

Day Hikes

Day Pack

- Pack – get a good one 20 litres should be sufficient. It should have:
 - two shoulder straps (not these fashionable single strap jobs)
 - ride high on the shoulders
 - a waist band (just to stop the pack flapping about) can be useful but isn't essential
 - It is preferable to have a pack that is kept away from your back (stops your back sweating).
 - Big pockets – most of what you take won't be used but what you want you don't want to have to search for.
- Food
 - Lunch
 - Sandwiches are fine
 - Muesli bar
 - Snacks
 - Dried fruit and nuts is ideal. Mars bars are good but do tend to melt. Remind the Scouts to take all their rubbish home. NO LOLLIES.
- Change of socks – if it's really hot it's nice to change them when you stop for lunch.
- Waterproof (depending on forecast). In WA it's usually more effective to wait under a tree for 5 minutes until the rain passes. If it's not going to rain don't take it. An 'emergency poncho', costs about \$5, is as good as anything and you're not likely to use it.
- Pullover/sweatshirt (depending on forecast – or leave it at the car). It can get cold if you stop in an exposed place (mountain top to admire the view).
- Water – 1 litre in Winter 2 litres in Summer. Plain water is best – you may need to wash out a graze.
- Towel – many uses. Usually someone will 'find' the only water for miles around and proceed to fall/wallow in it.
- Insect repellent – one day they may develop one that doesn't attract insects.
- Sun Screen – if you're properly covered you shouldn't need much.
- Personal First Aid kit – one of those St John's bum bag types is best.
 - Assorted plasters
 - Stingose
 - Antiseptic cream
 - Tweezers
 - Scissors
 - Small First Aid book
 - Snake bite bandage
 - Triangular bandage
 - Safety pins
 - Matches
 - Paracetamol (blister pack) – headache pills (mainly for heatstroke/dehydration).
 - Cotton wool – for washing grazes.
- Tissues
- Toilet paper – use the end of a roll.
- Whistle – best thing for attracting attention either if you need the Scouts to 'attend' or to let searchers locate you.
- Pocket knife – defense against drop bears.
- Torch – for looking in interesting caves.
- Spare batteries – for your GPS. Too bad if your torch runs out, your GPS is more important.