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Bushwalk Skills – Overnight Course

Course Overview

The Bushwalk Skills – Overnight course prepares participants with the practical skills and knowledge required to safely participate in an overnight bushwalk in South Australia. The course combines a 3-hour pre-course workshop with a supervised weekend overnight field walk.

Delivery format:

- • 3-hour pre-course online workshop with notes
- • 2-day / 1-night field experience

Course Aims

- Participants will:
- • Develop confidence in overnight bushwalking
- • Learn safe trip planning and preparation
- • Build navigation and campcraft skills
- • Understand environmental and safety responsibilities

Learning Outcomes

1. Plan and prepare for an overnight bushwalk
2. Select and pack appropriate equipment
3. Walk safely as part of a group
4. Navigate using basic map and compass skills
5. Establish and manage a low-impact campsite
6. Manage food, water and hygiene
7. Demonstrate basic risk awareness and emergency response

Course Structure

1. Pre-Course Workshop (3 hours)

- Trip planning fundamentals
- Clothing systems and weather considerations
- Equipment selection and pack fitting
- Food planning and water management
- Leave No Trace principles
- Safety briefing and risk awareness

Supported by:
Government of South Australia
Office for Recreation, Sport and Racing

2. Weekend Overnight Field Walk

Day 1

- Trip briefing and safety checks
- Walking techniques and pacing
- Navigation practice
- Hazard identification
- Campsite selection and setup
- Stove use and meal preparation
- Evening reflection and review

Day 2

- Morning camp routines
- Map reading consolidation
- Environmental awareness
- Group decision-making practice
- Debrief and skills consolidation

Equipment

Equipment Provided by Walking SA

- Tent or shared shelter
- Cooking stove and fuel
- Group cooking equipment
- Navigation maps and compasses
- First aid kit (group)
- Emergency communication equipment
- Water treatment equipment (where required)

Participants to Provide

- Sleeping bag
- All personal food for the duration of the walk
- Personal clothing suitable for conditions
- Backpack suitable for overnight use (can be hired)
- Personal water bottles or hydration system
- Personal medications (if required)
- Personal hygiene items
- Torch or headlamp (mandatory)

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Assessment and Participation

This course is skills-based and focuses on participation and practical demonstration. Instructors provide ongoing feedback throughout the workshop and field experience.

A Certificate of Participation is provided for those who successfully complete the program.

2026 Dates

Bushwalk Skills Overnight

3 hour workshop then weekend walk

Course #1 , 2 Jun, 13 Jun & 14 Jun 2026	$450.00 (Concession $425.00)
Course #2 , 4 Aug, 15 Aug & 16 Aug 2026	$450.00 (Concession $425.00)
Course #3 , 15 Sep, 26 Sep & 27 Sep 2026	$450.00 (Concession $425.00)

Ready to start?

Fill in the Walking SA Education Application form and return it to education@walkingsa.org.au

Questions? Contact us at education@walkingsa.org.au or office@walkingsa.org.au

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