

# FREQUENTLY ASKED QUESTIONS

If this sheet don't answer your question please contact us at [warrnamboolbushwalkers.org.au](http://warrnamboolbushwalkers.org.au).

## AGE & FITNESS

### Are there any age restrictions?

People of all ages are welcome to join, just choose a walk that suits your fitness level. Persons under 18 years of age must be accompanied by a parent/guardian.

### I'm not very fit so I'm worried I might not keep up?

If you're unsure of your fitness level we suggest you start off on a gentle day walk and see how you go. You can always move onto more challenging walks. Refer to the grading on the activities program and/or talk to the trip leader for more information.



## CLUB ACTIVITIES

### Do you do any overnight or multi-day walks?

Yes we do. Please let us know if you're interested in these. If you've never done an overnight walk before it's best to start with an easy/moderate overnight walk to ensure you and your gear are up to it, before embarking on tougher overnight or multi day walks.

### Do you do anything apart from walking?

Yes, we often have cycling activities. We occasionally have 'gourmet' walks, which are as much about food as they are about walking. The club often organises social activities, such as BBQs and dinners.

### Do you do base camping?

Yes, we sometimes camp at a location for a night or so and do day walks from there.

## JOINING THE CLUB

### Can I go on a walk to try it out before becoming a member?

Yes, you're welcome to join us on a few activities to see what it's like before joining.

### Do I have to go on some walks before becoming a member?

No, but if you haven't done much bushwalking we recommend coming on some of our activities before you decide whether to join.

### Do I have to go to a club meeting in order to become a member?

No, this isn't necessary. Indeed you do not have to attend meetings to stay an active member. However, often at the meetings there will be a guest speaker or one of our members will talk about their adventures. We recommend you come to these as it's a great way to meet other members, as well as to enjoy the presentations.

### How do I join?

You can join by completing our membership form and paying the fee of \$45.

### What does a membership cover?

When you become a member of the Warrnambool Bushwalkers you:

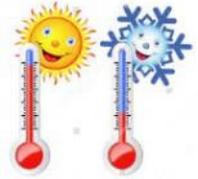
- receive a free emailed copy of the Club's monthly newsletter outlining upcoming activities, previous trip reports and other information
- become a member of Bushwalking Victoria which entitles you to certain discounts. For more information refer to [www.bushwalkingvictoria.org.au](http://www.bushwalkingvictoria.org.au)
- are covered by Bushwalking Australia's insurance policy. For more info refer to [www.bushwalkingaustralia.org/insurance/insurance-overview](http://www.bushwalkingaustralia.org/insurance/insurance-overview)



## WEATHER CONDITIONS

### What if it's expected to be really hot on the day of the walk?

We take hot weather very seriously. Nobody wants to be stuck in the bush at risk of heat stroke or bushfires. We generally cancel walks on Total Fire Ban days. For our own personal safety we follow the Sports Medicine Australia temperature guidelines. Speak to your trip leader if you have concerns.



### What if it's expected to be really wet on the day of the walk?

We put on our waterproof jackets and pants! Although walking with blue sunny skies is ideal we don't let a bit of rain put us off. If it looks like it's going to be really treacherous the walk leader will make a decision as to whether to embark on the walk, and will let you know if it's going to be cancelled. In all cases contact the leader if you're concerned.



## GEAR & RESOURCES



### Do I have to wear hiking boots?

Not necessarily, it depends on the walk and your preferences. For example everyday sneakers might be fine for a beach walk but you might prefer hiking shoes or boots with sturdier soles and/or ankle support if setting off on a rocky track.



### What do I need to bring on a day walk?

Generally a small back pack with water, snacks, lunch (if required), raincoat, jumper, sunscreen and hat. We encourage you to also carry your own personal first aid kit. The trip leader will usually have a club first aid kit, but be sure to check if you're not carrying your own.



### What do I need to bring on an overnight walk?

For overnight walks you need to be well prepared. If you haven't done one before please speak to the trip leader well in advance to discuss what you need to bring. Some of our members are very experienced multi-day hikers and will be able to provide sound advice on what gear you need to carry. The Lotsafreshair website is a great resource for packing lists and how to's.

### I'm keen to go on an overnight hike but I don't have much gear yet

The club has some gear and equipment available for hire at minimal cost.

## TRIP COSTS

### Do I have to book onto a walk or can I just turn up?

You definitely need to book onto any walk. Please contact the leader by the Wednesday prior so that the leader can work out transport and advise you of any particulars for the walk.



### Do you share transport?

While COVID restrictions limited this option, we usually meet in a central location such as the KFC carpark and head off from there so that we only take the minimum of cars. We share the car running costs between the participants.



### Do the individual trips cost money?

Generally our activities are free so you only pay for car sharing costs and perhaps a coffee en route. There may be some third party costs associated with an activity, for example camping fees for base camps. If an activity requires group catering, the cost of food will be shared between participants.

