

5 Essentials

for a fun family bushwalk!

1



Do your research - and take a map!

Tell someone where you are going before you leave. Pre-check that the bushwalk is family-friendly. Print out & carry a map with you - and always stick to the trail so you can't get lost!

2



Guard against the elements

Wear or carry hats, sunscreen, a small first aid kit (or band aids), and insect repellent for everyone

3



Wear comfortable clothes

Sneakers are fine. Wear long pants to protect against spiky native plants. Carry light jackets for everyone in case of a cool change - & keep clean changes of clothes & shoes in the car for later!

4



Take water and snacks

Always carry water with you, and take along some snacks to keep the troops happy - trail mix, muesli bars, fruit or a sandwich will help to keep the kids fuelled up!

5



Don't over-do it!

Take it easy and don't push the kids too hard. Make bushwalking an enjoyable family experience for all by keeping the pace & length well-within everyone's abilities. That way, they'll want to do it again and again - have fun!