

# Hike Wear and Carry

## ***Clothing***

- Boots – “wear proper walking boots” is what they say but in WA it doesn't work! Just wear sensible closed in footwear that allow your feet to breathe. ‘Proper’ leather walking boots cause feet to sweat on our hot sand and you'll blister or worse. Don't walk in loose shoes you'll blister after a couple of kilometers.
- Socks – wear them. They help prevent your feet rubbing on the shoes and they soak up sweat. When you stop for lunch take off or loosen your shoes so that the socks and shoes can dry out.
- Pants – wear long pants. “Don't wear jeans” is what they say but in WA they're better - unless it's raining. You don't wear jeans because denim takes a long time to dry after getting wet – so don't get wet. Jeans are much better protection when walking through bush.
- Shirt – wear a long-sleeved shirt. It protects you from scratching in the bush and, more importantly, it's good sun protection.
- Hat – wear a wide brimmed hat. Caps don't protect your ears and back of the neck from the sun and are useless if it rains.

## ***Carry***

- Map (at least 1 between 4) – the leaders at least should know where they are.
- Compass (at least 1 between 4) – and know how to use it.
- GPS (optional) – not essential but it's a good piece of safety equipment.
- Camera (optional)
- Water – 1 litre in a flask. Use a ‘proper’ drink bottle in a shoulder carrier. Camel packs are not a good idea it's just too easy to sip at it and 2 litres will vanish in a couple of hours leaving none for later.