta, fried rice
jaffles, pan fried sandwiches, steak sandwiches
omelettes
stew (can be pre cooked and frozen)
stir fried vegetables, dried meals

EXTRAS

tea/coffee/milo/milk/sugar
sweet biscuits (Tim Tams will make you very popular if you share them at night)
chocolate, dried fruits
salt & pepper?
scroggin (mixture of dried fruits nuts sweets chocolate etc)

FIRST AID KIT FOR BUSHWALKERS

1 triangular bandage, 2 non-adherent dressings
scissors with one blunt point, tweezers
safety pins, wound dressing eg BPG 14
50mm elastic crepe bandage, 75mm elastic crepe bandage
long strip of elastoplast bandage
roll of plaster, gauze bandages 25mm, 50mm, 75mm
needle, pencil and paper, plastic bags, first aid notes?
cream for stings calistoflex / stingose / vaseline etc
antiseptic powder
head ache tablets
space blanket
waterproof container to keep kit dry