

Eltham & Environs Walking Group

Useful Information for members

Basic first aid kit – suggested to be carried by members

- Band-aids
- Triangular bandage
- Crepe bandage
- Headache/pain medication
- Emergency foil blanket
- Snake bite bandage (in the summer months)
- An up-to-date EEWG Emergency information form, preferably in a water proof bag or container.

Other items for your day pack

- A snack that will provide quick energy – fruit, dried fruit, chocolate, muesli bars
- Water bottle – 600ml to 1.5litres depending on the weather and length of walk
- Whistle
- Mobile phone
- In cooler weather, just in case the weather turns nasty, include a jacket, beanie, scarf and gloves
- For the warmer months - a broad-brimmed hat is recommended
- Sunscreen.

Footwear and jacket

Footwear – sensible footwear and socks, shoes with a closed toe are appropriate for a beginner walker. Casual sandals and thongs are not at all suitable and may lead to injury, sore feet, blisters and discomfort.

You may in time decide to invest in walking shoes or boots if you choose to do longer walks or perhaps walking in rough bush environments.

Jackets - a rain jacket with a hood is handy for inclement weather. Something that folds up nicely into your day pack is good and again you may choose to invest in any number of appropriate and possibly expensive jackets and shoes and other walking paraphernalia as your walking evolves.