

Smartphones and mobile devices

- Carry mobile telephones, preferably smartphones. Note, however, that there is no mobile telephone reception in about 30% of the Leeuwin-Naturaliste National Park.
- Ensure your mobile is fully charged before you start.
- Check that the emergency numbers listed on this book's inside back cover are still valid.
- Download the free Emergency+ app to all smartphones. This app lets you phone appropriate Australian emergency numbers and displays your position information, ready for you to relay to the relevant emergency service.
- Download the free first-aid app from <http://www.redcross.org.au/first-aid-app.aspx> . Retain enough battery storage on your phone to allow you to refer to that app if you need to during your walk, and check you have the current version of the app.
- Download a suitable SatNav app that has UTM (Universal Transverse Mercator) coördinate readout. Use that readout to find your position on the maps in this book. The Emergency+ app does not give UTM coördinates, only latitude and longitude.
- Download the Google Maps app, and in advance upload maps of all the areas in which you will walk. These offline maps allow you to view and navigate in those areas where you have no mobile phone reception. Search the Internet to find out how to save such offline maps. You can then view your position along the Track even when you have no mobile reception.
- Also download the Google Earth app. Then use your phone's Internet Browser to open the .kml files from our website http://capetocapepublishing.com.au/CTC/CTC_guide_8.htm. Opening these files in Google Earth will superimpose on the maps the various tracks and side-tracks described in this book, and will show your position on those maps. We keep our .kml files as current as possible. Beware, Google Earth will not work on your smartphone in areas with no mobile reception.
- Beware that the built-in Track alignments in Google Maps and most Digital Track guides will present you with wrong or obsolete alignments for sections of the Track.
- Many new mobile-telephony towers only have 4G transmitters so a 4G-capable phone will give you more extensive coverage along the Track. For optimum coverage ensure your mobile phone is LTE-Advanced capable and can receive the following frequency bands: 700 (28), 850 (5), 900 (8), 1800 (3), 2100 (1), and 2600 (7) MHz (band number)

First-Aid

The most effective way to be prepared for accidents in the bush is to attend, and regularly up-date, a first-aid course. Also carry a first-aid kit. Other than that, it's good old common sense, and remember that prevention is much easier than cure!