



LAUNCESTON WALKING CLUB

"SEE TASMANIA FIRST"

PO Box 273C

Launceston, Tasmania 7250

Est. 1946

Patron: Helen Thyne

President: (vacant)

Welcome to the Launceston Walking Club! You will enjoy Tasmania's vast wilderness with the help and company of other members on our many walks. We hold regular walks to cater for all walkers from beginners to the more hardened walker. From those who enjoy a casual lunch by a lake, to those who just must take that peak.

Our meetings are held on the first and third Wednesdays of every month at **Room 16/17 at Newstead College, 30 Cypress Street, Newstead**, commencing at 7.30pm. At every meeting there are reviews and previews of forthcoming club walks and other activities. Every second meeting is a 'Photo Night' with less club business matters and more of what we are really all about; enjoying the wilderness. The club has many keen photographers, some of whom have been walking for many years, so the slides seen vary greatly and are sure to be interesting. Guest speakers are occasionally invited to club meetings. Supper is provided after meetings for which members are asked to pay a gold coin donation.

Club Objectives

- To encourage and promote bushwalking and other allied outdoor activities.
- Support the conservation of scenic areas, flora and fauna, and support the maintenance of walking tracks.
- Foster social activity amongst club members.

Membership

Prospective new members must complete a suitable day trip with the club as a visitor before applying for membership. For most people a "suitable trip" means an easy to moderate day walk or cycling trip. It is suggested that people wishing to become members come along to one of our Wednesday night meetings before their walk. The new membership officer can suggest a suitable trip, introduce you to the coordinators and advise you on what equipment you will need. If you can't make it to a meeting, please contact us. After completing the trip, ask the coordinator and one other club member to sign the Proposal section of the Application for Membership form and send the completed form together with membership fee to the club for processing.

Membership and Visitor fees, Trip levies

Annual Subscription:

• Individual	\$50
• Family/Couple	\$66
• Individual senior concession (holder of concession or health care card)	\$40
• Individual less than 18 years of age	\$29
• Full-time Student 18 years & over	\$29
• Associate (non-walking)	\$29
• Additional charge for printed copy of <i>Langana</i> magazine	\$20
• Visitor fee	\$5

Walks are held on most weekends throughout, the year, details of each are given on the published walks programme in the club's circular, 'Langana', which you will receive when you join. Most trips use the club's own bus while walk coordinators organise cars on other trips. All trips leave from Newstead College, 30 Cypress Street, Newstead. Consult the walks programme for the scheduled time of departure.

A trip levy is collected for all trips using the club bus. The amount varies according to the distance travelled and is collected during the trip. Consult the walks programme for the amount.

Trip Levy Concessions

• Junior members (10-17 years)	50%
• Under 10 years	No charge
• Concession (Pensioner Concession Card or Health Care Card)	50%

GRADING SYSTEM

Important Notes about the Grading System

You will notice when reading the preview that a grading system appears. The system gives each walk a "degree of difficulty" rating and a "length/duration" rating. Please remember that these gradings are a guide only, not definitive descriptions as the difficulty or duration may change according to the weather conditions, track deterioration, track upgrading, group size etc. Contact the coordinator for more information.

DEGREE OF DIFFICULTY RATINGS

Walk Ratings

T	Mainly Tracked/Good Quality
PT	Partially Tracked and No Track, approximately 60:40 ratio
NT	Mainly No Track but may be some
RT	Taped Route or Rough
B	Beach
Sc	Scree – boulder fields and/or loose rock

Mountain Bike Ratings

T1	Sealed roads or good gravel tracks
T2	Rougher gravel roads and good tracks
T3	Mostly single-lane and rough tracks
T4	Technically challenging, rough, steep, fast, mud and rocks

Kayak Ratings

K0	Open to all members. No previous skills or experience required. Closed or protected water. Usually a basic skills instruction session or social gathering. 5 knots wind or 0 metre sea
K1	For beginners with some paddling experience. Up to 15 km per day on estuaries and lakes or other protected waters. 10 knots wind or 0.5 metre sea
K2	For novices with some skills including assisted rescue, bracing, towing, and entry and exit through small surf. Up to 15 km per day, primarily on estuaries or lakes, occasionally along accessible coastlines for training purposes. 15 knots wind or 1 metre sea
K3	For proficient paddlers. Capable of sustained speeds of 4-6 km/h. Up to 25 km per day along open coastlines. 20 knots wind or 2 metre sea
K4	For advanced paddlers. Ability to self-rescue in all situations. Very reliable rolling, surfing and rescue skills in severe conditions. Up to 40 km per day at speeds above 6 km/h with long open crossing of unlandable stretches.

Paddlers must know their limitations and the limitations of their craft.

TRIP DURATION RATINGS

S	Short: <= 4 hours
I	Intermediate: 4-6 hours
L	Long: > 6 hours

OTHER NOTATION USED WITHIN GRADINGS

#	Trip is suitable for new members
*	Basecamping trip

RESPONSIBILITIES OF WALKERS

Prior to the walk

- Notify the coordinator of your intention to take part in the walk no later than the preceding Thursday.
- Assess the potential risks, including forecast weather, you may encounter and prepare accordingly. Consider first aid, sunscreen, hat, food, waterproof gear, whistle, torch, map and compass, appropriate clothing and footwear, communication and extended activity equipment if needed.
- Ensure that you are fit, capable/fast enough for the degree of difficulty, distance and duration of the activity. If in doubt discuss with the coordinator well prior to the activity. If you cannot prepare suitably, are not well enough or do not like the risk(s) do not go.
- Remember to notify the coordinator if you have put your name on the list, then decide to not go.
- Arrive promptly at the departure point and be ready to leave at the advertised time.
- Before the walk begins, ensure the coordinator is aware of any medical conditions (e.g. asthma, epilepsy, allergies) that you may have and which would be important to know if first aid is required.
- Pay your trip levy or petrol money on the day, tendering the correct change wherever possible.
- Carry sufficient food and water for conditions of walk for you and your dependents needs.
- If you have not signed a current club membership form, ensure you sign a waiver.

During the walk

- Follow group decisions or the coordinator's instructions. Remember the party and your coordinator has your welfare at heart. Be courteous, co-operative and helpful to other walkers in the group. Follow the Federation's Bushwalkers' Code.
- You should not leave the walk early unless pre-arranged. If it is necessary you must advise the coordinator and sign off, noting the time or place, on the activity register. You must accept a coordinator's or party's decision to send someone with you to accompany you out if the coordinator or party deems it desirable.
- Do not allow yourself to become separated from the group. If experiencing any difficulty such as pace, blisters, shortage of water, advise the Coordinator or another member participant immediately. When unfamiliar with a particular route maintain sight of the people in front and behind otherwise know what is ahead and ensure visual contact every several minutes OR regroup at rest spots. When off-track and visibility is impeded all should remain within sight of one another and absolutely within hearing.
- It is your responsibility to allow sufficient distance between yourself and the walker in front so that you are not injured by branches flicking back.
- Do not leave the track when on a track walk or fall behind the person appointed 'tail' for any reason without advising the 'tail'. If you need a toilet break tell another participant so that the party can take appropriate action.

At the end of the walk

- Ensure the coordinator is aware you have made it to the end.
- Thank the coordinator and do not leave until all vehicles start or as otherwise agreed by the party.

CONTACTING THE CLUB

You can visit us on our web page at www.launcestonwalkingclub.org.au

Or call our message bank on **(03) 9513 8282**

Suggested Packing Lists

Tasmania is a very special place with spectacular mountains, rain forests and coastlines. The harsh and unpredictable weather conditions that produce this landscape also demand that we carefully consider our walking equipment to ensure a safe and pleasant trip. While we always hope for clear blue skies, be prepared on all trips for wet weather. Blizzard conditions can occur at any time of the year in the highlands. It is always best to check on expected conditions with the walk coordinator. A fresh dry change of clothes left in the car or bus is always a good idea (even for day walks) along with some post walk nibbles.

WEEKEND WALKS

MANDATORY

- Ankle-support, lace-up walking boots
- Backpack (with heavy duty garbage bag or liner to line pack)
- Light weight tent with floor and fly (may be shared)
- Stove and fuel (may be shared)
- Quality sleeping bag (suitable for snow)
- Sleeping mat
- Head-torch with spare batteries
- Compass
- 3/4 length waterproof raincoat with hood
- Waterproof over-pants
- Fleece jacket
- Quick-dry trousers or shorts
- Sun Hat
- Thermals and long johns
- 3 pairs of socks
- Beanie and mittens/gloves
- A change of clothes for sleeping in or when drying other clothes
- Dark glasses for snow glare
- Cutlery
- Plastic mug
- Matches in waterproof container
- Water bottle (full)
- Wine bladder (or similar) for water storage
- Whistle
- Basic First Aid kit including pencil & paper and compression bandage
- Lightweight and easy-to-cook food
- Trowel and toilet paper in plastic bag
- Personal medication
- Money for trip levies
- A change of clothes and towel in a bus-bag

Not mandatory but recommended:

- Groundsheet
- Gaiters
- Light camp shoes or plastic bags
- Bowl (if not in stove)
- Pocket knife
- Map (1:25 000 preferred if available)
- Toothbrush and paste
- Sunscreen
- Plastic bags to waterproof the sleeping bag
- Insect repellent (tropical strength)

DAY WALKS

MANDATORY

- Ankle-support, lace-up walking boots
- Backpack (with heavy duty garbage bag or liner to line pack)
- Head-torch with spare batteries
- Compass
- 3/4 length waterproof raincoat with hood
- Waterproof over-pants
- Fleece jacket
- Quick-dry trousers or shorts
- Sun Hat
- Thermals and long johns
- Thick socks
- Beanie and mittens/gloves
- Dark glasses for snow glare
- Water bottle (full)
- Whistle
- Basic First Aid kit including pencil & paper and compression bandage
- Lightweight food and snacks
- Trowel and toilet paper in plastic bag
- Personal medication
- Money for trip levies
- A change of clothes in a bus-bag

Not mandatory but recommended:

- Gaiters
- Pocket knife
- Map (1:25 000 preferred if available)
- Sunscreen
- Insect repellent (tropical strength)

BUS BAG (for day or weekend walks)

Complete Change of Clothes
Shoes and socks

Extra Water Bottle (filled)
Food

The walker must carry everything needed, therefore all the equipment must be compact and light weight. The gear will receive plenty of hard use so durability and strength should be balanced carefully against weight. The art of travelling as lightly as possible is not learnt easily, and only experience will teach the novice how and where weight may safely be reduced.

BIKE TRIPS

MANDATORY

- Appropriate bike (e.g. mountain bike/hybrid for off-road, road bike/hybrid for on-road)
- Backpack (with a liner or heavy duty garbage bag to line pack)
- Covered-in shoes
- Head-torch with spare batteries
- Roadworthy helmet
- Safety glasses or sunglasses (i.e. clear or dark)
- Bicycle gloves
- Bicycle hand pump
- Spare tube
- Puncture repair kit
- \$5 note (emergency fix for a slashed tyre)
- Bright waterproof jacket
- Water bottle or bladder (full)
- Sun hat
- Set of thermals
- Warm gloves
- Basic Personal first aid kit including a pencil and paper and compression bandage
- Lightweight food and high energy snacks
- Trowel and toilet paper in a plastic bag
- Personal medication
- Money for trip levies

Not mandatory but recommended:

- Spare derailleur
- Chain joiner link
- Chain breaker tool
- Multi-tool
- Bike shorts
- Bike shoes
- Chain lubricant
- Chamois cream e.g. bepanthan (especially for longer trips)
- Map (1: 25000 preferred if available)
- Sunscreen
- Insect repellent (tropical strength)
- A change of clothes to leave in bus/car

NB: Ensure tubes, chain links, spare derailleurs, are all compatible with your bike.

Kayak trips

The club conducts kayaking trips on both inland waterways and the ocean, and these trips have varying levels of difficulty. A high level of preparedness and a focus on safety is required for kayak trips and the required list of gear is long. A suggested packing list for the easier K0 and K1 graded kayak trips is shown below, but intending kayaking participants on the more difficult K2 and K3 graded trips should contact the coordinator to obtain a full list of required gear.

KAYAK TRIPS - K0 and K1 GRADING ONLY

MANDATORY

- Kayak with flotation
- Paddle
- PFD Type 2
- Bailer and sponge (tied on) OR
- Hand operated pump and sponge (tied on)
- Whistle (on PFD)
- Quick-drying trousers or thermals and shorts
- Quick-drying long-sleeved shirt or thermal top
- Wetsuit boots or neoprene beach shoes or sandals
- Sprayjacket
- Fleece jacket or windstopper
- Sun hat (with cord or tied on)
- Beanie
- Sunscreen
- Waterbottle (1 litre) OR
- Waterbladder in PFD (up to 1.5 litres)
- Full set of dry clothes in drybag
- Lunch in drybag
- Snacks in PFD pocket or deckbag
- Trowel and toilet paper in plastic bag
- Personal First Aid Kit
- Compass
- Helmet (for river trips with flowing water)

Not mandatory but recommended:

- Spray deck
- Paddle leash
- Maps (laminated or in map holder)
- Sunglasses
- Headtorch
- Paddling gloves
- Small drybag to use as accessible deckbag
- Waterproof camera
- Bathers and towel

Personal Emergency Kit

This should be carried in your PFD pocket enclosed in layers of zip-lock bags and a very small drybag. If separated from the group or the kayak this is your lifeline

Matches	Small pocket knife	Paracetamol or aspirin tablets
Band-aids	Pencil and notepaper	Car keys

FOOD

Going bush does not mean going hungry! It is truly amazing what tasty meals can be prepared. As a general guide allow for 1kg of food per day per person. Always pack some extra in the unlikely event that the trip may be extended. Have some easy to get at snack foods for those short rest stops or while taking in a spectacular view. Dried fruit and nuts are good for energy and easy to carry. Chocolate is also a good idea. A packet of two minute noodles is a good lightweight 'just in case' food.

For main meals many members use commonly available rice and pasta side dish packs as a base. Combining these with one or two fruits or vegetables, and possibly some meat, a tasty and nourishing meal can quickly be made. Remember mushrooms are light and a pinch of that special spice will not hurt either. In winter, meat often may be carried safely, but some types of meat may keep best precooked.

Tea, coffee, and/or soup packets are a real boost at night or at that rest stop on a cold day. It is amazing how much better a view looks with your hands wrapped around a good cup of tea.

WHEN ON A WALK

The trip coordinator is a responsible person with suitable experience appointed by the club to lead a walk. The coordinator is responsible for the walking plans during the course of the trip and general safety and well-being of all members on the trip. Members shall respect the coordinator's authority in all matters concerning the walk. The coordinator's decision is final.

Do not vary from the planned route without first obtaining permission from the coordinator. Remain in a group and wait for slower walkers at regular intervals. If in thick bush keep checking the walker behind is within sight. It is normal for the entire party to regroup hourly. If planning a short trip from camp, check with the coordinator first.

HANDY HINTS

It is those simple details that often make all the difference. Here's a few

- Try not to tie items onto the outside of your pack. They will get wet and are likely to catch on branches.
- Carry plastic bags to put over your dry night socks. Dry socks in wet boots will not stay dry very long.
- Pack everything in plastic bags. Water will always eventually find its way into your pack. Cotton clothing gets wet quickly, is hard to dry, and will not warm you when wet. **Jeans are dangerous.**
- An old wine cask bladder makes a great camp water bottle. Saves many trips to the stream.
- Talk to members, ask questions and listen to suggestions. There is a great depth of knowledge in the club from which to benefit.
- Carry a small packet of salt in an easy to get at place. A touch of salt on a leech will make it release within seconds. Much better than a match.
- A tent floor will usually get a bit damp and cold overnight. Put your clothes into plastic bags.



The Launceston Walking Club Inc.
 PO Box 273, Launceston, Tasmania, 7250
APPLICATION FOR MEMBERSHIP 2017-2018

PERSONAL DETAILS

Names (list individuals).....

 Date(s) of Birth.....
 Postal Address
State.....Postcode.....
 Phone No: Home.....Mobile.....
 Email Address.....
 Emergency Contact: Name.....Contact Number.....

MEMBERSHIP CATEGORY

	CATEGORY	LEVY
Annual Subscription: (Tick appropriate)	<input type="checkbox"/> Individual	\$50
	<input type="checkbox"/> Couple/family membership	\$66
	<input type="checkbox"/> Individual senior concession (holder of concession or health care card)	\$40
	<input type="checkbox"/> Individual under 18 years of age	\$29
	<input type="checkbox"/> Full-time student over 18 years of age	\$29
	<input type="checkbox"/> Associate (non-walking) member	\$29

I wish to receive my *Langana* magazine as a printed hard copy (non-life members add \$20 to levy)

Total enclosed or transferred to club bank account* \$ _____

- I object to my personal details being available to all LWC members
 I object to my image being published in *Langana*, shown at club meetings or included in *Do You Know Tasmania*

MEMBERSHIP DECLARATION

I voluntarily participate with Launceston Walking Club, aware that this may expose me to risk of injury, illness, death or loss of or damage to my property. I accept that coordinators are untrained volunteers who expect I will be self-reliant. I accept full responsibility for ensuring my own well-being and will cooperate with others to ensure I do not put anyone at increased risk. Risks may include but are not limited to slippery, loose and/or uneven surfaces; rocks being dislodged; falling; pushing through scrub; mud; foul weather, snow, ice & strong wind; risks associated with crossing creeks & rivers; hypothermia & heat exhaustion; bites; equipment failures; hunger; thirst; being lost or other delays and poor or no communication. I am aware that risks may not be fully described, and accept that there may be no first aid available on club trips. I will obtain my own personal accident insurance cover, if I desire it.

To minimise these risks I will endeavour to ensure:

- that I am carrying appropriate food, water, clothing, footwear and equipment.
- that I only participate within my capabilities.
- I will advise the coordinator of any relevant medication, physical or other limitations that might affect my participation in any activity. I am aware that trip coordinators are volunteers only and may have no first aid expertise.
- I will make every effort to remain with the party during any activity and accept a consensus of the party or instruction from the coordinator of the activity.

I have read or heard and understand the requirements, I have considered the risks before choosing to sign this waiver. I still wish to participate in the activities of Launceston Walking Club. I agree by signing this form to waive any claim for damage, loss, injury or death arising from any club activity that I, my executors and assigns may have against the club, the coordinator or other participants in tort or contract.

Signed:ON..... (DATE) (*All adults named above must sign*)
(PRINT NAME/S)

I am **not** under 18 years old. (*Tick if appropriate – if no adults on this membership, get one of your parents, or your guardian, to sign the Membership under 18 years old section below*)

PARENT/GUARDIAN DECLARATION (for all members under 18 years old)

I am the parent/guardian of(name of child/children)
 whose date/s of birth is/are

I have read all the above, acknowledge and accept the membership waiver on behalf of the named child and consent to the above named child, participating in the activities of the Launceston Walking Club and will ensure trips are within their capability, they are appropriately prepared and will obey the directions given by the coordinator or the responsible person. I will advise the coordinator of any relevant medication, physical or other limitations that might affect the child's participation in any activity.

Signed:(PARENT/GUARDIAN)(PRINT NAME)
 LWC Inc. 14/11/17



The Launceston Walking Club Inc.

PO Box 273, Launceston, Tasmania, 7250

NEW MEMBER PROPOSAL

We propose the above candidate/s for membership. From our personal knowledge we declare that their election to the membership will be in the best interest of the club in the furtherance of its objectives.

Candidate/s: _____

Proposed by: _____
(Trip Coordinator) (Signature) (Date) (Name in block letters)

Seconded by: _____
(Financial Member) (Signature) (Date) (Name in block letters)

***All new and existing members are encouraged to pay their membership by direct deposit with their name as the reference.**

**Bank account details are:
Bendigo Bank
BSB: 633-000
Account Number: 146518931**

EXECUTIVE USE ONLY:

Tick when issued: Langana
 Information sheet
 Bushwalking trip planner

Receipt number
Card number(s)
Date
Executive approval date