

## St John First Aid: Hikers First Aid Kit

Whether you are bushwalking or bicycling, playing a sport or enjoying a barbeque in the park, most of us enjoy the great outdoors.

The occasional cuts, bites, bruises, blisters, and burns are inevitable, so it always pays to have an appropriate first aid kit for the type of activity planned.

St John has a wide range of first aid kits for all purposes.

The St John Hikers kit contains many items, including the following, which are recommended should you wish to put together your own kit for bushwalking:

- first aid quick reference;
- gauze swabs;
- adhesive shapes;
- tape;
- various dressings and bandages;
- scissors;
- forceps;
- disposable gloves;
- note pad and pencil; and
- emergency shock blanket.

To purchase a St John Hikers kit, please see the details below.



© St John Ambulance Australia. This information is not a substitute for first aid training. St John recommends that everyone is trained in first aid. For more information on St John first aid training and kits visit [www.stjohn.org.au](http://www.stjohn.org.au) or call toll free 1300 360 455.

St John

“ The toughest form of mountain climbing is getting out of a rut.”

Bits & Pieces.

# WALK ON THE WILD SIDE

**Perfect one minute ... snowing the next. Walking in bushland can become deadly for the ill equipped and under prepared.**

**Y**ou've stopped your car to admire the view. The weather is unseasonably warm, and the scenery a picture postcard as the sun begins to dip down towards the horizon.

Never mind that you're only wearing sandals, T-shirt, and shorts – what better way to spend the late afternoon than to follow that little track out into the bush?

Unfortunately this common scenario can end in tragedy.

While walking in the bush is an enjoyable way to get fit, beautiful environments can also be some of the most hostile.

The majority of bush rescues undertaken are to find inexperienced walkers – those who have seriously underestimated the terrain or length of a walk, or are simply not prepared.

So if you think bushwalking might be your thing, read through the following safety precautions before trekking out – it could save your life.

▲ If you're a beginner, consider joining a bushwalking club, which offers experienced guides and a selection of graded walks for you to try.

▲ Find out as much as you can about the walk you plan to attempt, such as the condition of the tracks, creek or river water levels, and fire danger during hot, dry spells. (Contact the National Parks and Wildlife Service for information.)

▲ Ensure you have a minimum of three people in your group (one of whom is an experienced bushwalker), so in an emergency at least one can go for help while the other stays with the injured or ill person.

▲ Choose a walk that is easy enough for the least fit group member to enjoy.

▲ Leave full details with a relative or friend of where you will be going, who is with you, what equipment you have, and when you expect to return.

▲ Contact your mobile phone network supplier to check coverage in the area you are visiting – some parks have limited coverage.

▲ Supervise all children closely – they are adventurous and often wander off.

▲ Keep to tracks and stay behind safety fences.

▲ To prevent ankle injury, wear supportive shoes with a good grip.

▲ Keep up your energy with muesli bars, nuts, and/or chocolate.

## PLAN FOR THE UNEXPECTED

Think like a Scout, and be prepared. The biggest dangers for bushwalkers are hypothermia and heat exhaustion. Plan for heat, rain, mist, icy winds, and sleet or snow in mountain areas.

At the very least, make sure you have extra food and plenty of water; a whistle and mirror to attract attention; matches; topographic map; compass; space blanket; first aid kit; raincoats; warm clothing; and torches.

For sun protection, wear a hat with a brim, sunglasses, long sleeved tops, and blockout.

Ensure you are prepared for any delays, by allowing plenty of time to finish in daylight.

Sources:  
The Collegians: Mountain Devils Bushwalking and Social Club Inc; and National Parks & Wildlife Service.

**For more information on Well at Work, visit our website at [healthworks.com.au](http://healthworks.com.au)**

