



BUSHWALKING TIPS

- Ask about local conditions, tracks, creek or river water levels and fire danger. During hot, dry periods a Total Fire Ban may be declared in the park. At such times you will not be able to cook anything - no fire or fuel stoves can be lit. You'll need to bring pre-cooked or fresh food.
- Make sure your activity is something which all participants in your group are able to do.
- Weather can change rapidly. Be prepared for heat, rain, thick mist, icy winds, and sleet or snow in mountain areas.

- At the very least, make sure you have:
 - map(s)
 - plastic bags for rubbish
 - plenty of water
 - ample food
 - torch
 - raincoats/warm clothing for everyone in the group
- Many parks have only limited mobile phone coverage. If you intend to use a mobile for safety purposes, contact your phone network supplier to check the coverage in the park.

In the park

- Supervise all children closely.
- Keep to tracks and stay behind safety fences.
- Be on the lookout for falling branches and rocks, uneven or slippery surfaces, and cliff edges.
- Don't feed or touch native animals.

If you want to swim in rivers or lakes, check the water depth and temperature first and never dive or jump into the water. Be careful of hidden rocks and logs, and floating branches and other debris.