



FOOTNOTES

Club Newsletter of Bushwalkers of Southern Queensland Inc.

FROM THE OUTINGS SECRETARY

New task for leaders

New health directives will require the Club to create electronic records of attendance at activities (mainly walks and meetings) within 24 hours.

The system to be used for this is currently being worked on. However, as far as walks are concerned, we will keep with paper nomination forms before and during outings. There are several reasons for this, not the least being the unavailability of internet access at many starting locations for walks. The information in the forms will be transferred to the electronic system later.

What will change for leaders is that they will need to advise the Club of attendances on walks within a day of getting home again – preferably the same evening. This should be to the Club Gmail. This could be by sending a scan of the nomination sheet, or just a typed list. In the case of existing members, just the names will do, as other details can be obtained from membership records. HOWEVER, if there are any visitors, their addresses, contact phone numbers (preferably mobile) and e-mail addresses (if any) will need to be provided. If you don't have email, the information can be phoned to a committee member.

Thanks,
Neil Douglas

First Aid Matters- February 2021 Update

These two articles have been recently updated. First aid Kit contents was updated with greater emphasis on individual use in mind because of social distancing reasons. It is recommended to further divide your first aid kit into pre-prepared mini kits to improve the efficiency of the treatments during potentially life threatening situations. First aid kits now need to adapt to the “new normal” and include infection control equipment to minimise the risk of infection.

First Aid Kit: contents should be determined by the injuries you would expect in the environment you are travelling through eg NZ does not have snakes so no need for bulky snake bite bandages. Variation in contents due to type of walk and location e.g. city walk, day walk in remote, through walk, overseas walk, camping, and car travel. First Aid Kit should not be based on weight but rather utility e.g. Current best practice for snake bite treatment requires 2 elastic bandages. These are bulky and weigh more than crepe bandages. Contents are recommended to be organised into specific mini packs eg snake bite pack, wound pack and trauma(bleeding) pack. This level of preparation will minimise delays in providing first aid in life threatening situations.

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Committee Member John Marshall 5498 6780

Brenda Keough [REDACTED]

MEMBERSHIP FEES

Ordinary Membership \$35.00 p.a.

Current cover for financial members – Public Liability insurance under the BA group insurance scheme is \$20 million.

Executive committee meetings for 2021:

Last Tuesday of February, April, June, August, September, November.

Membership Register: Changed your contact details? Please advise Graham Englart at grahamenglart@hotmail.com, 0458 165 558

E-Comms: To register for regular email updates on the walks program or other club news, send an email request to bushwalksq@gmail.com. Please put E-Comms in the subject line. To be removed from the group, put "Opt Out" in the subject line.

CAMPING PERMITS: You need to make your own campsite bookings with the QPWS if camping in a Queensland national park on a club activity. First confer with your leader, then contact the following to book and pay by credit card:

1. Contact the QPWS on **13 74 68**
2. Or visit the website at: <https://www.qld.gov.au/recreation/activities/camping/bookings>
3. You can book online or check the website to find an office where over-counter bookings can be made.

IF A WALKING TRIP IS DELAYED

Occasionally trips are delayed due to unforeseen circumstances. Whom should the leader in the field contact back in Brisbane? If friends or relatives of walkers are concerned about the delayed return, whom might they contact in the club to inquire about what has happened? The contact should be with any member of the BOSQ Management Committee listed opposite. Move down the list until you find someone at home.

Before leaving on a BOSQ outing, walkers should tell a family member or friend where they are going and give them a copy of Footnotes or a copy of the phone numbers of the Committee members. Leaders should also carry a list of contact numbers with them on the walk.

In an emergency, life threatening or serious injury situation, or one that requires a search and rescue, contact the Police on 000 (or 112 on extended mobile network). If the party is overdue but otherwise safe, the leader should attempt to contact BOSQ committee members who can advise family members from club records.

Escalate if necessary, to put the bushwalkers' search and rescue group FMR on standby. Their contact list is on the website: <http://fmrqld.bwq.org.au/contact.html>.

If overdue more than 24 hours, the Police should be notified. More search and rescue information at: <http://fmrqld.bwq.org.au/overdue.html>

Insurance cover

Insurance for BOSQ members is arranged through the peak body of Australian bushwalking federations, Bushwalking Australia Inc (BA). There is coverage for both Public Liability and Personal Accident. Club members and visitors are insured while participating in all activities conducted by BOSQ, including survey trips, meetings, social events and travelling to and from club activities.

The policies can be viewed and downloaded at <http://bushwalkingaustralia.org/insurance>.

Personal Locator Beacons (PLBs)

The club owns two PLBs. Walk leaders are encouraged to take one on their walks, especially off-track walks, extended trips or survey walks.

The holders of the PLBs are Neil Douglas 3349 1949 or 0427 138 871 and Heather Buchanan 3814 2556 or 0432 123 025.

There is no charge to club walk leaders who borrow these PLBs.

BOSQ Inc. ... Walks Programme

Walk Gradings

Distance	Terrain	Fitness
S - 1 to 10 km	1 to 3 - Graded track or open terrain. No scrub	1 to 3 - Easy. Suitable for beginners
M - 10 to 15 km		
L - 15 to 20 km	4 to 7 - Off track. Minor scrub, rainforest, rock scrambling, creek rock-hopping	4 to 7 - Medium. Reasonable fitness required
X - Over 20 km	8 to 9 - Off track. Thick scrub, major rocks, scrambling using hands, technical climb	8 to 9 - Hard. Fit walkers only

Activity Type

Graded Track Walk GTW Day Walk DW
Through-walk TW Base-Camp, self-sufficient BC
Base-Camp, accommodated ACC Social SOC
Safety & Training S&T Federation FED
Federation Mountain Rescue FMR

Petrol/Money Contribution

Current Suggested Rate when car-pooling is:
10c per km

BC Friday 19 February - Sunday 21 February

**The Settlement Camping Area
Carricks Road, Springbrook
Springbrook National Park**

Leader: Lynne Skaines
Contact: [REDACTED]

This camp, apart from the fact it is in a NP of wonderful natural beauty, is to facilitate a weekend of great walking without a heap of travelling up and down the mountain roads. The walks can also be done as day walks.

The grassed camping area has 11 sites suitable for tents, camper trailers and campervans. Not suitable for caravans. There are non-flush toilets but no showers, drinking water, cooking shelter and free electric BBQ. No campfires or generators allowed, and rubbish must be taken out. Cost - \$6.75 per person per night. Booking either on-line or by phone is compulsory. For

further information:

www.parks.des.qld.gov.au/parks/springbrook

Walks Program February – March 2021

Social Dinner Tuesday 16 February 2021

Venue: Ribs and Rumps, 5/55 Railway Terrace, Milton
Organiser: Neil Douglas (tel: 3349 1949)
Nominate by 15 February
Meet: 6.45 p.m. outside restaurant
Parking: Try your luck in side streets around Park Road, Milton
Public transport: Couldn't be easier – the restaurant is in the Milton Station complex: trains every 15 minutes, even at night

This is a new venue for the club and has spacious seating. Entrees \$15-19, steaks \$24-50, burgers \$17-22, non-steak mains \$23-32.

DW Saturday 20 February Cream Track (Springbrook - Tallebudgera)

Grade: M 4 5
Leader: Lynne Skaines
Contact: [REDACTED]
Meet: [REDACTED]

(if you require carpooling, please advise and I will endeavor to facilitate)

Water: min 2 litres

The Cream Track was a bridle trail constructed early last century as a shortcut to take cream from Upper Springbrook down to the dairies on the South Coast. After World War II it fell into disuse but in recent years has been resurrected as a walking route partly with the involvement of Gold Coast City Council.

We will commence with the steep descent through rainforest on a well formed and signed walking track and sometimes on an old road. In the valley, lovely Tallebudgera

Creek will be our morning tea or an early lunch stop depending on our walking pace and number of scenery-viewing stops along the way. After our break we will commence the long ascent retracing our steps to Goomoolahra where we will take the short walk to view the Falls. Walking poles are recommended for those needing them on the descent.

DW Sunday 21 February 2021 Twin Falls Circuit

Grade: S 3 3
Leader: Lynne Skaines
Contact: [REDACTED]
Meet: [REDACTED]

Water: min 2 litres

This is an easy graded track walk of 4kms often overlooked in favour of the longer Warrie Circuit. It has Falls and rainforest scenery and expansive views. We will return to the picnic area, where there are toilet facilities, for morning tea before driving to The Settlement Day use area to begin a second walk.....

Purlingbrook Falls and Warringa Pool

Grade: S 3 3

This is a walk of 6km providing wonderful views of the spectacular 106m drop of Purlingbrook Falls. Initially the walk takes us along the escarpment then descends via lots of stairs to the valley and the out-and-back track to Warringa Pool a favourite swimming hole. On return we will cross a brilliantly engineered bridge at the base of the Falls before beginning the ascent on a well graded track. Lunch will be taken at the day use area where there are picnic tables and toilet facilities.

DW Saturday 27 February 2021 GTW Mt Hobwee Circuit

Grade: L 3 4
Leader: Heather Buchanan

Contact: 3814 2556(can leave message),
mob day of walk only 0432 123025
Meet: 7:45am top carpark Binna Burra OF
7:00am Canungra if transport required.
Please advise where you'll meet.
Water: 2.5L min
Map: Lamington track map

At the time of writing, the Mt Hobwee Crct is still closed but I'm optimistic that the situation will change by late Feb. The rangers are slowly re-opening the tracks in Lamington NP. At a distance of approx. 18.5klms (some maps say 20klms), you'll get the chance to really stretch your legs on this walk. The beautiful cool rainforests of Lamington are the perfect place to escape the summer heat. There are no views from the summit of Mt Hobwee anymore but there are several lookouts along the way with great views down into NSW. Being in the wet season, be prepared for mud, leeches, and maybe wet weather. Also, as it's a fairly long walk, some extra energy snacks may be useful. Please advise where you'll meet when nominating, and please nominate by Thursday 25 Feb.

****Advance notice****

BC Friday 5 March - Monday 8 March 2021 Woody Head Campground Bundjalung National Park Iluka, North Coast New South Wales

Leader: Lynne Skaines
Contact: [REDACTED]

A wonderful opportunity to "get away from it all" and relax in this beautiful setting on the ocean front. Lots of tent/camper trailer/caravan sites in grassed surrounds with great facilities. There are also cabins sleeping up to 6 people.

Directions - take the Iluka Road turnoff 72km south of Ballina on the Pacific Highway and follow the signs to Bundjalung/Woody Head. NB There is an earlier turnoff on the highway to a remote campground (Black Rocks) also in the National Park - please ignore as there is no vehicle access between the two sites. Facilities - drinking water on tap, hot showers (\$1 for 4 mins), picnic tables, BBQs. Dine out opportunities in nearby Iluka.

Costs - tent/camper trailer/caravan sites \$34 per night for 2 people. A tent site will accommodate 2 x 1-3 person tents. Sites are unpowered with generators not allowed.

- cabins are available. Provide own linen/sleeping bag, towel. Check website for details/costs.

- vehicle access to NSW National Parks \$8 per day or the appropriate pass which can be purchased on-line.

Walking - there are a number of walks taking in the beaches, wave cut rock platforms and waterways, Iluka Bluff, Iluka Nature Reserve in the immediate vicinity with nothing too strenuous. Lots of bird and marine life. Calm water ocean swimming beach adjoins campground.

For further information:

www.nationalparks.nsw.gov.au

For booking/information:

Phone 1300 072 757 or

www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/woody-head-campground

Tuesday 9 March 2021

Meeting at 7.30pm

**Little Kings Hall, Cnr O'Keefe & Carl streets,
Buranda**

CovidSafe supper will be provided

****Advance notice****

**Mini-EXT 21/25 March 2021
NSW Central Coast**

Leader: Neil Douglas

Tel: 3349 1949

Nominations are open for a short extended outing in the Gosford area between Sydney and Newcastle using trains and buses to get around. Accommodation will be in the Hotel Gosford near Gosford Railway Station. This will be identical to the outing that was going to be held at a similar time last year but had to be cancelled because of the coronavirus.

The proposed format is:

21/3: Travel to Gosford.

22/3 to 24/3: 3 daywalks, with the order being weather-dependent:

- Bouddi Coastal Track, Bouddi National Park
- Fernleigh Rail Trail (Hamilton to Belmont)
- Section of Great North Walk between Patonga and Wondabyne.

25/3: Travel home.

All walks are mostly through bushland. The Fernleigh Rail Trail is unlike any other rail trail in Australia as it is almost entirely through thick bush; one section goes through a swamp with palms.

Main options for travel to Gosford are:

(1) Direct rail from Brisbane (but note 4.55 a.m. departure).

(2) Fly to Sydney, train (or cheaper bus/train) to city, train city to Gosford.

(3) Fly to Newcastle, bus to Hamilton, train Hamilton to Gosford.

Note that this outing could be cancelled at short notice if Greater Sydney is a declared COVID hotspot at the time.

Further trip reports

DW Saturday 16 January 2021 Lower Ballunju Falls

This walk at Binna Burra was a substitute for West Canungra Creek at Green Mountains which track remains closed following heavy rains in December. Unfortunately, it was not well supported but 4 of us completed this scenic walk which took us to the base of spectacular Ballunju Falls. The Falls were a wonderful sight after the rains, and it was great to see Nixon Creek flowing again. Many thanks to Heather B, Brenda K and Anita F for supporting the walk and making a fun and laughter filled day.
Lynne Skaines

DW Saturday 23 January 2021 D'Aguilar Range

Wow! Eighteen keen walkers arrived nice and early for a summer's day of bushwalking. New faces and familiar faces gathered in the customary welcoming circle for introductions. We set out on the Araucaria Trail and wound our way along the forested shores of the picturesque reservoir. Built in 1866, Enoggera Reservoir is the oldest reservoir in Brisbane. At full supply, the dam holds back 4,567 million litres of water. Hoop pines, bunya pines, silky oaks, various eucalypt and other tree species were identified by walkers. Butterflies, including the Blue Tiger were

sighted along with lace monitors, water birds and the sounds of bell miners. The track loops back around one of the reservoir's peninsulas and returned us to the Info Centre. After organizing the carpooling, we set off up the mountain to the start of the second walk.

Some walkers enjoyed a snack before setting out on the Egernia Circuit and the Thylogale walking tracks. The circuit walk is through tall open eucalypt woodland and subtropical rainforest. Each year the bark on the eucalyptus dies and sheds or decorticates. Long strips of bark are abundant in summer and could be seen everywhere.

The next four kilometers, from Jolly's Lookout to Boombana winds through a range of forest types, with the delightful accompaniment of native birdsong. The scenery changes from large tallwoodlands, stringybarks and bloodwoods to wet sclerophyll forest of Sydney blue gums, brush-box and casuarinas. Blue quondong fruit were strewn across the path, a favourite food of the Wompoo fruit dove. The drop in temperature was refreshing as we entered the lush rainforest. The canopy consisted of huge strangler figs, hoop pines, lacebark trees and palms.

After a long wait (for some), we stopped for morning tea and a rest. Then some walkers did the short Pitta Circuit while others decided to stay put and rest awhile. Along the way we saw some feral pig damage. There were informative signs about the local flora and fauna. Palms, climbing ferns and vines, orchids and other epiphytes featured. We gazed upon the magnificent three hundred year old strangler fig tree with its spreading buttress roots.

Some interesting facts: Ficus fruit (which house the flower) have a minute hole for a tiny female gall wasp to enter. On entering, she loses her wings but still pollinates the flower within the fruit. Then she lays her eggs and dies. The male hatches first and the male wasps help the females out of their eggs so they can mate with them. Their last act is to chew a small hole in the fruit to allow the pollen-covered females to escape. The males then die. The females must fly straight to another fig tree with ripe fruit where the process starts all over again. What bizarre circumstances this tree has from pollination to adult.

We regrouped and returned to our starting point along the same track. Lunch was enjoyed at Jolly's Lookout where there were several vacant shaded picnic tables. We were surprised and spoilt with an absence of crowds, a restorative cooling breeze and fairly clear views across the panorama toward the city, up to the Glass House Mountains and to Moreton Bay. The lookout is named after Brisbane's first mayor, William Jolly.

Many thanks go to my support crew and my fellow walkers for looking out for one another, sharing information and the opportunity of another day in the bush.

Brenda



DW Tuesday 26 January 2021 Brisbane River by Foot and Ferry

We met at the UQ Ferry terminal to catch the ferry "Gootcha" to start this adventure with two more joining at Milton. After introductions all round, we proceeded on the "walking part" of the trip via the new Queens Wharf section and a shady spot in the Botanic Gardens for morning tea. It was starting to get hotter as we meandered along the River Walkway where a successful search was instigated for an old lime kiln in the New Farm section. Photo ops and frequent stops at the shade shelters (and the worry I'd lost one of the group to the dancing Hare Krishna's In New Farm Park.....) and we were at the Tenerffe Ferry Terminal, with only a short wait to find the same ferry "Gootcha" arriving to take us to NorthShore Hamilton and lunch. The ferry "Gilwunpa" transported us back to our starting point at UQ St Lucia. It was approx. 15km of walking on a warm summer morning, with suggestions made that it would also make a good winter walk.

Thanks to Graham E, Sandra E, Helen S, Chris T, Judy W and her friends Glen and Jennifer M, Sandra S, Clive D and Lyn H for joining me.
Desley



Preparing to catch the ferry at UQ St Lucia.



The lime kiln from the New Farm section of the Riverwalk.

DW Saturday 6 February 2021 Coomera Falls Lookout and Caves Circuit

On arrival at Canungra we found a lot of the parking spaces already occupied. Carpooling was sorted and we headed up the mountain to Binna Burra. Parking spaces here were rapidly filling too.

Just before eight, we entered the moist and misty forest. The fresh air was perfect for bushwalking. Care had to be taken with the slippery surfaces and sludgy bits. There were no blood sucking leeches, most unusual and their absence a little worrying. The display of fungi was colourful and varied in shape, size and location. The Geastrales, Earthstar was of particular interest and beauty. Christmas orchids were still in bloom.

The many waterfalls did not disappoint. Their white water thundered down the cliff faces and into the gorge

at great speed. The Lamington spiny blue crayfish sought the safer environment of the track which it was reluctant to share. We decided to walk as far as the first creek crossing. The section between the Lookout and this crossing is exceptionally pretty and dramatic. Some descriptors mentioned were spectacular and gorgeous. The water level in the creek was high enough to be over some of the rock crossing. We retreated to a scenic spot near the Coomera Falls for some morning tea.

We all shared the various roles throughout the walk such as leading, tail end Charlie and looking out for one another. There were a lot of walkers on the track as we retraced our steps back to the picnic ground. By this hour the parking spaces were full and the spillover parked wherever they could. After our lunch break, we began the Caves Circuit from the Information Centre.

It was not long before we were treated to fabulous views across the Darlington Range, to the rhyolite cliff line and then down into the Coomera Valley. One could hear the roar of the river below. Our respects were paid to Robert Collins and Romeo Lahey as we passed the memorial seat. We are forever grateful to these two men, for their foresight and their legacy that so many can enjoy.

A feral bee colony, in the base of a burnt eucalypt, was seen happily and hurriedly going about their business. As we passed into Kweebani Cave, we observed the abundant wasp nests hanging above us and the flurry of activity; also noted an unusual smell at this sight. Large red cedar trees were admired, and threatening crops of emerging stinging trees were carefully avoided. The weeds are prolific; their growth in the past two months, phenomenal.

Refreshments were enjoyed at a local café before the journey home. Sadly, one of our esteemed members endured a flat tyre just out of Canungra. It was lovely of some concerned and caring folk to pull up. The day had gone really well except for this hiccup. Thanks to those who supported the walk and the day can be summed up in the descriptive words of another esteemed walker, *"the day was relaxed, happy and interesting"*.



A selection of fungi from the day

Other Reports

(Continued from Page 1)

Essential: Covid requirements and universal precautions-surgical masks, hand sanitizer, gloves and small plastic bags (used to store infected dressings). Gloves are used to prevent contact with body fluids/ infected surfaces from the casualty and to cover your own hands if you have wounds/discharges on your hands- this is universally applied to all body fluids. It is assumed all body fluids are potentially infective hence universal

- 2 Setopress/ Aeroform/Smart bandages (\$15.00 / \$8.00 each) (for pressure immobilisation technique and compression for soft tissue injury).
- Small scissors (for dressings, tape, cutting clothes, general cutting)

- splinter remover(for effective removal of splinters and piercing irrigation bags)
- tweezers-fine pointed(for ticks and removing foreign bodies from a wound)
- cigarette lighter (to sterilise instruments, start a fire)
- alcohol swabs(for sterilizing instruments)
- 2 -3 triangular bandages and safety pin (for multipurpose use- bandaging, slings , wounds)
- band aids (for small wounds)
- sterile dressings (miscellaneous dressings and *Melonin*)
- combine dressings (stop bleeding, cover wounds)
- sports tape(can be bound around hiking pole) (good to prevent blisters, secure dressings)
- *Trekkers wool* (hot spots , pre blister)
- Emergency blanket(protect from exposure, keep warm, reflection for rescue)
- Face shield (for CPR- infection control doing CPR) or pocket mask with one way valve
- Pen and paper(documentation of the incident)
- Used credit card, (for bee sting, leech removal). An alternative is any sharp edge e.g. knife , fingernail)
- Potable water (for wound cleansing and irrigation of the wound.)
- Wax strips/plaster for removing Stinging Tree threads from skin

Optional extras:

- Sterile saline ampoules (wound cleansing) are an alternative.
- Thermometer(diagnosing hypothermia , hyperthermia, fever)
- *Micropore* tape (a papery type of tape)(securing a dressing)
- Laminated First aid instruction booklet(up to date)

Medication used in bushwalking.

Depends on type of walk- day or extended?

Check Expiry date, store in cool place, medication names and expiry dates to remain visible if cutting a small quantity of tablets from blister pack.

All below are over the counter medication except Epi Pen, Stemetil, Maxolon and Codeine based painkillers.

Sharing of medications is not advised but if this happens please check the medication name, potential allergies and expiry date before accepting someone else's medication.

Personal Medication- used for treatment of pre-existing conditions. Add these to your medication pack.

Problems that may require medication	Medication used
Pain/swelling/inflammation.	Hedanol (<i>Paracetamol</i>), Advil (<i>Ibuprofen</i>), Dispirin (<i>Aspirin</i>), Combination <i>Paracetamol and Ibuprofen</i> , Codeine based medication (Panadeine, Nurofen plus, Mersyndal) are now prescription only.
Diarrhoea	Gastro-Stop / Lomitil
Nausea/vomiting/motion sickness	Maxolon, Stemetil (Stemazine), Travel Calm
Wound	Clean potable water, sterile saline wash,
Breathlessness/asthma/ anaphylaxis	Take own Ventolin inhaler and spacer or alternative puffer. Settle down a coughing spasm with Ventolin.
Indigestion/ cramps	<i>Antacid</i> tabs, Buscopan for cramps
Dehydration	<i>Hydrolite</i> sachets, salt, Sports drink, water
Unsterile water	<i>Aquatabs or Micropur Forte</i> (chlorine). 1 tab per litre of water for 30 mins.
Heart attack/angina	<i>Aspirin</i> 300mg chewable tablet (Dispirin), Take own <i>Anginine</i> for angina.
Anaphylaxis/allergy- Stinging Tree, stings and bites, food, meds, Betadine etc.	Older Antihistamines still used such as Phenergan 10mg/25mg(drowsiness) Polaramine, Benadryl, Restavit(<i>Doxylamine</i>) Second generation antihistamines are non-sedating e.g. Zyrtec(<i>Cetirizine</i>) and Claritin(<i>Loratadine</i>)and <i>Telfast</i> Epinephrine injection(Epi Pen) adult/child
Tick bite	<i>Lyclear</i> (permethrin) ointment for smaller ticks. <i>Tick Off</i> ether spray for larger ticks
Hypoglycaemia (give 20g of glucose)	4g glucose tablets by <i>True Plus</i> (Amcal chemist)
Pre-existing conditions.	Add an emergency supply to first aid kit

Reviewed, T. Bor, S&T, BOSQ, 13/11/20.



FOOTNOTES
Bushwalkers of Southern Queensland
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