



# Boots'n'All 2001



(An activity of Scripture Union Tasmania)

Boots'N'All ~ Tasmanian wilderness hiking with a difference!

			<b>Grade</b>	<b>Contact Leader</b>
<b>Jan 13</b>	Mt Parmeener	In the Lake McKenzie area - extensive 360 degree views.	Medium	Ken Macpherson 6394 3120
<b>Feb 03</b>	Mt Ironstone	Highest peak in the Western Tiers. Spectacular views.	Medium	Ken Macpherson 6394 3120
<b>Feb 17</b>	Coal Mine Crag	On the Ben Lomond Plateau, The walk includes the Menamatta Tarns.	Medium	John Potts 6326 4064
<b>Mar 03</b>	Liffey Falls	Family walk & BYO BBQ	Easy	John Potts 6326 4064
<b>Mar 17</b>	Mt Rogoona	Alpine area , button grass plains & lakes.Walkers must be properly prepared	Med/hard	Basil Tkaczuk 6331 1155
<b>Apr 07</b>	Fisher Bluff & Blue Peaks	Central Plateau circuit from Lake McKenzie. Exposed alpine - adequate fitness equip necessary	Med/hard	Ken Mcpherson 6394 3120
<b>Apr 21</b>	St Paul's Dome	A prominent peak near Avoca. Some scrub-bashing & rock scrambling	Medium	Phil Andrew 6334 1508
<b>May 05</b>	Stacks Bluff	On the south-east corner of Ben Lomond. Fairly steep climb - adequate fitness required	Med/hard	Terry Heier 6393 6671
<b>May 19</b>	Projection Bluff	Pleasant walk with great views	Easy/Med	Neil Walker 6343 5424
<b>Jun 02</b>	Mt Scott	Views of the North East	Medium	Ken Macpherson 6394 3120
<b>Jul 07</b>	Howell Gorge	Family walk & BYO BBQ in the West Tamar area	Easy	Ken Macpherson 6394 3120
<b>Jul 28</b>	Slide Evening	20 <sup>th</sup> .Anniversary bring & share tea - more details later.	Very easy	Neil Walker 6343 5424
<b>Aug 18</b>	Lake Nameless	Interesting exposed alpine walk – adequate fitness & equipment necessary.	Med/hard	Jason Lawson 6229 9062
<b>Sep 29</b>	Western Tiers	Impressive sandstone formations on the Western Tiers above Poatina - steep scrambling plus richa scoparia.	Med/hard	Ron Clark 6397 8434
<b>Oct 06</b>	Black Bluff	Spectacular views of the Cradle Mt area. Adequate fitness & equipment necessary.	Medium	Basil Tkaczuk 6331 1155
<b>Oct 20</b>	Mt Roland	The backdrop to Sheffield - extensive views.	Medium	Jon Magor 6343 5557
<b>Nov 10</b>	Patersonia Rivulet	Riverwalk - degree of challenge up to the participants.	Easy	Estell Newman 6399 3437
<b>Nov 17</b>	Four Springs	A family day & BYO BBQ.	Easy	Terry Heier 6393 6671
<b>Dec 08</b>	Mt. Maurice	Annual family forest walk among the Waratah & wild flowers of the North East	Easy	Andrew Madden 6399 3315

**Boots'n'All activities are open to all, but intending walkers are asked to contact the Trip Leader prior to the day of the walk (before 9.00 pm please) to discuss experience, fitness & equipment.**

**In the event of being unable to contact the trip leader, contact one of the Boots'n'All organisers listed on the reverse of this page.**

**Bush walking can involve an element of danger.  
All who participate in Boots'n'All activities do so at their own risk.**

***Boots'n' All** was established by Scripture Union Tasmania in 1981 and offers people of all ages and abilities in Northern Tasmania opportunities to share together in a range of outdoor activities led by experienced Christian walkers. Subject to safety and equipment requirements, activities are open to all. If you know of a friend who would like to receive a program, or have any other inquiries, please contact one of the following.*

Ken Macpherson 63 943120 Andrew Madden 63 993315 David Harvey 63 442768  
Neil Walker 63 435424 Terry Heier 63 936671 John Potts 63 264064  
North West Inquiries to Bill Magor 64 232773

### **Preparation, Equipment, Food and Safety.**

- \* **Contact the Walk Leader before hand** as trips may be subject to change and details may be incomplete.
- \* **Late arrival** at the agreed meeting place could result in you being left behind, and a delayed departure can put pressure on walkers which may result in the walk finishing in the dark.
- \* **Is this the Right Walk for You?** On some occasions, people have come along for walks totally beyond their endurance and equipment, because they have mistakenly believed that their previous experience has been sufficient. The walk rating gives some guide. If the walk is rated hard, check with the walk leader about what sort of experience is necessary. On rare occasions, walkers have faced bitter cold, driving rain and snow, exposed situations, long distances, steep climbs, long stretches of deep mud, tracks awash with 10-20 cm of icy water, and scrambling over huge, slippery boulders. Are these possible on the walk you are considering? Have you walked under those conditions before? Your lack of preparedness to cope with extreme conditions could endanger both yourself and others who must stay with you.
- \* **Make sure you are well equipped.** Proper **clothing** and adequate **food**, including "snack food" can make the difference between a safe and comfortable walk and one which at the least could be very stressful and at the worst potentially dangerous for both yourself and others in the party.
- \* **Clothing** suggestions for exposed conditions are :-  
**Essential:** Waterproof rain jacket with hood, warm woollen or thermal clothing, warm trousers (cotton trousers are unsuitable in wet cold conditions) gloves or mittens (a spare pair of socks are a useful substitute for mittens) and a warm hat or beanie. Sun-hat and sun-screen block-out. Comfortable, durable (worn in) footwear. Day pack (or larger) on mountain walks; a school type pack is adequate for shorter trips but check the seams and webbing for strength.. Make sure you have a waterproof liner (plastic garbage bag) inside your pack and store your "keep dry" items in another plastic bag inside the liner bag.  
**Optional:** A small torch and a whistle are useful safety extras. Although the walk leader will have a map, bring your own (and a compass) if you have them, in a clear plastic bag. Waterproof over pants and gaiters are desirable.
- \* **Food Suggestions:** The best advice is to **eat well before you start** (a good wholesome breakfast) and to have **frequent snacks** during the walk.  
"Scroggin", a mixture of nuts and dried fruits, gives a better sustained release diet than chocolate or confectionery. Other useful snacks include oat biscuits, raisins, jelly beans, dried apricots and some "high energy" confectionery. Also cereal and protein. Fresh fruit is good but heavy to carry.
- \* **Drink:** Most walks have creeks or tarns along the way but sometimes these take a while to reach so it is advisable to carry a water bottle (**min. 500 ml.**) with you. Energy drinks such as Tang, Staminade, Powerade, etc. can be helpful.
- \* **Stay together**  
Younger more energetic walkers should moderate their pace to stay with the group. If you find the pace too fast, don't be afraid to get a message to the leader requesting a break and/or to reduce the pace of the party.
- \* **If you get lost** or lose contact with the main party, stop and try to think calmly. Do not continue travelling until you know where you are. Use your map and compass and look for landmarks. A pattern of three sound signals (e.g. whistle blasts, yells, etc.) is a standard distress signal. Keep your pack with you at all times.

### **Clothing for Extended Wilderness Walking:**

The possible extreme conditions described above require proper clothing to minimise danger and discomfort. These days, polyester fleece clothing is readily available, although sometimes quite expensive. Cotton mix fleecy clothes tend to hold water and become heavy and uncomfortable. 100% "polar fleece" polyester garments can often be bought from sport clothing stores for less than from the regular bushwalking suppliers.

For exposed conditions we advise: thermal underwear (again, synthetic, not cotton) a fleecy windcheater or two, a fleecy jacket, synthetic track trousers such as parachute pants (very cheap), thick socks, gloves (wool mix are ok), a balaclava and a good rain jacket with a hood.

"Breathable" raincoats (eg GoreTex) can be fearfully expensive, but in Tasmania's cooler climates, it is possible to use cheaper alternatives which still have some breathable characteristics and remain fairly light. Some experienced walkers use varieties of industrial waterproof jackets, but not all are suitable. Waterproof trousers are cheap (less than \$30) and essential. Again, there ARE the expensive varieties! Gaiters are important for keeping mud and scrub out of boots, and they assist with overall protection.

Good boots can be quite expensive. Remember, however, that even the best brands eventually become wet through under bad conditions, so the cheaper synthetic kinds can be quite ok for day walks. Look for comfort and durability, and wear them in for a few days before going on anything long or strenuous.

- \* Day trips are generally free, but it is expected that transport costs will be shared by passengers.
- \* For safety reasons children under 12 years of age must be accompanied by a responsible adult.
- \* We would be pleased for you to tell others of these Boots'n' All activities.

***"Love the bush and praise its Creator"***