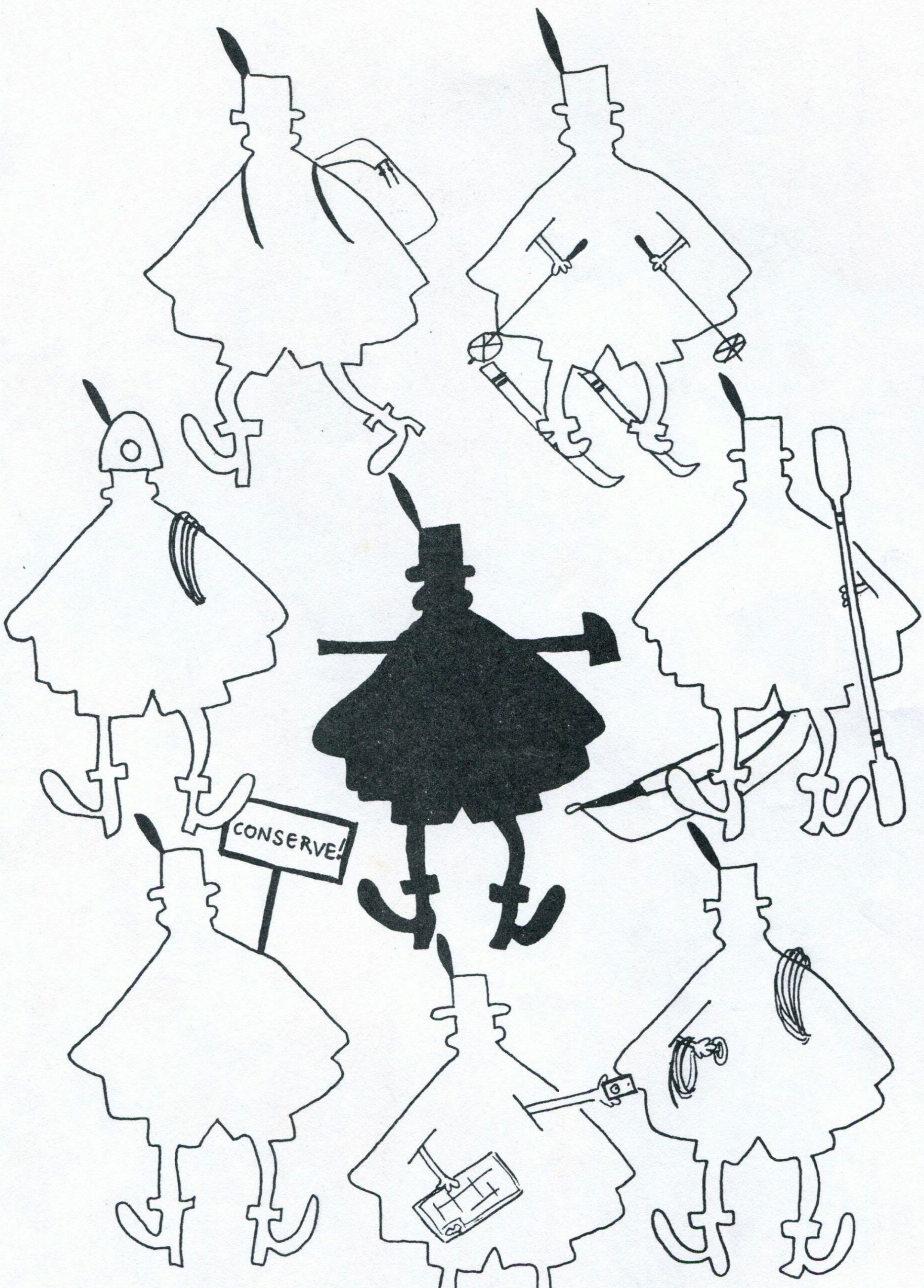
Trail Wedge at Bushgear $320.



mountaineer

february 1982

THE MOUNTAINEER

March 1982

Official journal of the Melbourne University Mountaineering Club

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WELCOME!

It is my pleasure to congratulate new members on joining the most active, prestigious and influential club on campus. The club is in its 38th year and its past and present members have climbed in the Andes, French Alps and Himalayas, have frequented Antarctica and South-West Tasmania, represented Australia in orienteering, and have been at the forefront in conservation battles to save our rapidly disappearing wildernesses. You may meet some of these super-heroes in the clubrooms. The vast majority of club members, however, are bumblies who get sufficient satisfaction from uncompetitive participation in day or weekend excursions into the bush. There is no compulsion to achieve; simply to enjoy.

The club's activities range over bushwalking, canoeing (in all forms), rockclimbing, cross-country skiing, and orienteering. To help you appreciate what a bargain the $5 membership sting is you should be aware of the following:

* The club mansion, 'Aikmans Road' is open 1 to 2pm on weekdays. A Tuesday evening session may be continued this year. Recognise that these are your clubrooms. A kettle and coffee/tea may be provided this year.

* The club has a good library of bush and mountain literature, has a most comprehensive library of maps (which are for perusal but not for loan), and receives a wide range of periodicals.

* The club has gear which may be hired out cheaply. Preference is given to those participating on club trips.

* The club has a heavy social calendar of pub nights, barbecues, pie nights/ photographic competitions, slide shows and film nights.

* The club produces several publications. The Mountaineer comes out about 6 times a year and may be collected from the clubrooms. The club produces a glossy journal, 'Mountaineering' which will be available later this year. The 'Mountaineer' and 'Mountaineering' are FREE to club members, although the latter retails for $2.95.

* The club has trips of all standards in each activity throughout the year, and tuition is readily available. Beginners trips are mostly arranged in first term.

* Individuals in the club are active in conservation issues. Such activity is vital if we are to have areas suitable for recreation in the future. The Franklin river in South-West Tasmania is the focus for the club presently. Don't leave all the work to the few conscientious or there will be nothing left.

* The 'Smutty' couch.

So, the club has much to offer, but it will be up to you to make the first easy steps. Just turn up at the clubrooms and look for one of the less baffled individuals to answer your questions. Before you know it you will be going on a trip. Have no qualms about ringing any of the committee members (listed elsewhere); that is why they are there. Note that the old committee will be disposed of at the A.G.M. on the 17th March in the Sisalkraft Theatre, in the Architecture building. You are invited to attend; who knows, you may even see a super-hero there.

JONATHAN MILLER
PRESIDENT 1981.

BE THE ENVY OF ALL YOUR FRIENDS!

OWN AN OXO MAN!



Yes!
You too can have your own personal OXO man!

Just trace this one onto a piece of card (or cut him out if Jon's presidential address doesn't inspire you) and colour in black!

A THOUSAND AND ONE USES IN THE HOME!
(AND A PRIZE FOR THE MOST ORIGINAL USE SUBMITTED TO THE EDITOR BY THE NEXT EDITION!)

II

SO, YOU'VE JOINED THE MOUNTAINEERING CLUB

Welcome! We hope the following few pages will answer some of your questions and give you a few clues as to what the Club has to offer. MUMC has among its many activities something for you - whether you're after a quiet weekend in the bush or a challenge to really push yourself. Club activities include bushwalking, rock climbing, caving, snow and ice climbing, ski touring, canoeing and orienteering.

We provide basic instruction in every activity and most people are more than willing to try to help you out. Don't be put off by the big mouths of the "heavies" - everyone was once in your position and the experience of most people began when they joined the Club. By the same token we're not going to hold your hand - to get the most out of the Mountaineering Club you're going to have to show a fair amount of initiative. It's your responsibility to make sure you know what you're letting yourself in for, that you're fit enough for the particular trip you're setting off on and that you've got all the gear you're going to need.

THE CLUB AND ITS FACILITIES

The Melbourne University Mountaineering Club was established "to foster interest in, provide facilities for and publish material relating to the sport of mountaineering". Membership is open to all past and present staff and students of Melbourne Uni. Currently there are about 500 members.

The clubrooms are housed in the old meteorology workshops, an old green weatherboard building with a ramp leading up to the door. This is located just off Tin alley, opposite the Redmond Barry Building and next to the sports union squash courts.

The clubroom is the general meeting place and is open on weekdays from 1.00 till 2.00 pm. Hence you can find out what's going on both from other members and the notice boards, as well as book for trips. There are also a few relevant books, magazines and maps on sale. At the clubrooms you will also find:

(i) The library, which contains a wide range of books and magazines relevant to club activities which you can borrow.

(ii) The map library, which enables you to investigate the maps which are available for a particular area. With permission from the Map Librarian and/or Secretary you may borrow them for photostating purposes but they must not be taken on trips.

(iii) The equipment store (Bushwalking and rock climbing gear)

The Club hires out equipment to its members at very reasonable rates thus providing you with an inexpensive way of finding out how you like mountaineering activities. You will need your current membership card to borrow gear. We have available for hire: packs, tents, sleeping bags, parkas and stoves. On popular trips (e.g. beginners' bushwalk, Easter) it will pay you to get in early.

In the winter you can also borrow cross country skiing gear (i.e. skis, stocks and boots). Make sure you bring them back with all wax cleaned off - otherwise you will be charged extra. The skis are very popular - make sure you book early.

We also possess gear for rock climbing, canoeing and caving (see trips notes) but the trip leader generally organises all the equipment needed.

The Club also owns and maintains The Feathertop Memorial Hut which is open to all members and non-members at all times. Several work parties are arranged during the summer months and regular use is made of it at other times particularly as a "base-camp" for activities such as snow and ice climbing.

The "Mountaineer" is the Club magazine which is produced about six times per year. Articles, sketches, cartoons, letters to the Editors, etc., together with some assistance when it comes time to collate it, will be much appreciated. During term, members "on campus" must collect their copy, but during holidays it might be posted to all members.

ORGANISATION OF TRIPS

Trips are usually advertised in the "Mountaineer" in the Trips programme - however, they are always subject to change and should be checked at the clubrooms or with the relevant activity convenor. If you want to go climbing or caving, you should contact the leaders as these trips are often organised at short notice. Checking out the Trips book at the clubrooms is your best bet for finding out exactly what's doing for the next couple of weeks - here you will find details of location, standard, leader, approximate cost and transport (if numbers are large enough we charter a van, but private transport is generally used).

To book for a trip you should:

(i) fill in the Trips Book at the clubrooms of a lunch time. Only if this is not possible, you can also book by ringing the relevant activity convenor.

You will be required to give your name, course and year address, telephone number and any other information requested such as transport required or available. Check details of trip and note any special arrangements such as compulsory talk beforehand, particular equipment needed, etc. On van trips you will also be required to pay a booking fee.

(ii) find out who's leading the trip and make yourself known to him. He will answer any of your questions and make sure you know exactly what's going on.

Bookings should be made as early as possible, preferably at least a week beforehand. There is usually a limit to the number who can go. The leader reserves the right to refuse anyone on the grounds of experience, competence, etc. On van trips anyone cancelling less than 2 days before a trip without good reason will lose their booking fee.

Limited insurance operates for all Sports Union members on all official club trips, but this does not cover transport to and from an area.

CLUB ACTIVITIES

BUSHWALKING

A popular club activity and probably the best place to start is bushwalking. Many of the skills you will learn are needed for other more specialised activities. Although not as active as we have been in the past, we still run two-day trips most term weekends. Day Walks are occasionally run and, over the Easter, May and September vacations, longer trips are organised.

The Bogong high plains, Mt. Howitt region and Mt. Tamboritha areas are popular walking spots; however, the high country is not the only place we frequent. In the past, successful walks to Little desert, Hattah lakes and Wyperfield national parks have been arranged. Closer to Melbourne, the Cathedral ranges, Wilson's Promontory and the Otways provide a different walking experience.

All trips are organised and classified according to their difficulty and length. Throughout the year there will be trips suitable for complete beginners and experienced trampers. If any doubt exists as to whether the bushwalk you are considering is beyond you, it is an easy matter to chat with the leader concerned and find out full details of the walk.

Approximate classification of trips:-

(i) Average distance travelled each day -

short - up to 7 miles per day

medium - 7-12 miles per day

long - more than 12 miles per day

(ii) Difficulty of the terrain -

easy - graded tracks, no really steep hills

intermediate - jeep tracks, may be quite a bit of climbing

hard - off the track scrub-bashing often in steep country.

ie A beginners trip might be described as easy-medium.

ROCK CLIMBING

The past several years have seen a great renewal of interest in climbing in the club and currently it's a thriving club activity. While climbing is certainly a thrill sport, you don't have to be fantastically strong or gymnastic to enjoy it.

In first term, a beginners' course is held and this consists of a couple of instructional evenings and a couple of weekends away. We have a good range of gear and initially all you'll need is 15 ft. of 2" belt webbing for a waistloop, a screw gate karabiner and a pair of sandshoes or boots. If you can't make the course, beginners are welcome on most trips.

There are climbing trips nearly every weekend; however, they are generally organised at short notice and often do not appear in the Mountaineer. The Trips Book is your best bet or, alternatively, contact the Climbing Convenor. The most popular climbing areas are Mt. Arapiles (near Horsham), the Grampians, Mt. Buffalo, Hanging Rock, Werribee Gorge and the Cathedral Range (Sugarloaf and the Jawbones). For safety's sake, if you're not on a club trip, you can only borrow club climbing gear if you're a competent climber. Most people are regarded as competent climbers after 3-4 weekends away.

While the best place to learn is on the cliffs, 'Basic Rockcraft' by Robbins and 'Mountaineering' by Blackshaw contain some good information.

CANOEING

Another very popular club activity. We possess a number of boats including Canadians, slalom Canadians and kayaks. The club mainly goes in for white water touring - the most popular rivers are the Yarra, Delatite and McAlister but any canoeable water will do. Occasionally the canoeists head off to the beach and do a bit in the surf. We also compete in slalom events organised by the Victorian Amateur Canoe Association, and hold eskimo rolling sessions in the Beaurepaire pool; both are good ways of improving your skills. Each year we send a team to the Intervarsity competition.

Canoe polo is also becoming very popular. Last year we won the Victorian "C" grade competition.

The frequency of trips is very dependent on water levels, but on average there's one every 2-3 weeks. They are advertised in the 'Mountaineer' but sometimes go at shorter notice (so again make sure you read the Trips Book or contact the Canoeing Convenor. We'll be holding a beginners' course in first term. Before a trip, there's normally a work party to get the boats in shape (these are held in the old weight room under the main oval scoreboard). If you can't make the beginners' course contact the Canoeing Convenor or go along to a work party when it's advertised. 'Let's Try Canoeing' Ferguson, 'Canoe Skills and Canoe Expedition Techniques' Williams, and 'Canoeing Guide to Victorian Rivers' by the VACA are good reading.

CAVING

Most of the caving in the Club is done in close association with the Victorian Speliological Association (V.S.A.). The cavers go away at least once a month, usually to places such as Buchan, Limestone Creek, Bindi, Glenelg River, Babs Ridges (Portland) and Naracoorte. Longer trips are held to the Nullabor Plain, Yarrangobilly (Snowy Mts.) and Northern Tasmania.

Beginners are always welcome. You'll need old clothes or a boiler suit and a sturdy pair of boots. You can borrow a helmet and a carbide lamp from the club. These plus two other independent sources of light are essential. If you want to try caving contact the Caving Convenor or see the notice board at the clubrooms.

SKI TOURING

A fantastic way to explore the alpine areas in winter. Ski touring is effectively hiking on skis as opposed to being confined to one slope as you are on downhill skis. Because of the more extreme conditions, you'll need better equipment than for bushwalking and you'll have to know how to camp in the snow.

A beginners' ski touring course is held in second term which will probably consist of an instructional evening and a weekend away. We often run a beginners' snow walk in second term which is a good introduction to snow camping techniques and the sort of conditions you'll experience while touring.

Trips again tend to be organised at short notice and to be sure you should check the Trips Book or contact the Ski Touring Convenor. The Club has a number of touring skis together with boots available for hire. They're very popular and you'll have to get in early. 'Nordic Touring and Cross Country Skiing' by Brady and 'The New Cross-Country Ski Book' by Caldwell are good books.

ORIENTEERING

A cross country navigational run (walk) in which a competitor has to find his own way from control point to control point over a course marked on his map. A good way to improve your navigational ability.

Events are organised by the Victorian Orienteering Association (of which MUMC is an active member) at least every second Sunday within about 50 miles of Melbourne. Coming events are advertised in the Friday night's "Herald" or, alternatively, you can join the VOA and receive their regular newsletters. There will be a beginners' instructional evening in first term. If you have any enquiries contact the Orienteering Convenor. Suggest you read 'Orienteering' by Disley for a good introduction.

MUMC is responsible for organising 2-3 events during the year - any assistance with this will be much appreciated. Help is required to run the events and also to prepare maps (usually with the help of aerial photography).

SNOW & ICE CLIMBING

Real mountaineering - the ultimate.

The lack of really high mountains and permanent snow in Australia limits snow and ice-climbing to only a few weekends in the winter. Mt. Feathertop, Mt. Bogong and the Snowy Mountains, and some parts of Tasmania, are about the only possibilities; however, each summer MUMC holds a 2 or 3 day instruction course based at the Club hut on Mt. Feathertop in the second term vac. This is organised by the N.Z. Alpine Club. If you're interested, you should read 'Mountaincraft Manual' by the National Mountain Safety Council of N.Z., 'Mountaineering' by Blackshaw, and the 'Book of Modern Mountaineering' by Milne.

THE TWENTY FOUR HOUR WALK

A perennial event in the Club, usually held on the weekend nearest the full moon in midwinter. It involves navigating from checkpoint to checkpoint and travelling as far as you can over the course in 24 hours. A good test of endurance and navigation - particularly during the long hours of darkness. Regularly spaced "Hash Houses" provide food, warmth and the opportunity to rest or withdraw. Pick your team carefully - it can really make or break a beautiful friendship.

Each year there is also an Intervarsity 24 hour organised and MUMC enters teams in this.

OXO

OTHER ACTIVITIES

CONSERVATION

MUMC is involved in conservation - we are associate members of The Australian Conservation Foundation, The Conservation Council of Victoria and The Victorian National Parks Association. We obviously have a vested interest in preserving what good bush country remains. Club policy has always been to leave the bush exactly as we find it; however, it has become necessary to act on a larger scale and to publicly present our point of view. Occasionally the Club is involved in preparing submissions for the Land Conservation Council in the hope of having more National Parks created in Victoria. We are also active on the South West Action Committee which is trying to save the last great Australian wilderness - South West Tasmania - from being destroyed. We are generally trying to do something about the consumer-orientated society which, with its ever increasing demand for resources, is destroying some of our most beautiful country.

If you're interested in helping out contact the Conservation Convenor - there's a lot to be done. Dick Johnson's 'The Alps at the Cross Roads' is very good reading.

THE SOCIAL SIDE

We run evening or lunch time meetings reasonably frequently throughout the yaar when we try and arrange a speaker or films, or else show slides. Pub nights are also organised. A Bar-b-que is held in the first week of first term. A photo competition is planned for second or third term.

PUBLICATIONS

The Club publishes two books. "Equipment for Bushwalking and Mountaineering" is a guide to all the gear that's around for the rucksack sports and also contains some good information if you're just starting out. A new edition will be out later this year. "Guide to the Victorian Alps" contains track notes for nearly every walk in the Victorian alpine area. Both were outstanding publications and filled a real need. We also have a Club song book which is good for a long van trip. You can buy/obtain some of these publications at the clubrooms.

SEARCH AND RESCUE

The Club has quite a few members in the Federation of Victorian Walking Clubs search and rescue section. This involves having yourself organised enough so that within a few hours after a callout, you're ready to assist the police in searching for people who've gone astray in the bush. You'll need to be reasonably experienced and be approved by Committee, but it's an excellent way of giving something back to the community who've given us such a great opportunity to enjoy the outdoors.

CLUB ORGANISATION

The Club is associated with the Sports Union which gives us an annual grant for equipment and some running expenses. Club membership fees are used to supplement this as well as covering the expenses of publishing the 'Mountaineer', running or subsidising functions, paying insurance premiums, etc.

The Club committee are responsible for the general running of the Club and currently consist of:

President
Vice-president
Secretary
Assistant Secretary
Treasurer
Stores Officer
Editor of the 'Mountaineer'
Tublications officer

These members of the committee are elected at AGM.

Bushwalking representative
Climbing representative
Canoeing representative
Ski touring representative
Caving representative
Conservation representative

These committee members are nominated by their respective subcommittees.

Committee meetings are held about every 6 weeks and are advertised on the Club noticeboard. Any Club member is welcome to attend.

The Annual General Meeting is held in late March or early April. General business is discussed, the reports of the outgoing Committee are presented and the new Committee is elected. A guest speaker usually provides the main interest and entertainment of the night.

Each of the Club activities has a sub-committee which is responsible for organising that particular activity. Each subcommittee is composed of a group of leaders (leaders being members particularly competent at a given activity), and headed by a Convenor who automatically becomes a committee member.

There are also a number of non-committee positions and these help divide the load and responsibility of club organisation. Delegates and observers are also required to represent the club at meetings of the various bodies that MUMC is affiliated with. Taking on one of these jobs is a really good way of becoming actively involved in the Club and putting something into it.

OXO

That's it. Hope you're a little less confused.

Good luck!

OXO Culinary delight

"Kowmung Krud" supplied by J. Miller

Ingredients:
1. ½ packet Rinaldi holeless spaghetti (or any other pasta)
2. Spaghetti sauce mix packet e.g. McCormick packet and/or smallest tin tomato paste.
3. Small amount cabana and/or salami
4. Knob zucchini
5. Onion
6. Garlic if desired
7. Dried vegetables: e.g. 'Dewcrisp mixed dried vegetables & noodles' or 'Surprise' peas, peas/corn.
8. Cheese: parmesan for the addicts. Alternatively edam, tasty or cheddar will suffice.
9. Margarine, butter or oil if desired.

Note: The above are suggestions and omissions or substitution will still produce a delightful meal.

Directions: Boil ½-1 litre (depending on water availability). Add spaghetti and dried vegetables and boil for 15 minutes. Reduce amount of water if necessary to a consumable amount. Add spaghetti sauce mix and tomato paste: you will only need about half a tin per person, but if the sauce mix is not used, add more tomato paste. While this is simmering, fry garlic, onion, zucchini, cabana/salami. Add these to spaghetti when fried sufficiently. If not adding parmesan, add cheese now to all it to mix with the sauce. Serve when of a thick consistency. Yum. Serves one famished mountaineer.

COME ONE
COME ALL!
THE ANNUAL
GENERAL
MEETING
OF THE
RENOWNED, AMAZING
MUMC
WED MARCH 17
7.30 PM
SISALKRAFT THEA
ARCHITECTURE
*SLIDES SHOWN!
*SUPPER PROVIDED!
*COMMITTEES DEPOSED
AND ELECTED!
YOUR PRESENCE IS VITAL, ESSENTIAL, NEEDED AND WANTE

BUSHWALKING IN THE KANANGRA REGION

Jonathan Miller

Introduction:

A mere 80 Kilometres west of Sydney lies what is arguably mainland, Australia's most important wilderness. Because of the ruggedness of the terrain it took 25 years before white settlers found a route from Port Jackson through the Blue Mountains to the fertile plains beyond. To this day large tracts have remained in near pristine condition. The vast, recently-declared Wallerni National Park along with the Blue Mountains and Kanangra-Boyd National Parks will serve to protect this spectacularly beautiful region from various exploitive agencies. The parks form a recreation and conservation resource of world significance which is a credit to the foresight of the state government.

The Blue Mountains are split by the Katoomba-Sydney road into two portions of rather different character. The Northern Blue Mountains contain the dissected plateau of the famed Colo and have a reputation for abrasive scrub and particularly rough country. The Southern Blue Mountains include the Boyd plateau and precipitous Kanangra area. This was the favourite walking area of Myles Dunphy, doyen of Australian bushwalkers and conservationists.

Access:

For Melbournians the best route is via Albury and then the Olympic Way to Bathurst. This takes about 10 hours. The writer warns of the 'anything-goes' attitude of NSW country drivers. The Hardie-Ferodo is held once a year at Mt. Panorama but the battle continues in the streets of Bathurst the other 364 days, and especially at 4.30 on Friday afternoon.

It is another 100 kilometres to the Kanangra Walls carpark, and and the last 40 kilometres are slow and on a poor surface. Pothaled sections alternate with rough stretches of fist-sized stones. The tells on suspension, tyres and driver's composure are considerable.

A convenient campsite is located where a stream crosses the road about 7 kilometres before the Walls. If time permits a visit to the Jenolan caves is recommended. They are only 5 kilometres from the Oberon-Kanangra road, and the road drops 550 metres in less than 3 kilometres.

Access from Sydney is via Katoomba and Jenolan.

General description:

A few minutes walk from the carpark reveals views of the breathtaking Kanangra Deep. The tops are very flat and heath-covered, and bordered by vertical sandstone cliffs so typical of the Blue Mountains. Creeks drop 800 metres from the Boyd plateau into Kanangra Creek and spectacular waterfalls may be seen after rains. This area is popular for canyoning; in particular, Danae Brook (see Mountaineering

The Kowmung is the major river of the area and revered by New South Welshmen for its lack of human alteration. Our party happened to cross it at a weir where the presence of a flying fox, a hut, nettles and cattle yards cast doubts on its alleged wilderness character. The disconcerting brown tinge of the Kowmung raises questions as to the derivati of its name. It is, however, beautiful upstream iwth canyons, pebbly shores and Casuarina-shaded campsites.

Away from the deep valleys water can be difficult to find and might be prohibitively so in summer. Immediately prior to our trip in May central coastal NSW recorded rainfalls of up to 150 mm (6 inches) within a few days. Even then the upper sections of streams were dry or reduced to puddles.

The Boyd plateau at 1300 metres is the highest land in the area but receives only 950 mm (38 inches) each year, and the area to the east is in a rainshadow (In our 6 days walking it rained only one morning, although cloud lingered on the Boyd plateau much of the time.).

The walk to Mt. Cloudmaker and the Ti Willa plateau is relatively uninteresting and only worth doing as a way to the Blue Breaks. (If descending or ascending Ti Willa plateau at Compagnoni pass find the chains and spikes which provide an easy route up the cliff). It is the Blue Breaks area which offers the pleasures distinctive to the Blue Mountains. Walking here typically consists of finding a route by scrambling up through cliffs, travelling along thin ridge tops, and then perhaps alseiling off. Twenty metres of thin rope is a strongly recommended piece of equipment, as short alseils avoid long detours and add interest to the trips (some locals prefer climbing down the rope hand-over-hand). We found closer inspection frequently yielded a walkable descent route when an alseil seemed unavoidable at first. While we only used the rope for one packhaul, it is essential on other trips in the area.

The Brohen Rock range proper (2506 feet) is worth visiting and the Axehead Range deserves several days exploration. The views from, and of, the Axehead Range are superb, especiall the isolated Bull Island Peak. Lacy's and Tonalli Tablelands are very remote and of high wilderness value. It is worth mentioning here that the local nomenclature varies from map to map. In addition some features share the same name.

To the south is the almost deserted mining town of Yerranderie. Sunset views from the easily climbed Yerranderie Peak are supposed to be excellent. Access to Yerranderie and the catchment of the extensive Lake Burragorong is subject to limitations outlined on pages 45-47 of Powell's book 'Bush-walking in the Blue Mountains'.

Caves are common. The Church Creek caves are on the way to Yerranderie but are decidedly difficult to locate. As well as the limestone cave systems, there are recesses at the bases of sandstone cliffs which provide dry camp-sites. Near Cottage Rock on the Gungra Track is a metre thick seam of black coal. In summary, the long drive is amply rewarded.

Our route (May 1981):

Kanangra Walls - Mt. Cloudmaker - Ti Willa plateau/ Kowmung river - Bran Jan Hill - Butcher's Creek/ Brohen Rock range - Green Wattle Mountain/'Brohen Rock' (ridge) - Green Wattle Gap (Axehead Range) - Byrnes Gap - Butcher's Creek/Kowmung Mountain - Church Creek Caves - Christie's Creek/Cambage Spire - Maxwell Top - Kanangra Walls.

Party: Jonathan Miller, Jack Lewis, John Joyce, Mark Durre.

Other suggested trips (Courtesy of Dave Noble):

1. Kanangra Walls - Christies Creek/- Kowmung river// Ti Willa plateau/Kanangra Walls. (5 days, fairly easy)

2. Kanangra Walls - Dex Creek/Coxs River// Whalania Creek/Mt. Paralyser - Mt. Thurst - Kanangra Walls (4-5 days, easy). An optional day trip to Splendour Rock from Cox's River is recommended.

Maps:

1. Blue Mountains - Burragorong Tourist Map. 1:125,000. This map is ideal for planning and access.

2. 1:31600 NSW Department of Lands series. Excellent topographic maps. 'Kanangra' and 'Yerranderie' will be needed and 'Bimbour' and 'Burragorong' cover the Blue Breaks.

All the above maps are readily available in Sydney, jenolan or from the 'Central Mapping Authority', Panorama Avenue, Bathurst. With sufficient urging Paddy Pallin may condescend to get these maps in. National Mapping coverage at 1:100,000 is believed to be unavailable.

"NOT BUSHWALKING IN THE KANANGRA REGION"

This page is not designed specifically to confuse you, dear readers, but if it has that effect I would not be surprised. Whilst on the topic of confusion, have you noticed that we have two pages one, two, thirteen and fourteen? Consider this page as a mere interlude to "Bushwalking in the Kanangra Region"

So what's this page all about, I hear you ask with bated breath? To remind you that:

* T-shirts featuring, naturally enough, an oxoman on the front, are available from the clubrooms for $6.50. Colours available are sky-blue, bone, green and yellow.

* A.G.M. Nominations are invited for the positions listed below. Nominations should be signed by the nominee, the proposer and seconder, and should reach the Secretary by March 10, 1982.

President
Vice-President
Secretary
Assistant Secretary
Treasurer
Publications Officer
Stores Officer
Editor of "The Mountaineer"

*We have Victorian Alpine Calendars available for sale:. $5.50 At last count there were only five left, so get in quick!

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STOP PRESS : MT FEATHERTOP - ACTIVITIES OF MT SMYTHE PTY LTD

Tom Kneen, of the Federation of Victorian Walking Clubs, recently received a report from Mr A. Marsland of Mt Beauty. The substance of this was:

1. Mt Smythe Pty Ltd have recently presented the Bright Shire council with a proposal which envisages a gondola lift from their property at Harrietville to near the old hut site on Mt Feathertop.

2. The company is said to have flown shire councillors over the area recently. Some of the councillors are said to be impressed by the company's proposal.
3. A brief report on these activities appeared in the local paper. Apparently this leak was not meant to happen.

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3. Gundungura. Inexpensive sketch map by the Sydney University Rover Crew, 1970. It is <u>not</u> to scale but has some useful information.

4. Myles Dunphy Sketch Maps. These supply loads of information with the patriarch's inimitable touch. Gangerang is a must.

<u>References/Reading</u>:

1. 'Gundungura' by the Sydney University Rover Crew has excellent track notes on the Southern Blue Mountains and Kanangra-Boyd. It is apparently unavailable now.

2. 'Bushwalking in the Blue Mountains' by Greg Powell, 1980. Rigby Publishers. This provides only general information about features and routes, and does not include the Colo area. There is an emphasis on history at the expense of bush-walking information. The lack of an index is a nuisance, although the appendices are useful. Perhaps worth buying, but better to borrow. $9.95.

3. National Parks Journal (NSW). A special edition at the end of 1976 outlined the 'Greater Blue Mountains National Parks Proposal' and has general information and photographs to whet the appetite.

4. Walk 1978: 'Kanangra-Boyd, Mountain Wilderness' by Fred Halls.

5. Mountaineering '81. 'Canyons in the Blue Mountains' by Bill Blunt.

6. Colo Wilderness: By Henry Gold and Peter Prineas. A superbly illustrated book.

OXO RUN OF THE YEAR

' Queens spur has been logged to Buggery.'

P.SMILLIE XMASS 1981

CANOEING

A Beginners Impression of the Mitchell. Glenn Carey

On Saturday 5/9/81 we arrived at the slalom rapid. It looked huge and I started to get a bit worried. My one and only attempt at it was a disaster. As soon as I tried to cut into an eddy I capsized.

For some short time underwater I considered attempting to eskimo roll (which I cannot do). A few seconds later, however, feeling that the club kayak wished to indulge in passionate love underwater, I hit the panic-button and wrenched myself free, losing even my sandshoes.

When I finally crawled out of the water some 100 yards downstream, my legs felt pulped (the right one had been corked).

On Sunday, we paddled down to the next major rapid, the Amphitheatre. The Amphitheatre was spectacular in all respects. Tall dominating cliffs surround the valley on three sides and the rapid itself is quite awe-inspiring, leaping and bounding over its rock bed. Following this we encountered several other sizeable "grade 3" rapids including the gorge, dam and final fling rapids.

Somewhere towards the end of the day I had my first real experience of what a stopper can be like.

Being my usual wide-awake self, I ploughed straight into it. The kayak of course, went mainly under it, but it hit me so hard in the chest that I now know why they are likened to brick walls, although it didn't quite spit me out.

The Den of Nargun was refreshing break from paddling. The plant life was not as good as it was cracked up to be, but the cave itself is really nifty.

Altogether, Sunday was thoroughly exhausting, but enjoyable and good practice for me.

The Party: Tim Beriman, Bill Cruickshank, Andrew Wilson, Roger Hatten, Glenn Carey.

OXO culinary delight

"Cockatoo Stew" Anonymous

Get a large billy. Add the cockatoo and an old boot. Boil for four hours. When the cockatoo is cooked, throw it out and eat the boot.

SKIING

THE BOGONGS IN NSW

Peter Smillie

This is meant to be a short story about a trip to the BIG BOGONG. This IS Kosciusko, you know!

We were a group of enthusiastic ski-tourers under the unerring leadership of Jonathan Miller. Sharing the burden of leadership were Rod Costigan, Peter Smillie, and Andrew Wilson (not the editor).

After the long drive from Melbourne wia the Alpine Way and Deadhorse Gap we camped overnight in a carpark at Sawpit Creek. In the morning, on a Monday, we were witnesses to an almost continuous stream of cars, buses, and Range Rovers taking eager, mainly downhill, skiers to the many snowfields of Kosciusko National Park.

We had six days of skiing planned. Starting at Guthega Power Station we were to take a quick trip north to Jagungal (or Big Bogong) then, head back south to do as much as possible on the Kosciusko Main Range. Due to circumstances beyond our control, i.e. the weather, we only did Jagungal and back.

Jagungal (work out the pronunciation yourself) rises dramatically about 250m above high rolling country - dare I say Big Bogong High Plains - in an area of the Kosciusko National Park (KNP) 25-35km NNE of Mt. Kosciusko itself. This high country has an excellent snow cover this year. The only vegetation showing are snow gums which gather in clumps here and there. Generally it is very open and seems particularly isolated. It is excellent for cross-country skiing.

On the first two days, under clear sunny skys we proceeded from Guthega via Schlink Pass and Valentine's Hut onto the high plains area. Once there, we could clearly see our objective, Jagungal, in the distance. The navigating was easy; with Jagungal in sight, you could pick any route that took your fancy. We stopped for lunch on the headwaters of the Geehi River. Dropping our packs at the base we made the ascent of Jagungal in the late afternoon. The view from the icy summit was good although the Main Range massif was unfortunately obscured by afternoon cloud. At first, the run from the summit, on steep slopes with hard icy snow, was rather nerve-racking. Then, when the slopes opened out, the snow softened and you could relax a little while along large sweeping traverses and losing height much quicker than you ever gained it.

That night we camped near a small creek at the base of Jagungal. Here we were destined to stay due to bad weather for two whole days. We passed the time sleeping, eating, reading, playing cards and occasionally abusing each other. We only went out for the occasional crap and to clear snow from the tent. Over the two days about 30-40cm of beautiful powder snow fell.

ENCOUNTER WITH A POSSUM

Jim Pringle

Possums on this island are, like possums anywhere, bold. Moreover, my experience here has disproved an assumption that I have always held dear, that no possum here or anywhere will steal food from within a tent in the presence of a human being.

This possum entered my tent in the late evening while I was dozing and apparently, in the worst traditions of poor comedy, urinated on my sleeping bag (on me in other words) before moving on to a casual browse through the food displayed behind me. Shortly, however, - quite by chance - it fell under the loose but heavy grasp of the slumbrous author's hand.

Now throughout this episode a minor storm was blowing - and it still is at the time of writing. The wind and sea booming, the wet canvas flapping and the waxing and waining of the pins-and-needles of incessant rain created that atmosphere in which a good horror story is always set.

Under these conditions, the scream issued by a possum which has fallen under the loose but heavy grasp of a slumbrous author's hand is something that few such authors will ever forget. It is perhaps also worth noting that none of these authors (if they be of a nature similar to my own) would have drawn comfort from the touch of a damp, hairy and obviously animated object at his fingertips, expecially when its aural accompaniment might have been chilling enough to curdle a black sausage.

Of course I cannot continue to speak for the multitude of tent-bound authors but my own reaction was none to be proud of. (I have often been told that Nature plays a cruel trick as one approaches sudden death or believes oneself to be doing so. The final Joke of Life is one's subjection to a mental mock-up of a slide-night with oneself the main subject. In it one is reminded, they say, of the important happenings of one's life. Nothing of this nature occurred or else it was too brief to notice and I regard this as a slight from above. It is like being invited on to "This Is Your Life" then finding that they have allocated you only five minutes or less.)* Well, all this had occurred in the dark, of course, and I automatically assumed as one does, that one of us was going to have his/its throat torn out as we struggled, both trapped in this canvas tomb. I have never torn the throat out of anything in my life - I have neither the stomach nor the teeth for it - and by a process of deduction, normally slow but hastened by panic, I realised that if a throat had to go it would be mine. I used it, perhaps, as it seemed, for the last time by bawling fiercely and incoherently as I knew not what to say, not knowing what I was bawling at or what I wanted it to do. I notice

* This is a reference to the "life flashing before one's eyes" phenomena.

that people act this way at parties and balls when a few drinks have gone down and there is nothing interesting left to say.

The animal shrieked and wriggled in the corner of the tent under my feet until it found its way beneath the japara wall - and I was safe!

Happy ending? No.

Some time later, while asleep once more, I was disturbed by the feeling that my feet were being lifted. Yes, it was coming back in under my feet. A swift kick and hysterical shout were short-term deterents but I knew it would be back. I sat for some time with a box of matches hoping to give it a memorable fright when it came in next. For a while the torch of a distant camper dimly lit the night outside and I could see the unmistakeable hunched silhouette of a possum pacing the four walls of my tent. I felt trapped.

For some years I have entertained the belief that a cornered possum would reap havoc with its sharp claws. This thought made it very hard for me to allow the accursed thing full admission before striking a match, and every time I struck one, not a single possum hair was visible inside the tent. I gave up the matches and I lay back but could not sleep so plagued was my mind by the image of this hunched ogre.

I took up my pencil and began to write, thus keeping awake while guarding my food. Since doing so, I have warded off two more assaults, both made from the outside point closest to most of my food. On the second occasion I used a match but could not get close enough to him for fear of lighting things. On neither occasion did torch light alone worry him.

As I put down my pencil in hope to sleep a while, it is 3.11 am.

(This is a genuine extract from the author's diary.)

A TRIBUTE TO THE EUPHEMISM

Daniel de Nong

"Careful navigation is still required as there are some false leads and cairns left by previously geographically embarrassed parties."

- from a popular route guide.

To be lost or displaced topographical
Is a bushwalker's bane cartographical.
But there's no need for shame
You need simply exclaim
My embarrassment is geographical.

When the Mitchell is raging and mean,
And canoeists are going or been,
They will say if they're harrassed,
'Up-side-down' is "embarrassed -
Hydrologically speaking, I mean."

There was a bold climber from Uni,
Who was generally thought to be luni,
He climbed without rope.
His protection was Hope.
But now he's embarrassed skeletally.

If you're caught in a blizzard on Nelse
Wearing Lip-Eze and shades - nothing else
And it goes on eternal,
Embarrassment thermal
All hope for your life then dispels.

In search of a cavern palatial,
A trog with a redness now facial
Has jammed in a hole
So tiny a mole
Would be shamed with embarrassment spacial.

With laughter you'll probably rollick
At these people in straits diabolic,
But you'll soon meet your doom
And will hide in your tomb
With embarrassment, type: metabolic.

Written by a club celebrity who wishes to remain anonymous. He is a forestry student, an ex-club president (1981) and his initials are J.M.

THE OXO-MAN AND OXO!

The Oxo-man has a history dating back to 1946.His birth, and the origins of the call 'OXO!' are recorded in David Hogg's history of MUMC;and it is from this publication that much of the following information comes.

Shortly before the publication of the first equipment report,which was the forerunner of the present-day 'Equipment for Bushwalking and Mountaineering',there was some discussion as to a suitable design for its cover. One evening,this was being discussed by a number of club members including Niall Brennan,who is generally recognised as the founder of the club. One of the members present began sketching a figure on a sheet of paper- a mountaineer in traditional European climbing costume. The design seemed to meet with general approval, and Niall offered to take it home and refine it. It subsequently appeared on the front cover of the 'Report on Equipment'. This little man immediately caught the fancy of club members, and began appearing in hut log-books alongside the entries of MUMC parties. In July 1946 Niall Brennan wrote to the committee suggesting that the little man be officially recognised as the club's symbol. Needless to say, it was.

In 1965 the German mountaineering magazine 'Alpinimus' was making a survey of mountaineering club badges around the world and wrote to the club in this regard. A pack badge was duly sent to them, and in May 1969 it was reproduced in the magazine with the following note (translated) :

"The 'Oxo-man',probably no European climbing club would come up with such an idea. However, he appears to be just right for the climbers of Melbourne University. In distant Australia, where the mountains are in short supply, mountaineers are not taken seriously anyhow."

The term 'oxoman'for the little man did not evolve until the 1960's, although the call 'Oxo' seems to have originated at about the same time as the emblem. Details of its origins are rather obscure, but contrary to popular belief,it was not associated with beef cubes. An early recollection of its use goes back to a trip to Matlock, led by Professor Cherry.Members of the trip had been using the word 'ox' as a frequent retort to certain comments made, and this puzzled the prof for a while. Eventually he turned to one of the party and asked what this 'ox' meant. 'Well Prof, you know that an ox is like a bull.' To which the Prof replied, "Oh, I see!"

From 'Ox' to 'Oxo',from a retort or a slang word to a callsign- the exact circumstances of these transitions are not known, but it is not difficult to imagine how they were brought about. The two terms 'Ox' and 'Oxo', incidently, were used synonymously for many years, for example as greetings on letteers between club members. However, 'Ox' has slowly fallen from favour and 'Oxo' is now used exclusively.

Odds and Ends and Bits and Pieces and other Very Important Information

* Orientation week. For the enlightenment of orientationees and any other odd-bods we will have a table on the concrete lawns during most of o' week, (February 22-26) supplying the masses with 'all they ever wanted to know...' plus at times billy tea and pancakes. Other activities planned for that week include a canoe polo demonstration and the climbing of an occasional wall. All help, encouragement and company will be much appreciated. Any further details from Peter Smillie 328 4019.

* The Annual Gneeral Meeting will be held in the Sisalkraft Theatre, Architecture Building

7.30pm
Wednesday 17 March.

As you are reading this, you obviously have an interest in the club, and as such should make every effort to attend this meeting. As well as having the thrill of throwing out the old committee and electing a new power hungry bunch of bureaucratic heavies (or anyone else for that matter) you'll have that deep down, satisfying feeling of having had a hand in shaping the 1982 version of MUMC (Ah, what sweeter moments doth life have!)

There will be slides shown and supper served afterwards. Your presence, folks, is vital!

* In keeping with time honoured tradition, but mostly because we think it's a good, cheap night out, the annual beginning of the year barbeque will be held again this year, sometime in the near future. Keep your eyes open and ears to the ground for further details.

* So you want to meet people, have a great weekend away from the big smoke, and see some sights? There will be beginner's trips in almost all club activities in the next month, and beyond. No experience is necessary at all, but be prepared to have a good time. Details from the clubrooms or the table on the concrete lawns during orientation week.

* More seriously, the Franklin River and South West Tasmania in general, is in even more desperate need of help. This campaign is being spearheaded by individuals who have given up their jobs for a cause.

They deserve your support; join the Tasmanian Wilderness Society today.

MEMBERSHIP APPLICATION FOR TASMANIAN WILDERNESS SOCIETY

NAME: _____

ADDRESS: _____

_____

POSTCODE: _____ PHONE: _____

I ENCLOSE $7 FOR STUDENT MEMBERSHIP

Mail to: Tasmanian Wilderness Society
129 Bathurst Street
Hobart, Tasmania, 7000

* Martha's Helpful Hints Column: Idea for Rogainers.

'Carrying sufficient water for rogaines is a problem, especially if you are contemplating staying out the whole time during a summer score event. Drinking water from dams and creeks in farming country is risky, so Rod and I tried using Puritabs in the Surrey Thomas Rovers event. Further testing may be needed, but certainly the results were better than going thirsty.'

Thank you Konathan Miller for this month's helpful hint!

* Articles are always needed for 'The Mountaineer'. The next edition will probably be out late March/early April and anything relevant will be seriously considered, and published anyway. Give any contributions to anybody in the clubrooms who has that air of belonging, and will accept it, or just drop it into the editors'/editor's file.

* STOP PRESS

Jonathan Miller, club celebrity, forestry student and ex-club president (1981) wishes it to be known that he emphatically denies having written 'A Tribute to The Euphemism' (Page 21, this edition).

MELBOURNE UNIVERSITY MOUNTAINEERING CLUB

Diary of forthcoming events and important dates

FEBRUARY:
Tuesday 23 - Friday 26 : 'O' Week (see over)

MARCH:

Weekend 6 and 7 - Beginners Welcome!!
Canoeing : Day trips on Yarra and/or Goulburn Rivers
Caving : Bat Ridges caves (near Portland); some transport
Bushwalking : Easy trip to Mt Typo + Mt Warwick. availabl

Sunday 7 -Beginners welcome!!
Bushwalking : Easy trip to Cathedral Range
Orienteering : Emerald Lake (near the Dandenongs); start:10am-1

Tuesday 9 6 pm - Beginners Bbq at Sports Pavillion, northern end of ov
New members and renewing members are welcome
Food and drink provided for a small fee.
Drunk or sober you should enjoy yourself!!

Weekend 13 and 14
Bushwalking : Easy (ie bludge) trip, to a favourite old venue, Sealer's Cove, Wilson's (not the Editor) Prom.

For the more experienced : Med/Hard trip to Mt Darling, Bryce's gorge, + Wonangatta Valley.

Sunday 14 - welcoming beginners
Orienteering : Watson's Ck.(near Warrandyte); start 9:30 am- 1p
Canoeing : Day trip on the Yarra, from Homestead Rd.

Wednesday 17 7.30 pm Annual General Meeting
Sisalkraft Theatre, Architecture Building.
Come and find out what the club has been (or hasn't been) doing
Les Southwell will be showing his slides of Tasmania

Weekend 20 and 21
Bushwalking : Med. trip to Wonangatta, Mt Valencia, and Pinnacl
Canoeing : Day trip on Sat. or Sun. to Goulburn River.
Orienteering: Two day novice event organised by M.U.M.C. and L.U.M.C. Standard from novice up; you can enter o either or both days.
Saturday - Greendale, near Bacchus Marsh
Sunday - Borhoney Creek, near Ballarat

Sunday 21- beginners welcome yet again
Bushwalking : Easy trip to another old favourite, Lerderderg Go

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There will probably also be a beginners climbing weekend at Mt Arapil during March. For further details on these and other trips refer to t trips books and noticeboards in the clubrooms; or contact the followi

Canoeing : Tim Beriman 459 3478
Caving : Sue White 328 4154
Climbing : Craig Nottle 25 4809
B'walking: Andrew Garvey20 7411
O'teering: Peter Turner876 1128

-MELBOURNE UNIVERSITY MOUNTAINEERING CLUB

O'WEEK ACTIVITIES

Every day from 12pm to 3pm there will be an information and membership table set up on the Concrete Lawns.

AAdditionally we have the following activites arranged.

Tuesday, 23 February

1.15pm Bushwalking Presentation in the clubrooms

Wednesday, 24 February

6pm to 7.30 pm Information Table for part - time and mature - age students on Concrete Lawns. Pancakes and Billy tea available

Thursday, 25 Feburary

1pm to 2pm Abseiling off Redmond Barry Building

1.15 pm Bushwalking Presentation in the Clubrooms

2 pm to 4 pm Eskimo Rolling and Canoe Polo in the Beaurepaire Swimming Pool

Friday, 26 February

12 pm to 3 pm Pancakes and Billy Tea at the information table on the Concrete Lawns

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Contact Phone Numbers

Jon Miller	- President	380 1994
Peter Smillie	- Treasurer	328 4019
Andrew Garvey	- Bushwalking Convenor	20 7411

Clubroom Opening Times

During Term : Mon. - Fri. 1 pm to 2 pm; Tues. 7 pm to 8 pm

Outside Term : See notice on Clubroom door

NOTES ON BUSHWALKING

(5)

EQUIPMENT, CLOTHING AND FOOD

You'll be carrying everything you need to live comfortably on your back. In the bush for a couple of days, it isn't hard to appreciate the basic human necessities (especially if you've foolishly forgotten to provide for one).

The following is a check list of everything you should have with you for a summer walk:

rucksack
tent, poles and pegs
groundsheet
sleeping bag
air or foam mattress
inner sheet

Parka
underwear
shirt
trousers or shorts
pullover
socks
boots
sandshoes or thongs
hat
swim togs
handkerchiefs
clothing bag

compass
map & track notes
pencil & notebook
map container

torch (with spare globes, batteries)
candles
matches

stove with fuel
matches
billy
frying pan
plate & mug
knife, fork, spoon
tin opener
water bottle
water bucket
pot cleaner & soap
tea towel

food

toothbrush/paste
hairbrush/comb
soap

toilet paper

first aid kit

repair kit (needle, cotton, safety pins, etc)
spare bootlaces
spare cord
plastic bags
watch
wallet
travel tickets
money
sunglasses
camera & film

If bad weather is a possibility you will also need: woollen trousers, windproof overpants, mittens and a balaclava.

It pays to get together with a couple of other people so that you can reduce the weight in your rucksack by sharing a tent, cooking utensils, large groundsheet and food.

EQUIPMENT

As mentioned above, the Club hires out tents, sleeping bags and packs. Don't buy a lot of new gear until you know that you like walking and until you've got a few ideas on the sort of gear that's around. When on trips look around and ask other people about their gear - its good and bad points. No two people will agree on which is the best equipment, food, etc., - much is up to individual taste. Unless you know exactly what you're looking for, stick to specialist bushwalking shops. Department and Disposal stores may be cheaper, but you run the risk of being landed with junk.

The following few notes on gear might be of some help:

Pack - A-frame packs and frameless packs are usually only suitable for day walks or weekend trips. H-frame packs are generally more comfortable and have a larger capacity. Internal frame packs are proving very successful.

Sleeping bag - a good one is essential - there is nothing worse than freezing to death at night. Superdown bags are the best and a must if snow is expected. Synthetic and wool bags are usually not warm enough - if you can't do any better, an inner sheet and a pair of long johns will help keep you warm. New developments in synthetic sleeping bags are changing the situation but be cautious.

Tent - waterproof japara is the best material. Nylon tents tend to drip water from condensation on the inside walls after a night's sleep. Walled tents are more comfortable than A tents. Tents are expensive and most people form a group and hire a 2, 3 or 4 man tent from the store.

Groundsheet - a 7 x 4 sheet of plastic will do the job. Nylon is more expensive, but is lighter and will last longer.

Air or Foam Mattress - air mattresses are good value but rather heavy. Sealed foam mattresses don't iron out all the bumps but give very good insulation.

Torch - make sure you have spare batteries and globes. There is no need for a huge torch. Candles are often useful, particularly if using huts.

Dyke Roll - a bad one to leave behind. Gum leaves are a definite no-no.

Cooking Utensils - billy should be 2 pint aluminium, mug and plate enamel or plastic. Frying pan should be aluminium, tin opener army ration pack type.

Stove - most cooking is done on an open fire but stoves are good news in bad weather, or when boiling a billy at lunch time. Optimus shellite or kerosene and Bleuet Gaz are the best.

CLOTHES

Spare clothing should be kept to a minimum. Avoid heavy bulky items. Packing all your spare clothing in a plastic bag keeps it clean and dry.

Parka - your protection against wind and wet. Oil proofed japara are quite suitable. Yachting spray jackets or a raincoat will do for a summer walk, but otherwise are not recommended. Ski parkas tend to leak and are too bulky. Nylon parkas are windproof and waterproof but do not "breathe", causing condensation.

Underwear - bring at least one change. Singlet should be wool or cotton interlock. Woollen long johns are good at night.

Shirt, trousers/shorts - one set for wearing in the van and at night. Another set for hiking in during the day. Wool shirts are good but expensive. Woollen trousers (ex army) are a must if snow is a possibility and are good for sitting around the camp fire. Under most conditions shorts are best for walking in.

Pullovers - wool. A couple of light ones are better than one heavy one.

Socks - wear 2 pairs at once if wearing boots. Wool is best. Take at least 4 pairs.

Footwear - boots are a must if there is a possibility of snow. Sandshoes, gymboots, desert boots and other strong shoes are suitable for most summer walks. Thongs and sandals are useful around camp and in huts.

FOOD

The main requirements are:

1. high calorific value - you'll have to satisfy the greater than normal energy demands of carrying a pack, travelling through rough country and possibly enduring cold conditions.
2. Balanced diet.
3. palatability - surviving on dull, hard rations with little variety really detracts from the enjoyment of a trip in the bush.
4. light weight - weight and bulk must be carefully considered but make sure you've got enough food and that you'll enjoy it.
5. ease of preparation - you'll appreciate this when you're cold, tired and wet, trying to cook on a small fire.

Suggestions for meals:

Breakfast - Porridge, muesli, cereal, bacon and eggs, omelette, pancakes, tinned food (especially if camping beside transport on the first night). Coffee, tea, cocoa with powdered or tube milk. Sugar.

Lunch - Usually eaten cold and should be packed together and easily accessible. Biscuits or ryebread with spreads, cheese, sardines, cabana, nuts, dried fruits. Fresh fruit if you don't mind the weight.

Teas - Packet soups, 5 minute variety are best. Main courses - Alliance freeze dried meals, Rosella dehydrated meals, dehyd. vegetables, instant potato, etc., rice, spaghetti, macaroni. Fresh meat in cool weather on weekend trips. Desserts - stewed fruit, custard, instant pudding, packet cheese cake, tinned fruit, tinned self-saucing puddings.

Snacks - chocolate, health bars, sweets, scroggin - a mixture of chocolate, nuts, ginger, dried fruit, etc. Refresh, saline, Staminade.

Always include some food which can be eaten uncooked in case of bad weather, total fire ban, forced dry camps, accident, etc.

All packets which are likely to split should be packed in plastic bags. Sugar, powdered milk, etc., in double plastic bags. Margarine, spreads, coffee, etc., should be carried in plastic or aluminium canisters which are available at some chemists - free.

FIRST AID

All members should know basic first aid. The St. John Ambulance manual is the standard text. We hope to run a first aid course during the year.

The Club supplies a first-aid kit and manual for each party on a trip, but so as not to deplete this unnecessarily each person should carry:

constrictive bandage - for snake bite

aspirin, salt tablets, glucose tablets

antiseptic cream (e.g., Savlon) - for cuts, small blisters, cracked lips, etc. BFI antiseptic powder is good for drying up blisters

elastoplast or bandaids

sticking plaster (e.g. Leukoplast) - for blisters, torn parkas, etc.

sunburn cream lipsalve - especially on snow trips
insect repellant

scissors

also any personal medication for allergies, chronic complaints, etc.

FOOT CARE: This is important. Blisters will slow you down very quickly and make walking miserable. Put sticking plaster (not bandaids which do not stop rubbing) on any tender spots to help prevent blisters, before setting out in the morning. A good way to toughen up your feet is to swab them with methylated spirits twice a day for a few days before the trip. New boots should be broken in before wearing them on a trip. One way to do this is to wear them round at home with some warm water in each boot. Woollen socks are better than nylon and cotton. On a trip keep your socks as clean as you reasonably can.

ON THE TRACK

Club trips usually have a leader and a "whip". If you leave the party for any reason make sure either of them know about it. If you want to go for a crap the best time is during a rest break, otherwise leave your pack on the track. The Club call is "OXO". If you lose sight of the party an "OXO" will enable them to wait for you.

As soon as possible you should try and learn a bit about navigation. Most people own Silva compasses - they are easy to use and come with instructions. Always take a map, know where you are on it, your destination and route to be taken.

If you find that you are lost call "OXO" frequently. Three short blasts of a whistle is the accepted distress signal. Don't wander about aimlessly. Sit down and try to calculate your position. If you are still unsure, make camp on the nearest high ground, light a fire to attract attention (making sure you don't start a bushfire) and STAY PUT.

CONSERVING THE BUSH

With good walking areas becoming fewer all the time, we should be doing our best to preserve those that remain. The name of the game is to leave the bush exactly as you find it.

Don't litter. Burn all the rubbish you can. Anything that does not burn, (including tins and aluminium foil) should be carried out.

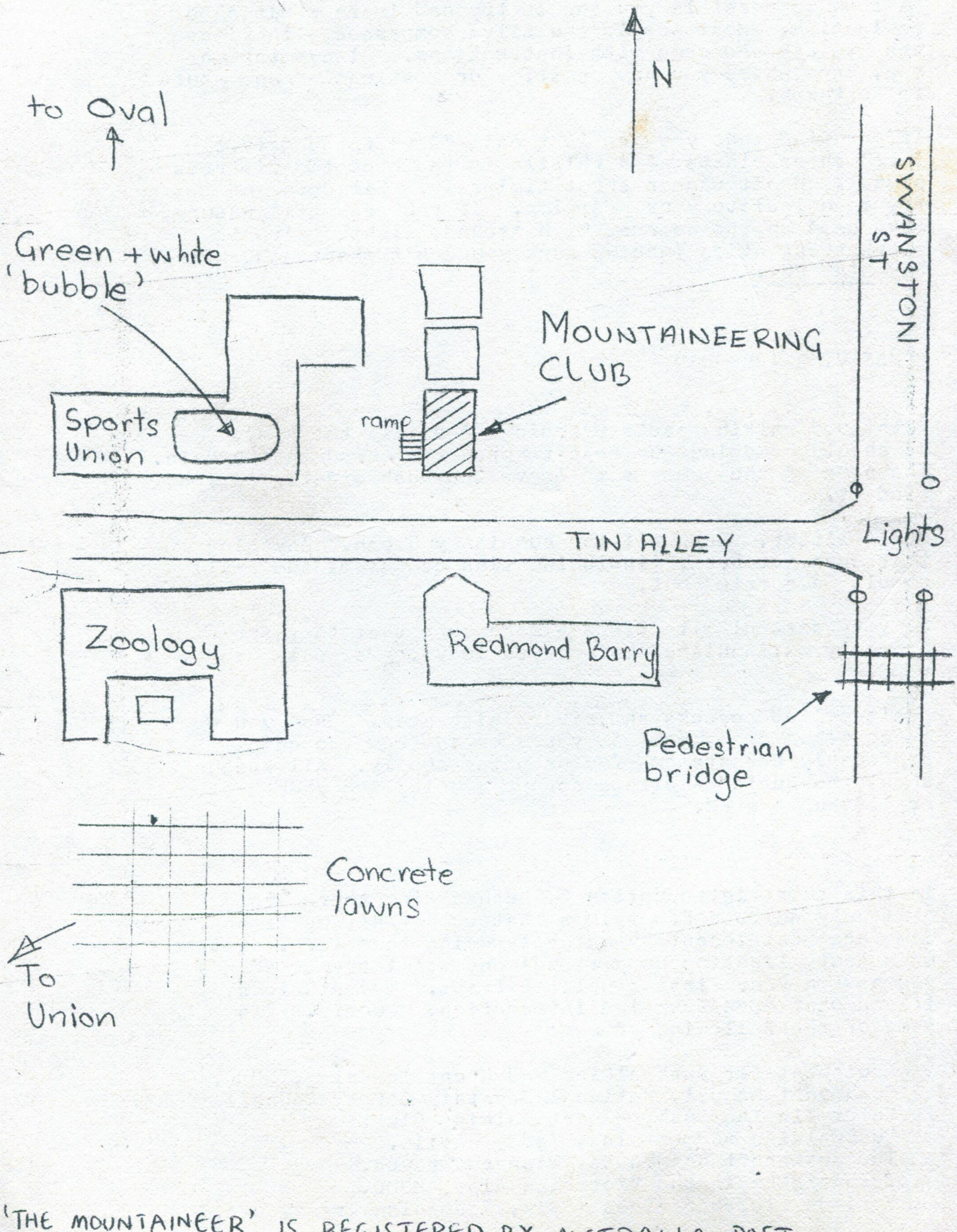
Be very careful with fires - make sure that they are properly extinguished before you leave. Use only dead wood.

Don't pollute creeks and rivers with soap. When you need to go for a crap, walk 50 yards or so from the camp, preferably downstream of your water supply. All sewage should be buried - either scrape a hole with your boot or lift up a rock.

In this short introduction to bushwalking there are obviously quite a few things that we haven't mentioned. Some are best learnt by actually doing them (e.g. putting up a tent, lighting up a stove) and we'll try to show you how on your first couple of trips. Nevertheless, if you want more detailed information, you might find some of the following of use:

Equipment for Bushwalking and Mountaineering, MUMC.
Bushcraft Manual, National Mountain Safety Council of NZ.
Safety in The Bush, Hobart Walking Club.
Bushwalking and Camping, Paddy Pallin.
The Bushcraft Handbooks, Richard Graves.
Bushwalking in the Victorian Alps, MUMC.
Various club magazines (Walk, Tasmanian Tramp, etc.)

WHERE WE ARE.



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