

ADELAIDE BUSH WALKERS

Tandanya



www.adelaidebushwalkers.org

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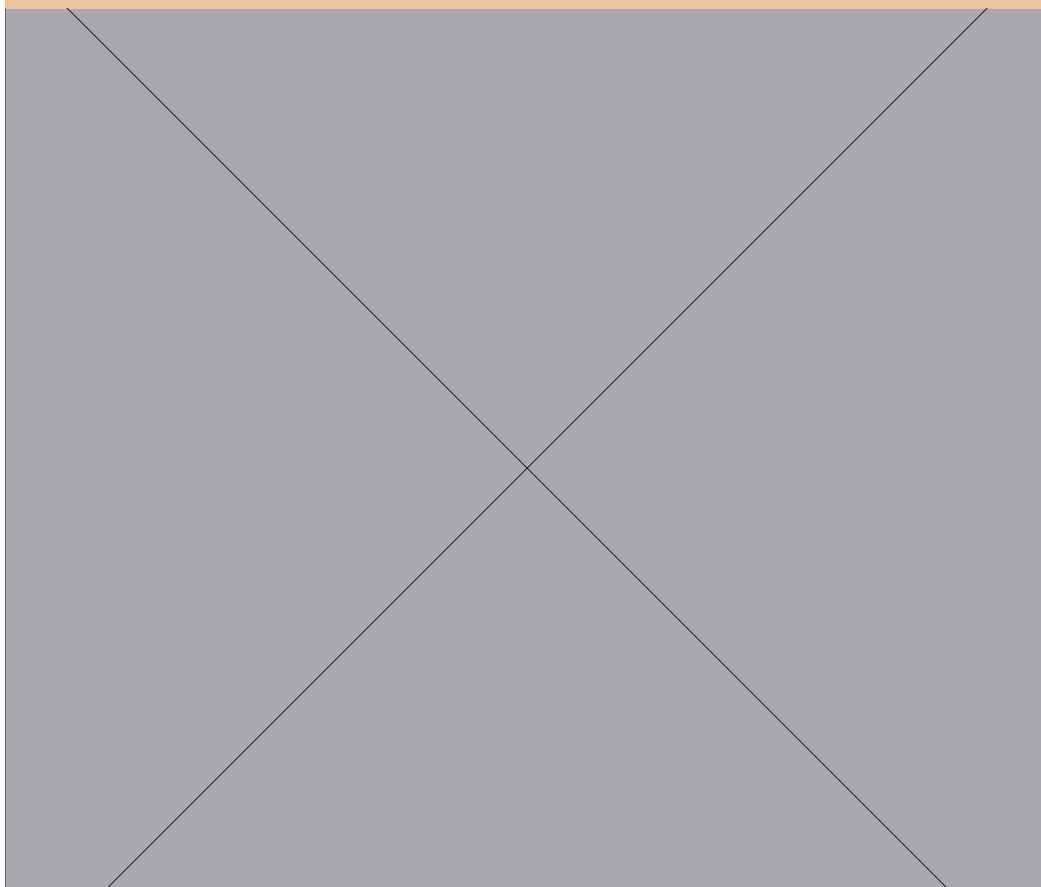
*Don't judge each day by the harvest you reap but by the seeds that you plant.
Robert Louis Stevenson*

www.adelaidebushwalkers.org • gohiking@adelaidebushwalkers.org

Close off date for next issue: 22nd May 2019

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ABW Club information

The club meets at the North Adelaide Community Centre, 176 Tynte Street, North Adelaide on the first Wednesday of each month at 7.30pm (February to November)

Annual subscription fees

Category	Normal	Student
Prospective Membership	\$60	\$30
Full Membership	\$60	\$30
Associate Membership	\$10	\$10

Family membership is no longer available for new members

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Membership queries

Contact the Membership Secretary Bec Thomas on 0474 894433

or via email through gohiking@adelaidebushwalkers.org

For privacy reasons, the names and contact details of other office bearers are no longer published in the magazine. Please use the contact details above.

Adelaide Bushwalkers specialise in multi day wilderness hiking with full packs and camping gear, along with other complimentary activities such as day walks, kayaking, cycling and social activities for our members



Stephanie Russell, Deep Creek, 2018 Photocomp 2nd, Extreme category



Don't forget your ICE

ADELAIDE BUSHWALKERS IN CASE OF
EMERGENCY
'ICE'
EMERGENCY MEDICAL INFORMATION

EACH WALKER IS TO CARRY AN EMERGENCY MEDICAL
RECORD IN A SEALED ENVELOPE IN THE TOP POCKET
OF THEIR PACK. ENSURE YOUR EMERGENCY CONTACT
IS NOT ON THE SAME WALK/ACTIVITY.

[HTTP://WWW.ADELAIDEBUSHWALKERS.ORG/WP-CONTENT/
UPLOADS/2016/07/EMERGENCY-MEDICAL-INFORMATION-ADELAIDE-
BUSHWALKERS.PDF](http://www.adelaidebushwalkers.org/wp-content/uploads/2016/07/emergency-medical-information-adelaide-bushwalkers.pdf)

Overland Track

by Chris Highet



Chris Highet and Eric St Martins with view to Cradle Mountain

First of all let me introduce my self, my name is Chris Highet and I only joined the Adelaide Bush Walking Club in December 2018.

I am 72 and my last bushwalking was 52 years ago when I was invited to join a group of walkers from the Western Teachers College to do 11 days walking through Cradle Mountain Lakes St Clair National Park. The track is now known as the Overland Track.

Prior to that, I walked through the Wilpena Pound, after leaving Adelaide on the old Ghan. We left the Ghan at Bratchina Siding, and walked across to Bratchina Gap and down to Wilpena Pound. We slept 200 feet from the top of St Mary Peak. Next day we walked down through Bannons gap and across to Bridle Gap. We then climbed Mt Alleck and slept on the peak before going straight down the western gully and over to the train line to reconnect with the Ghan and back to Adelaide.

I also did a 10 day walk through the Gammon Rangers 52 years ago, and met Reg Spriggs one day when he was on his old D4 bulldozer putting in the tracks on his property. With a desire to reconnect with some of my past experiences, I joined a company called Wilderness Expeditions in January this year to re do the Overland track.

They offered a 6 day walk from Cradle Mountain through to the northern end of lake St Clair, with the option of 2 extra days to do the Pine Valley Track with side walks to The Labyrinth and then to climb The Acropolis if they had 2 people to do this extra 2 days, so I encouraged an old friend to join the expedition.

This was a basic walk, sleeping in 1 or 2 man tents, the Company had booked the Group camping platforms at each Park Hut site. We all carried all our own personal and camping gear with packs about 18 Kgs. The 2 guides carried all food and cooking equipment. There were 2 food drops in lockups that replenished our food stock. The meals were very filling and we had deserts every night..

Highlights of the walk started on the first day with a total of 15 k walk which included meandering through open button grass with occasional forested groves and climbing Cradle Mountain to the summit. From here the Overland track traverses the western flanks of Cradle Mountain to Benson's peak and around the rim of an impressive glacial valley onto our destination for the night at Waterfall Valley Hut

Day 2 there is a short detour to take in the waterfalls in the valley. This was a shorter day across ridges and button grass plains, that took us behind Barn Bluff for another detour to Lake Will and lunch followed by a swim in the Lake.

In the afternoon across further open country with fantastic views of the mountain ranges to our camps site among Eucalyptus near Lake Windermere and another swim before dinner.

Out on to the open plains for the start of day 3. Crossing creeks and through temperate forests with views of the Forth River Valley and surrounding mountains, across more button grass and around Mt Pelion West.



Chris and Eric with view to Lake Windermere and Barn Bluff



Chris Highet on top of Mt Ossa

We then headed down through forests on the mountainside to have lunch at Frog Flats the lowest point in the Park at 700mt . After lunch it is a steep climb to our nights destination at Pilon Hut. Again, we camped on the group booked decking in out tents.

Day 4. This is the day to climb to the top of Tasmania, Mt Ossa.

The day starts with a climb to the turnoff at Pelion Pass. Leaving our packs and taking day packs we head up to just before the Balcony and have lunch. Delicious wraps. Then it is all out to the summit with spectacular views of the valleys and up at the craggy peaks ahead and on to the summit. What a view 360 %!Wow! Another tick on the bucket list.

That night we are at Kia Ora Creek Hut .

Day 5 rainforests and waterfalls dominate this part of the track and we had lunch at the historic Duncan Hut with views to Falling Moutian.

After lunch it is onto the Mersey River, where we divert to see some impressive water falls and a swim with water

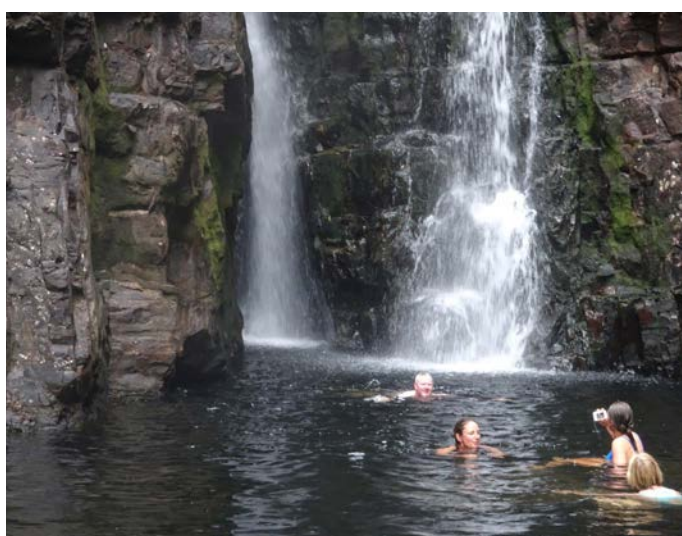
falling on our heads from 20 mts above, then on to Windy Ridge campsite.

This is the section that my friend Eric and I where to deviate and do the 2 days to Pine Valley Hut but the track was closed because of the fires .That evening at the Windy Ridge Hut we had a spectacular but erie sunset blackened with clouds of black smoke. There was a noticeable change in the county on Day 6. It is drier with more eucalyptus, wattles , banksias and more bird life.

With views of The Acropolis , Mt Geryon and The Ducane Ranges , we reached the northern end of Lake St Clair at about 11.00 am. With just a few minutes to take a run and jump into the lake as we see the ferry come in sight to take us to Cynthia Bay. A change of clothes, lunch sitting in a chair and a cold beer. The drive back to Launceston was detoured to nearly Hobart to skirt around fires and we came out on the Midland Highway 150 ks south of Launceston .

After reading an article in your magazine about the Aarns Balance back pack I purchased my own. The reason for this was I have had 3 spinal operations with a fusion in my lower back, a side affect of this is lameness in my right foot. The dorsal portion of my right foot is limp and has no feeling caused by nerve damage. I found this pack fantastic in keeping my posture upright and with the help of tracking poles I was usually the pace setter.

We had a great group of 11 in our party plus the 2 guides. 6 young mums all with 2 to 3 kids at home, a chap from Washington DC , a lady from the UK, another UK Chap 71 years young and with his 2nd knee replacement and Eric and myself, the oldest at 72.

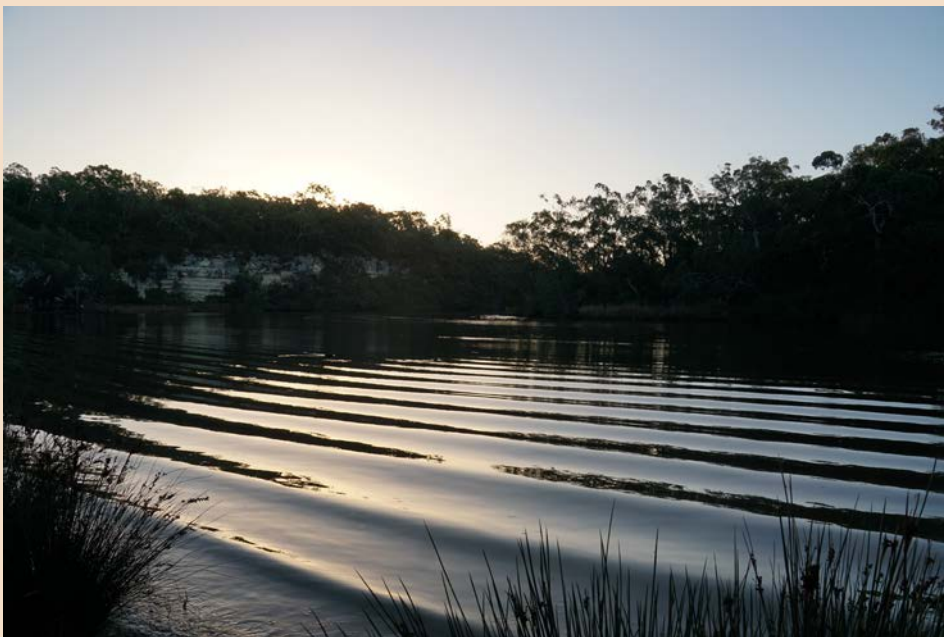


Our walking Group under Hartnett Falls on the Mersey River



FUNNY: Richard Bowery

Some 2018 Photographic Competition Winners



WATER: Lee Marling, Glenelg River



OPEN: Robyn Gill



SUMMIT: Mal Watt, Western Arthurs Traverse

If The Unthinkable Should Happen

by Neil Fahey



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Inspiration Outdoors
<https://www.inspirationoutdoors.com.au/>

On Black Saturday, I awoke early and on hearing the weather reports, made the decision to call off my planned bushwalk. I'm not sure I've ever been as glad of any decision I've made in my life.

Since that day, I've been extra careful when planning hikes during bushfire season.

A 2016 study by the University of Tasmania found that the number of bushfires per week in Australia had increased 40 percent between 2008 and 2013. The Intergovernmental Panel on Climate Change predicted in 2007 that "the frequency of days when extreme fire danger threatens will increase by up to 25 percent by 2020, and up to 70 percent by 2050.

It's clear that the danger is increasing for those of us who love the great outdoors, so what can we do to make sure we hike as safely as possible? Or in the worst-case scenario, what do we do if we find ourselves in the path of a bushfire?

Planning and preparation

Know when not to go

Obviously, the best way to stay safe is to not be out in the bush when bushfires are most likely to strike. On the hottest days in bushfire season, you might prefer to take a walk through an urban parkland or along the beach.

If you're determined to go bush, you need to keep yourself informed about weather conditions and fire risks during the lead up to your trip and right up to the eleventh hour. You should never rely on someone else to tell you when to cancel your trip. Absorb all the information you possibly can and be willing to make that call yourself.

There are many sources of weather and bushfire information and you should never rely on just one source.

For bushfire information, you can check out the following:

- The website of your local fire authority (CFA in Victoria, RFS in New South Wales, etc.).
- Some state fire authorities will have bushfire information hotlines.
- Some state fire authorities will have smartphone apps.

-Your state park authority's website or information line.

-ABC radio

-Sky News.

For weather information, see:

-Bureau of Meteorology website and weather app (available for Android and iOS).

-Sky News and ABC local radio are also good sources of weather info.

Plan ahead

It will help to be more familiar with your intended route than you'd perhaps normally be. Study maps of the area and make note of any possible shelter points, sources of running water and bodies of water, or patches of clear land. It's always good to know about alternative access routes where you might be able to detour if necessary.

The more people in your group who are first aid trained, the better. You should particularly be aware of how to treat burns, shock, smoke inhalation, foreign objects in eyes, and heat stroke.

Get in touch with park authorities to confirm whether there's likely to be water in any spots you find on the map and double check that alternate access routes aren't closed.

Once you have that backup plan in place, ensure you leave full details of your trip including departure and expected return times with a trusted source at home.

What to bring

The gear you put in your backpack requires a bit of extra thought when there's a risk of facing bushfires. Long sleeves and pants are essential if you want to protect yourself from radiant heat, as are sturdy shoes. Leather shoes and clothing made of natural fibres are the best option, as synthetic materials can melt and cause severe burns. If you have a lightweight woollen jumper, it'll be an excellent addition. Some people even pack a fire blanket.

Carrying extra food and water is also a good idea, as there's a chance you'll need to spend extra days and nights away from civilisation.

A small battery-operated AM/FM radio will be handy to bring along if you have one. It'll allow you to stay up to date on conditions once you hit the trail, where you'll likely soon be away from mobile data reception.

If there was ever a time to bring along a PLB emergency beacon, bushfire season is the time. They're quite affordable these days – you can hire one if you don't want to buy one – and they exist for exactly the kind of worst case scenario you're planning for.

During your walk

Once on the trail, stay alert for the smell of smoke and the sound of emergency vehicles, and keep your eyes peeled for the obvious signs of fire. You also need to pay particularly close attention to your navigation so that you'll know your location at all times, in relation to the alternative escape routes and safety features you discovered when you studied the map before leaving.

Make a plan with your hiking group, agree on it, and be ready to put it into action. More on what your plan should include below.

If you meet other hikers along the trail or if you find yourself camped near others, it can be helpful to get to know them. You might all benefit from sharing your safety plans, and you'll be able to keep an eye out for each other if there's an emergency.

Hopefully, you'll complete your hike without encountering any fires, but the next most important thing is to ensure you don't start one. In Victoria, about 10 percent of bushfires in parks are started by campfires. Always extinguish campfires completely before leaving them or going to bed and be careful of any embers. Your fire isn't safe to leave unless it's cool to touch.

If You Get Caught In A Bushfire

Prevention

The best way to avoid danger from a bushfire is to avoid walking at high risk times and locations. Before leaving home, check the weather forecast and fire restrictions. Minimize the use of campfires at any time and always take extreme care when lighting fires.

Action

If caught walking in the path of a bushfire:

- Walk quickly, preferably downhill, looking for possible shelter.
- Seek shelter from radiant heat which is the killer in a bushfire. Look for a stream or pool, a hollow in the ground such as an eroded gully or roadside drain, rocky outcrops or large log, a hut or building, or a large cleared or recently burnt area.
- Cover any exposed skin with clothing (preferably cotton or wool), earth or thick bark.
- Lie face down and breathe the cooler, less smoke filled air close to the ground. Drink water regularly to avoid dehydration.
- Stay in your chosen shelter until the fire front has passed.
- As a last resort, you may be able to run through low flames onto burnt ground.

http://www.bushwalkingvictoria.org.au/files/walksafe_booklet.pdf



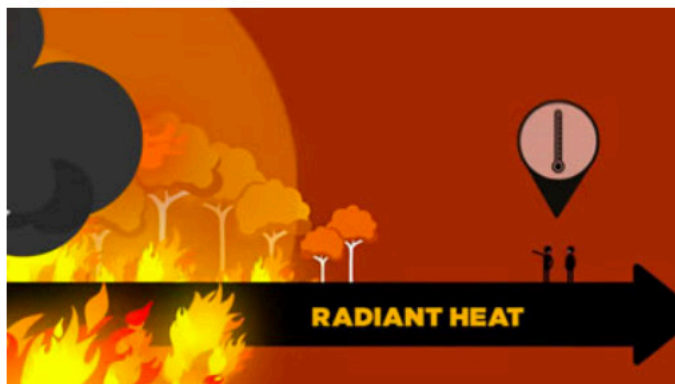
A radio will enable you to listen to bushfire reports

Radiant Heat Is The Killer

Inside the turbulent diffusion flames of a bushfire, the temperature of the reaction zone, where the volatile gases released from the thermally degrading vegetation mix with oxygen in the air and combust, can be in the order of 1600°C. The temperature of the flames themselves, however, is less than this adiabatic value

CSIRO

<https://blogs.csiro.au/ecos/bushfire-in-australia-understanding-hell-on-earth/>



Bushfire fact - Radiant Heat

Covering up could save your life.



Bushfire fact - strong winds

High temperature and strong wind - perfect bushfire conditions.

https://www.cfs.sa.gov.au/site/news_and_media/video_library.jsp



Bushfire fact - Bushfire speed

A fire could be on your doorstep before you know it...



To PLB or not to PLB?
-and carry a satellite phone
for emergencies

What to do if the danger becomes real

A good contingency plan should include what you'll do if you get early warning signs like the smell of smoke or the distant sound of emergency vehicles.

The best option is always to retreat well before the flames are anywhere near you. Otherwise, there's a chance you'll make it back to the car only to find blocked access roads or dangerous driving conditions due to low visibility.

Most importantly though, you'll need to plan for when the danger is more imminent.

There are three main dangers if the worst does happen – smoke and hot gases could asphyxiate you, radiant heat could be so intense it will burn you or cause heat stroke, and then, of course, there's the actual flames. Your plan should consider all of these dangers.

No plan can take every possibility into account, but here's a rough guide to what to do.

Start by calling 000 or setting off your PLB emergency beacon. You should cover yourself up with long sleeves and pants (and leather boots if you have them) and ditch any synthetic clothing. Try not to panic and calmly decide what to do next.

If you can see flames, you can then **attempt to predict the fire's behaviour**. This will help

you decide on your best course of action. Fires move more quickly uphill and burn more intensely in heavily forested areas. Open grassy spaces may be a safer place to be as the fire will burn with less intensity. However, keep in mind that the fire will move more quickly here. Unfortunately, if it's a hot, dry, windy day, the fire will be less predictable.

Cover your mouth and nose with a wet cloth or item of clothing and try to move to a large area (the bigger, the better) that won't burn. This could be a lake, dam, pond, creek or stream, a large rocky outcrop, a road or fire break, or a paddock if you're near farmland. As a last resort, try to move towards areas of ground that have already been burnt. If possible, stay close to the ground as you move.

You may have no option but to attempt crossing through flames but if you do this, find the least intense looking flames, making sure you can clearly see behind them. **They should be no more than a metre high and three metres deep.**

Once you're sure that you are in the safest possible place, clear the surrounding area of any combustible materials and then **look for ways to protect yourself from radiant heat**. Try to put something between you and the fire, such as a large rock, tree trunk or embankment, or find a depression in the ground. Lie down and cover yourself as much as possible, breathing into the ground to avoid the smoke. If you have water, keep drinking to hydrate yourself.

When the fire passes by you, move to already burnt ground (if you haven't already) and **commence first aid**. If you have phone reception, notify authorities of your situation again and await rescue.

This kind of action plan applies to high-risk situations that don't occur often. There's no need to let fear creep in and put you off hiking altogether in bushfire season if you educate yourself on bushfire safety, plan ahead, and take all the necessary precautions.

Hike smart and stay safe.

Peak Bagging

John Bartlett

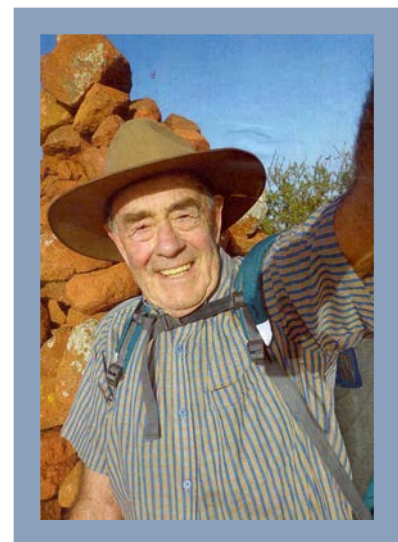


JB and Peter Woodlands on Mt Sarah Jane, Tasmania, March 1987


The noble bushwalking art of peak bagging needs to be revived in ABW. In his article "ABW on Aussie Summits" in the SUMMER 2018 edition of this august and worthy journal, Arthur Ward touched on this very subject, referring to some of his ascents around Australia. Numerous ABW members climb peaks as a matter of course during the many walks the Club stages.

But let's revive the peak bagging spirit that existed in the Club during the lead-up to our 60th Anniversary in 2006. With the Club's 75th Anniversary coming up in 2021, perhaps peak bagging as a personal or competitive achievement could be included in events of that year.

I have always been a peak bagger, starting with Mt Wellington, Hobart when I was 13 in the Scouts, this achievement being shared with the likes of George Bass (1798) and Charles Darwin (1836). The last peak I climbed was Mt Ive, North of Gawler Ranges in September, 2014, an elevation of a mere 333m. My list of all peaks I have climbed in my life is quite extensive, and my tally during the Club's 60th Anniversary Peak Climbing Event was 75, coming second to the invincibles, Ann and Arthur Ward.



My only "selfie" - on Mt Ive, Gawler Ranges, SA, September 2014



PEAK BAGGING SOUTH AUSTRALIA

Compiled by Frank Hall
and John Bartlett



For many of us, the highlight of any club walk is to climb the higher points en route, this gentle sport being known as 'peak bagging'.

As an aid to budding peak baggers and to reinforce the ego of ageing peak baggers such as ourselves, we have classified peaks in South Australia and assigned a point score to each peak.

Points have been assigned according to notability, elevation, accessibility, walking time, scrub, rock and height to be climbed.

A few simple rules apply:

1. You must climb right to the top of the peak; 10 metres below the summit does not count.
2. Only one ascent of each peak can be counted.

3. Add the total number of points for peaks climbed and classify your rating as peak bagger on the scale below.
 - 0-40 Keep trying. Your career as a peak bagger is ahead of you.
 - 40-100 a) Tyros - you are well on the way to a career as a successful peak bagger.
 - b) Geriatrics - you have probably reached your peak (excuse the pun) and can be classified as a disreputable old lag.
 - 100-200 You qualify as a fully fledged peak bagger.
 - 200+ Peak bagger supreme

Finally, these ratings are (mostly) those of the authors and no correspondence will be entered into. If you disagree, devise your own scale!

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Tandanya Summer 2002-

Prior to the Club's 60th, Frank Hall and I compiled a list of some of the peaks in South Australia in areas most frequented by ABW. However, during the Event mentioned above, many others were climbed, and points were scored as long as the rules were complied with. The article and list Frank and I compiled is reproduced here, in the hope that some Club members will accept the challenge and take up peak bagging seriously.

Some historical background to peak bagging should be of interest to members.

The Munros

A work by the Scottish Mountaineering Trust listing peaks in Scotland above 3,000feet (914m). The following Tasmanian works were inspired by the Scottish book.

The Abels, volumes one and two

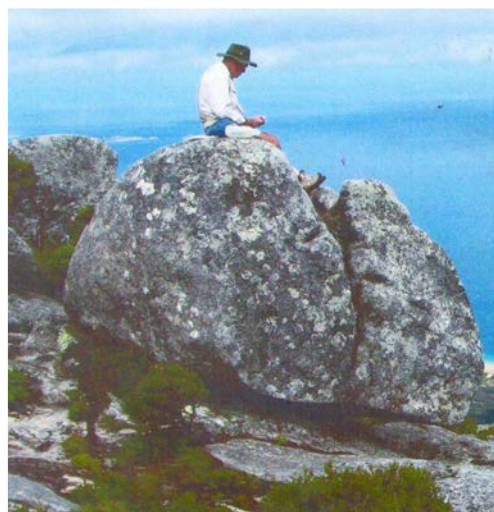
Published by the Tasmanian bush walking fraternity between 1994 and 2011. The delay in publishing Volume Two was a result of controversy that arose over Volume One making available so much information on walks to the general public. *The Abels*, named after Abel Tasman, details all peaks in Tasmania over 1,100m high.

Peak Baggers Guide

This list of Tasmanian peaks with points to be scored was compiled by Hobart Walking Club. The latest list in my possession is dated 2000. My score of 201 makes me an "Honourable Peak Bagger" for peaks I climbed between 1947 and 2009.

This guide was the inspiration behind the South Australian list that Frank and I compiled.

Finally, Happy Peak Bagging!



On Mt Strzelicki, Flinders Island, February 2008



Grandson Alex on Mt Olympus, Tasmania , January 2004

MT LOFTY RANGES

	Elevation	Points		Elevation	Points
Bumbunga Hill	415m	1	Mt Lofty	720m	
Campbell Hill	309m	1	- normal routes		1
Mt Cone	400m	1	- from the sea		4
Mt Crawford	560m	1	Mt Magnificent	382m	1
Mt Gould	480m	1	Mt Misery	530m	1
Mt Hayfield	354m	1	Mt Pleasant	540m	1
Kaiser Stuhl	600m	2	Mt Rapid	270m	1

MID-NORTH

Baroota Nob	650m	4	New Campbell Hill	710m	1
Mt Bryan	936m	2	Razorback	863m	2
Depot Hill	789m	1	Stein Hill	609m	1

FLINDERS RANGES - SOUTH OF ELDER RANGE

Mt Arden	844m	3	Mt Elm	686m	2
Barratta Hill	459m	2	Mt Eyre	400m	2
The Battery	630m	4	Hut Hill	560m	2
Mt Benjamin	467m	2	Marchant Hill	801m	3
Black Rock	850m	4	The Pinnacle	630m	4
The Bluff (Arden Vale)	410m	3	Mt Ragless	515m	2
The Bluff (Telowie Gorge)	740m	3	Mt Ragless South	550m	3
Mt Brown	950m	4	Mt Remarkable	960m	3
Mt Cavern	770m	4	Wilyerpa Hill	880m	4
Devils Peak	675m	2	Wyacca Bluff	494m	3
Dutchmans Stern	820m	2	Yappala Peak	670m	2

FLINDERS RANGES - NORTH

Mt Abrupt	861m	5	Grindstone Range	407m	1
Mt Andre	1000m	4	Mt Hack	1050m	5
Mt Aleck	1128m	7	Mt Havelock	790m	3
Ann Hill	798m	2	Mt Hayward	865m	7
Mt Barloo	740m	1	Hayward Bluff	810m	7
Mt Bell	778m	3	Heysen Hill	510m	3
Ben Lomond	688m	4	Iralbo Peak	804m	4
Mt Brooke	680m	2	Kankana Peak	834m	4
The Bunkers	586m	3	Mt McFarlane	809m	3
Mt Caernarvon	921m	4	Mt Mary	461m	2
Carey Hill	698m	2	Mookra Tower	740m	1
Cocks Comb	950m	4	Moolooloo Hill	659m	3
Mt Craig	746m	2	Mt Neville	537m	1
Dawson Hill	460m	2	Mt Ohlssen Bagge	890m	2
Mt Dob	816m	4	Patawarta Hill	1015m	4
Mt Dib	817m	4	Mt Plantagenet	950m	2
Dick Knob	825m	4	Point Bonney	1133m	4
Dorothy Peak	1016m	4	Pompey Pillar	1165m	5
Mt Elkington	742m	2	Rawnsley Bluff	950m	3
Mt Falkland	846m	4	Reaphook Hill	390m	3
Fred Knob	840m	4	Mt Rupert	605m	4



Oh What A Feeling! Hannah Wang bags a peak
Flinders June long weekend walk 2018

FLINDERS RANGES - NORTH *continued*

	<i>Elevation</i>	<i>Points</i>		<i>Elevation</i>	<i>Points</i>
Mt Samuel	791m	3	Mt Sunderland	790m	2
Mt Sawtooth	1084m	6	Tam O'Shanter Hill	550m	3
St. Mary Peak	1170m	5	Mt Tilley	1018m	4
Stokes Hill	780m	1	Wonoka Hill	630m	1

THE GAMMONS, CHAMBERS GORGE AND NORTH

Angepena Hill	838m	3	McKinley Bluff	900m	7
The Armchair	700m	3	Mt Mulga View	444m	2
Arcoona Bluff	953m	5	Mt Neil	549m	5
Mt Babbage	322m	4	North Tusk Hill	940m	7
Benbonyathe Hill	1064m	7	Octopus Hill	928m	7
Mt Chambers	433m	3	Mt Painter	765m	6
Cleft Peak	850m	7	Parabarana Hill	349m	6
Mt Crocker	743m	7	Peak 1027	1027m	7
East Chambers Bluff	469m	3	(east of Gammon Hill)		
Elephant Hill	980m	7	Prow Point	997m	7
Mt Fitton	350m	6	Mt Rowe	900m	6
Freeling Heights	944m	7	Mt Serle	912m	6
Mt Frome	394m	4	St. Georges Bluff	358m	4
Gammon Hill	1012	7	Termination Hill	466m	4
Mt Hopeless	126m	5	Willouran Hill	324m	3
Mt John Roberts	880m	7	Mt Windswept	446m	4
Mt Livingstone	635m	7	Mt Warren Hastings	590m	2
Mt McKinley	1050m	7	Mt Yerila	189m	4

FAR NORTH

Mt Woodroffe	1435m	10
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Thinking Outside The Box (Or First Aid Kit)

by Bruce Marquis

Safety Equipment You May Have Never Considered Packing

I make some of these suggestions with a degree of black humour.

Dental First Aid Kit \$49.95



Nothing brings a person to their knees like a dental emergency, whether it is an infection, a lost filling, or a fractured tooth.

The Dentist in a box Dental Emergency Kit is basic first aid for teeth. It provides an immediate, effective solution for many common, unexpected and distressing dental problems such as broken and lost fillings or knocked out permanent teeth until you can get to a dentist.

This is a safe and approved kit which is listed as a medical device with the Therapeutic Goods Administration and has an FDA clearance as well.

It is used by Australian Defence Forces, New Zealand Defence Forces, mining and exploration companies, commercial shipping, sporting organisations and schools.

- * Packaging: Plastic, transparent, re-sealable box.
- * 1 x Set of Instructions
- * 1 x Mouth Mirror
- * 1 x Tube of temporary material
- * 1 x Pkt. Sterile Applicators (cotton-tipped)
- * 1 x Saline Irrigant
- * 1 x Tooth Splinting Disc
- * 1 x Disposable Glove

Size: 160mm Length x 150mm Width x 8mm Deepth
Weight: 88grams

<https://www.survivalsuppliesaustralia.com.au/products/dentist-in-a-box.php>

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https://www.solutionsmedical.net.au/index.php?route=product/product&path=100&product_id=3780

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The new textile offers massively improved levels of protection. Extensive independent tests have shown the Supertherm® Compact 46CI performance in radiant, transmitted and convected heat to be far superior to any other blankets tested. This means the best peace of mind should a deployment be necessary.

If you're not a firefighter but work, live or travel through fire prone regions, you could still be at serious risk of a burnover. It's important to have a recognised, high performance Personal Protective Fire Blanket close to hand – whether in your vehicle, house or fire bunker.

<https://thermaguard.com.au/domestic/blankets>



Surviving The Unexpected

Mars Attacks!



Mars Attacks, Produced by Tim Burton, Distributed by Warner Bros., 1996



Liberty Leading the People, Eugène Delacroix, 1830, oil on canvas

Nuclear Accident Survival

Nuclear contamination is extremely unlikely on an ABW walk-but not impossible! It's a crazy world and how many people were caught out in the open when Chernobyl exploded? Club members do walk in Europe after all and there are still plenty of Russian reactors operating.

Dosimeter for smartphone via Amazon
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Enshey Smart Geiger Counter Nuclear Radiation Dosimeter Gamma X-ray Personal Detector Counter Tester Sensor for Smartphone Apple iPhone 4S and Above/Android 4.2 and Above iOS with App



<https://www.amazon.com/Enshey-Radiation-Dosimeter-Personal-Smartphone/dp/B073FD3YW7>

A useful travelling companion for dealing with all sorts of dangerous wildlife; animal, human or alien.



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Powerheart G5 AED
\$2,500.00

FACT 30,000
Australians suffer
from Cardiac Arrest
every year

2.5 kg, including battery and pads
Rugged, durable design for protection against rough treatment.

High ingress protection (IP55) against dust and water for performance in harsh and challenging environments.
Meets rigorous military standards for shock, vibration and drop testing.

Rescue Ready® technology self-checks all main AED components (battery, hardware, software, and pads) daily. The AED completes a partial charge of the high-voltage electronics weekly, and a full charge monthly.

The highly visible Rescue Ready indicator assures responders that they are retrieving a working AED.
8-year AED warranty. Medical-grade battery with a 4-year full operational guarantee.



<https://cardiacscience.com.au/powerheart-g5-aed>

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Should We Shock in the Wilderness? Taking AEDs into the Backcountry

by Laura Galdamez

This article appeared in Laura Galdamez's website, *Emergency Outdoor Medicine*, in 2016
http://www.outdoorem.com/?page_id=32

Medical devices are becoming more miniaturized by the day, making them more accessible, more affordable, and easier to transport...but just because we can, does it really mean we should? A paper recently released describes this exact dilemma regarding automated external defibrillators (AED), and argues against their utility and appropriateness in the wilderness setting.¹

A brand new AED can be bought from the online marketplace for somewhere between \$1200 and \$1700. While this is not necessarily 'cheap', this is incredibly more affordable compared to the past. Also, whereas the old defibrillators were around the size of a large stereo and weighed at least as much, the newer AEDs can be as small as a regular box of crackers and weigh only around five pounds. In backpacking, five pounds is still not ideal, and may be the same weight as your sleeping bag and tent combined. But if it means saving a life from cardiac arrest out in the wilderness it should be brought along...or should it? There are multiple issues with bringing an AED into an austere environment. The authors recommend one should be brought along only if a specific risk can be identified that justifies its inclusion, and that careful planning with extraction contingencies need to be considered.

Heart Shock

The authors make the argument that even under the ideal circumstances of having the AED immediately accessible and getting successful defibrillation, most circumstances that lead to cardiac arrest require immediate definitive care which would not be accessible.¹ Then there is the concern that merely throwing in an AED to a wilderness medical kit blindly will cause the standard of care to shift to



where an AED is always required in these kits regardless of the medical necessity or risk assessment. Given the cost and weight of the devices, this is not a responsible allocation of resources. Actual risk should be taken into account, and misconceptions, such as lightning strikes or submersion injuries commonly causing ventricular fibrillation (asystole is more common), need to be understood.¹ The equipment itself is not ideal for wilderness travel, and the weatherproof cases aren't built to withstand extreme conditions. Many of the models will fail if not kept within a specific operating temperature range, which is more conservative than temperatures experienced on many wilderness expeditions.

In a wilderness race competitions, the question further becomes where to place the AED. Especially with long distance races such as ultra-marathons, participants can be separated by tens of miles. If/when a downed participant is noticed by another competitor, it would take a great deal of time to get word to the medical team and then transport the medical equipment to the participant for treatment. Considering the importance of time to first shock, the time delay could severely decrease the effectiveness of the AED overall.

Marathon Runner down The authors do emphasize the benefits of AEDs in emergency medical services (EMS) systems. Recent studies have shown that EMS AED use has improved survival with favorable neurologic outcomes in patients with shockable first

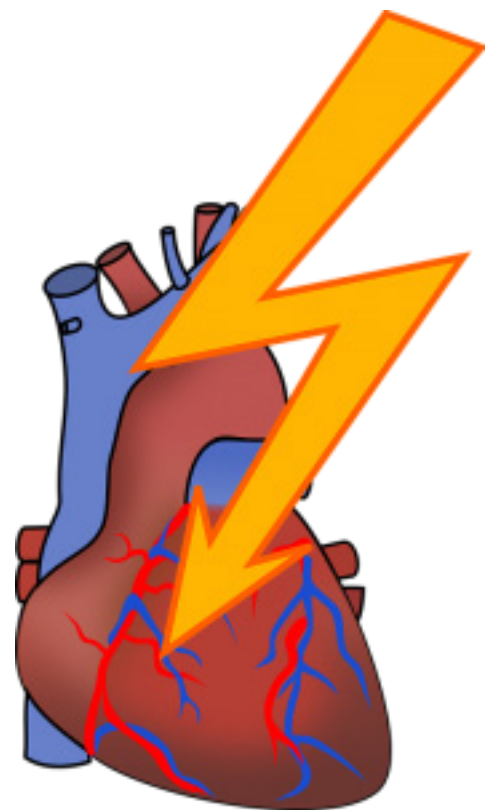


rhythms, and significantly increased the number of patients surviving to emergency department and surviving to hospital discharge.^{2,3,4} However, EMS crews have easily accessible transportation to definitive care and other advanced medical supplies such as airway equipment and intravenous fluids, that a field medic will likely not have access to. But even if they do, that still means having to evacuate a patient from the back country while attempting to maintain their airway, continue to breathe for them and continuously monitor them in case they go back into cardiac arrest. The specific risks of any wilderness expedition should be well thought out beforehand, but when deciding on the inclusion of advanced medical equipment consider all the logistics of evacuation and transport that follow its miraculous use.

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<http://www.outdoorem.com/?p=595>

Spinifex and Sandshoes - Mt Zeil and Razorback

by Michael Round



Mt Sonder from Razorback.

Stuart and I had camped overnight at Redbanks at the western end of the Larapinta Trail and set off on foot early on the following morning towards Mt Zeil, 23 km NW of our start. We took a dogleg route there going via the northern side of (Mt) Razorback and by early afternoon, started up the first of three gullies known in better seasons anyway to have at least one waterhole. Water was an issue because the region was drier than normal as it had missed out on the summer monsoonal rains.

To counter this, we had a list of 22 waterholes compiled during a similar but broader trip in the previous winter by Rob Jung, the Sydney based walker collaborating on the Flinders Ranges springs and waterhole project. Rob had catalogued the waterholes according to their likely permanence and this proved to be a big help. We came across a small distasteful looking pool in one gully before finally collecting clear water from two small rock-holes separated by a wet sloping ledge which suggested that the top pool gained from a weak seepage. I packed 4.5 li of water and

Stuart a similar amount and this we judged sufficient to get to Mt Zeil and back on the following day.

We set off again and stopped to camp with still an hour of light to enjoy before dark. This seemed earlier than ideal considering the ground still to be covered but it was largely to take advantage of two patches of ground suitable for the tents. Rob came over after tea for a chat while I pulled spinifex spines from both my socks and sandshoes. Central Australia has six species of spinifex (aka porcupine grass), compared with just the one in the Flinders and the species that was giving me trouble had a compact ball-like structure with stiff spines extending out in all directions from every part of it.

The next day was a day that, out of necessity, we really had to devote to walking. We left our packs adjacent to a small hill about 2 km on from our campsite and continued on with daypacks containing, for myself according to my diary, 2 litres of water. The terrain was mainly flat with occasional low ridgelines,



View to Mt Zeil



Stuart resting
downstream of the waterhole.

hills and creek beds and our best pace was along 2 km or so of narrow camel pad. The walking was enjoyable except where it was terrible and which of course was where we couldn't easily avoid areas of ball spinifex. If we had had more time, we could have spent more of it circumventing the big patches of it or stepping more carefully around individual plants but we had no option but to keep on a fairly direct line to the peak and to maintain a good pace. Stuart was wearing leather boots or at least I think he must have been because he was untroubled by the spinifex while I was regretting my recent conversion to shoes with woven tops. (This was prompted by two fairly recent articles in *Tandanya* (Vol.46.1 and 47.1) proclaiming the advantages of shoes over boots for bushwalking and I can only hope that its author reads this one day and feels at least a touch of remorse!)

Mt Zeil at 1531m, is Australia's highest summit west of the Great Dividing Range and from our south-eastern approach, looked quite imposing. We entered and climbed a steepening and thickly bushed gully with

scattered eucalypts and in favoured places, clusters of seemingly incongruous cycads. We then followed along the summit ridge with, to our right, Mt Zeil's spinifex-clad and gently curving northern slope while to the left, cliffs dropped steeply to the south. Both of us were familiar with several names in the summit log book and it was interesting to note that while Mt Zeil had only one or two visiting parties thirty or more years ago, around 30 parties now record their presence annually with most seeming to come as a day-walk from the western approach road. It was 16 July and we were the 10th party for 2018 and the very warm weather gave me the feeling that we would be among the last for this year. We headed back down again after an extravagant 45 minutes on the summit, unsure of the identity of two prominent peaks very distant in the west but with our thoughts soon directed to getting back to Razorback.

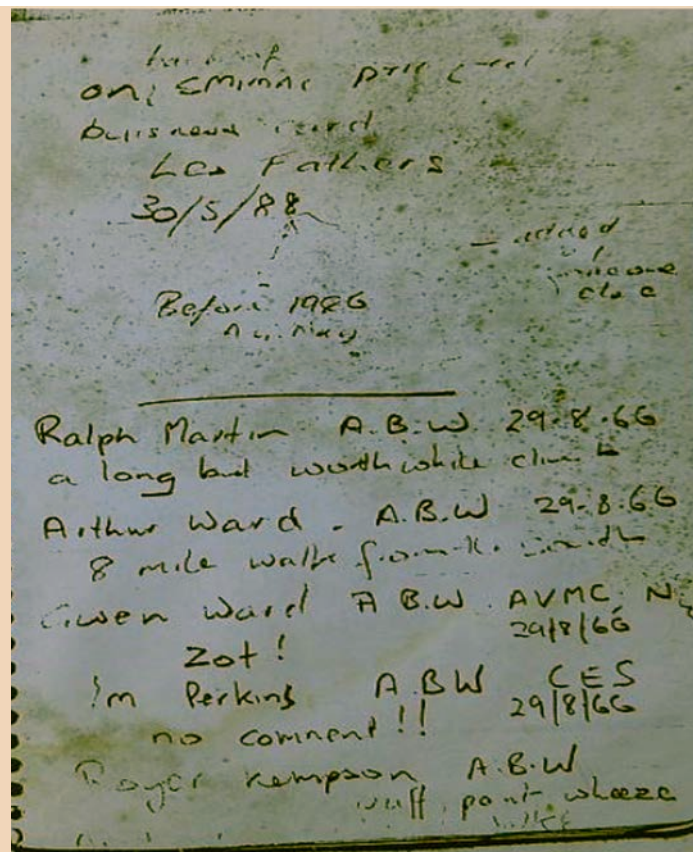
In common with my two stays on the Larapinta Trail where you are rarely more than 10 km from the road that runs south alongside the McDonnell Range, this less distinct and slightly more remote country also gave me little if any

feeling of remoteness. In fact, I think that I felt as much at home in it as I do in my local surroundings. And no drop-bear! Or perhaps it has something to do with the time my family spent 200 km NW of Redbanks in Walpiri country in the late 80s. Or maybe everyone feels the same way about it as I did. Or maybe you've just got to get a lot further away from roads. Or is it true that the middle of nowhere and the middle of everywhere is the same place?

The only disquiet I did feel during the trip was over the spread of African buffel grass in the last 30 years. Back then, the country consisted of native species that gave each other breathing space and left a seemingly random network of red sandy soil on which reptiles could warm themselves during the cooler times of day. Now it's getting more and more choked with buffel grass that crowds everything and with its dense mass of leaves, burns hot enough to kill small trees. This change is more apparent the closer you get to Redbanks (and to Alice) and the range-top views have totally changed. Whereas once you gazed out over a russet-red landscape of native grasses and soil, that is now replaced with a sea of shiny straw-coloured grass. This ongoing change must surely pose a threat to the region's biodiversity but to what extent remains to be seen.

Stuart had set waypoints on his gps during the outward-bound voyage - I must learn to do this one day - so we essentially followed our route back again and we arrived at the packs late in the day and without drama - I *really* must learn to do this one day - and soon after, stopped to camp. Again, this took place a bit earlier than we were thinking of but the tent sites were too good to pass up and there was no need for hurry.

I knew during the day that I was drinking more water than normal and had run out of it by the time we arrived back at the packs. It was while thinking about this during the that I realized that Central Australia's much lower humidity, compared with the more coastal areas (and including the Flinders Ranges), causes you to drink more water than you otherwise would on days of equivalent temperature. In fact, our



Historic 1960s ABW entries in Mt Zeil log book.



Perentie eggs.



Approaching Mt Zeil

Rob Jung on Central Australian footwear and waterholes.

I forwarded a copy of this article to Rob Jung (himself being quoted in it a couple of times) who has done several walking trips in Central Australia and he sent back some useful information on shoes and dealing with spinifex.

On footwear. I prefer shoes to boots and wear them on all my arid walks. I also wear canvas gaiters with them which in my case excludes spinifex barbs. I am careful that my shoes have none of that mesh stuff which allows spinifex to go straight through. So I am very careful in my choice of shoes, and they are those made of leather, and not with mesh or nylon breather bits. Nylon gaiters (especially cordura) are pretty ineffective in stopping the barbs as well, while canvas does stop them. The gaiters need to come down over the top of the sides of the shoes, which my carefully designed gaiters do. Nobody seems to make what I would really like - a strong shoe with a leather upper like the old desert boots, with no lining. The desert boot sides were a bit higher, but lower than a boot, which would be enough to better

keep stuff out of your shoe.

I found coating the coarse canvas at the front, right and left of the laces on Volleys with Spreadsole (a black goo) is effective in stopping the penetration of spinifex barbs. That was something I did years ago. My feet are too tender these days to attempt walking over stony ground in Volleys, unlike say David Carmichael (David and Rob were on a Mawson Plateau walk with me in 2017, MR) and I now wear leather shoes with more robust soles.

Rob also told me of a new NT Government initiative to get people and bushwalkers in particular I think, involved in a citizen science program to monitor the waterholes in central Australia over time. The idea is to eventually link their water status to rainfall and ephemeral spring behaviour. Rob has already contributed data on water conductivity and photos to the project and he gave me the active link. It is worth having a look at.

<https://outbackwaterproject.com.au>

mouths were regularly feeling dry between drinks. We were now 5 km from the rock pool of Day 1 and with no more than 0.7 l. of water apiece, we forewent dinner; Stuart contenting himself with a small snack while I made myself some concentrated milk drink.

Once again, we chatted and Stuart filled me in with more on the extensive riding that he has done in the NSW, Qld and SA outback including the Flinders Ranges. This greatly interested me and I was struck that it seemed unusual for someone from Hobart and very different from his usual walking, pack-rafting and remedial field works with Tasmania's National Parks. (And of certain interest to the club's dirt bike tourers, Stuart told me that while his gps generally logged him having a good 7 hours 'in the saddle' each day, it was rare for the satellites to record him actually *moving* for much more than 5 hours a day. I suspect that as walkers, we similarly kid ourselves about our day's walking!)

And once again and with my feet now looking like inflamed pin cushions, I spent much of that time pulling out spines and once I'd finished, put leucoplast on the top of both feet thinking that this brilliant initiative might solve the problem. Despite the pain I suffered, I feel that I should stress that I hold no bad feelings about spinifex as a genus. In fact, it was with some real feeling of affection that I parked my tent that night right next to one - one of those lovely big ones that you can harmlessly brush past while walking, maybe even bare legged with a bit of care. It was dark when I thought of taking a photograph of 'spinifex and tent' but unfortunately, forgot to remember to do so next morning until after the tent was packed.

There's nothing like necessity to get you moving in the morning and we were away at 0715 and less than 20 minutes after we awoke. Razorback's supposed gully at last and as we walked up it, I had the increasing suspicion that it was the wrong one but with Stuart well ahead of me, I could say nothing. Stuart was having the same feeling and when he finally checked his gps - yes I did have one on me but generally leave the work to others - found that the water was in the next gully over. After a rest instigated

by me to help restore my blood sugar level (I had that dreadful weakness and feeling familiar to bike riders but it was a first time for me on a bushwalk that I can recall), we set off over the ridge.

We dropped down almost directly onto the pools and stayed there for two hours to have a leisurely cook-up before heading up a spur and on to Razorback's summit. How Razorback got its name is a mystery to me because its spinifex-clothed and multiple rounded ridges suggest nothing to put you in the mind of razors. Pincushions perhaps. After a short stay, we followed a ridge down to the SW and then walked south to a major creek bed. We followed this west until fairly late and camped further downstream from a waterhole, another of those on Rob Jung's list. On the following day, we were back at the car at 1.30 pm. I can't remember taking too much notice of distances during the walk and was pleasantly surprised when researching this article to find that we had walked 30 km on the out-journey and 35 km on the more dog-legged return trip.

We spent the following day walking at Ormiston Gorge before I had to return to town where I stayed with my son's family and joined a 3-day pre-booked camping trip with carefree young, mainly overseas people, to visit the Centre's three icon destinations. Despite three earlier stays in Alice Springs, this was the first time I'd been to Uluru, Olgas and Kings Canyon and these certainly are special places and we had a lot of fun. Each day had surprisingly long drives but also had a good amount of walking. Stuart stayed on for a few more days of walking in the McDonnell Ranges before coming to Adelaide to join me in a small party to spend two weeks in the Flinders.

Oh my leucoplast remedy, I almost forget! I regret to inform you that it didn't work as intended but instead, held the spinifex spines in place so that they could even more efficaciously engage in their irritating employment. Despite that experience, I will stick with 'sandshoes' for much of my bushwalking but warn against their use in central Australia's spinifex country!

Project Description: Frequently asked questions:

How will the accommodation be eco-sensitive?

The lodges at Sandy Creek and Sanderson Bay will have:

- Off-grid power – solar panels and battery storage
- Rainwater tanks
- Natural ventilation
- Low volume/high pressure showers and low volume flush toilets
- Greywater treated on site
- Sewage removed from site
- Waste will be sorted, separated and removed from site
- Low-toxicity, natural materials.

How will environmental impacts be minimised?

- Small building footprint
- Buildings sited around natural features, preserving natural drainage and vegetation
- Prefabricated, lightweight, modular design.

Will park visitors be affected?

The AWC's eco-sensitive accommodation will be located away from the wilderness trail, and will not be visible to walkers.

There will be no impact on independent walkers, who will continue to enjoy access to the trail and associated camping facilities.

Commercial Tourism Operators (CTOs) offering services along the trail, such as guiding, baggage transfer or accommodation, will continue to operate as usual.

<https://www.naturalresources.sa.gov.au/kangarooisland/news/>

What is the lodge construction timeline?

The timeline is subject to development approvals.

Lodge access tracks

February to April 2019

Lodge construction

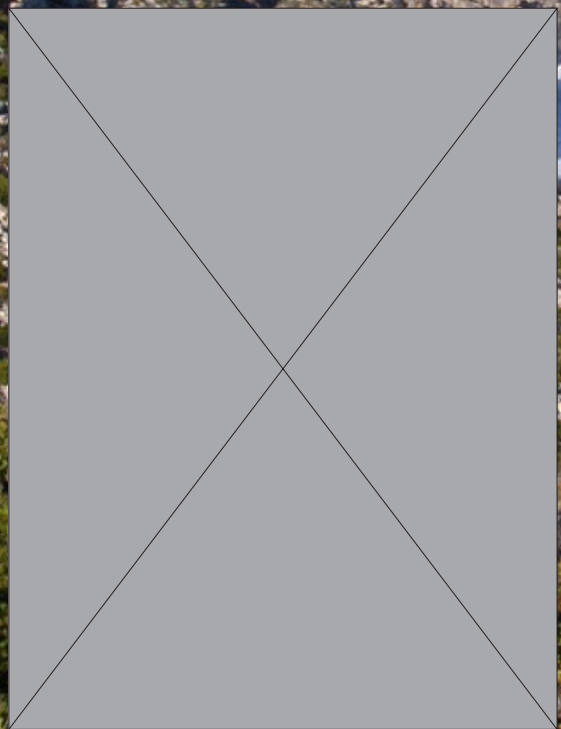
March to August 2019

Cape du Couedic cottage renovations April to June 2019

Open for business

Bookings from January 2019 Walks departing from late 2019

[kiwt-eco-sensitive-accommodation-proposal.pdf](#)



Flinders Chase Huts Proposal

by Bruce Marquis

Here is some information about the proposed development
on the Natural Resources KI website



Proposal For Two Private Luxury Accommodation Villages In Flinders Chase National Park

by John Bartlett

Members have probably read or heard about a proposal by Australian Walking Company (AWC) to build two private luxury accommodation villages in Flinders Chase National Park at Sandy Beach and Sanderson Bay. AWC already has walks available at 12 Apostles, Cradle Mountain, Bay of Fires, Tasman Peninsula (3 Capes Walk) and Bruny Island.

This company already has the approval of the SA Government to build four tent-style accommodation facilities on the Kangaroo Island Wilderness Trail (KIWT), and now they want to build these 2 villages. Surely the initial approved application amounts to enough further intrusion on the park.

I led an ABW walk along the KIWT in April 2017, and quite a few other members have also done this superb walk. Anyone at all familiar with KI, and with Flinders Chase in particular will appreciate the sensitive environment of the place, and would deplore any commercial exploitation of the park.

It is my understanding that the AWC proposal involves the following:

- * each village has 10 buildings, plus water tanks, lookouts and connecting paths.
- * one village is located near the KIWT, and the other, Sandy Beach, 3km from the trail.
- * they are likely to be conspicuously placed on pristine coastal sites overlooking wild and remote beaches.
- * an additional 3km of road will be bulldozed through native vegetation to service them.
- * they require up to an additional cleared walking track to connect them to the KIWT



The artist impression on the Natural Resources KI website showing what the Sandy Creek lodge would look like.
<https://www.theislanderonline.com.au/story/5861044/luxury-lodge-proposal-for-flinders-chase-generates-debate/>

The original now approved modest proposal for "tent -style eco-accommodation has blown out to something much larger, and the new proposal for the villages does not comply with the Park's own Management Plan.

We, the people of South Australia, and we bush walkers in particular must be against development in Flinders Chase NP that will further destroy its pristine nature (or any other National Park for that matter).

Therefore, members are urged to take what steps they can to help stop the SA Government through the Planning Commission from approving, or reversing an approval, for the two village development as outlined above. Various friends groups and KI residents have already voiced their concerns over the proposed development, so we ABW members should do likewise.

I have already sent letters of protest by email to the Premier Steven Marshall and Minister for the Environment David Speirs.



2018 Photo Competition winner Trevor Jones
EXTREME: Wading in the Salisbury River, Vanishing
Falls walk