



## Ravenshead U3A Hiking group

We welcome all U3A members and associate members joining our walks and offer the following advisory notes.

**Health and personal Safety.** If you are in doubt as to whether you can cope with the difficulty of a particular walk, please contact the walk leader for advice. Carry any special medication with you and advise the walk leader at the beginning of the walk of any concern regarding your health or diet.

Always remember to have your emergency medical contact details with you and an emergency contact number to give to the leader.

**Equipment.** We recommend that you take suitable footwear, waterproof clothing, hiking stick(s) if you wish, water and snacks.

**Transport.** It is hoped that members who are able, will be willing to join in car sharing, to reduce transport costs. (See separate information sheet).

It is recommended that costs be calculated on total miles travelled at 40p per mile, plus any parking charges. The total cost is divided equally between all occupants of the car and paid to the driver.

Please remember to have a bag with you when placing boots in someone else's car.

Have your travel concession card with you if you have one. This may be useful when on linear walks.

**Food.** Bringing your own food or eating at Pubs or restaurants, will depend upon the nature of individual walks. This will be announced well in advance of the walk. It's always advisable to carry some food and drink with you in case a convenient place to eat is not available. When visiting a pub, removing boots or covering them with plastic bags should always be considered depending on the situation.

**Dogs.** It is not permissible to bring dogs with you.

**Walking as a group.** We recommend walking together as a group. There will be someone designated as a “back marker” to ensure that no one is left behind. Please let the walk leader know if you intend leaving the group (even for a comfort stop). In the event of an emergency, the walk leader should be consulted, and alternative plans agreed.

**Enjoy the countryside.** We are sure you will be respectful of our surroundings when walking the countryside. We hope you will enjoy your time with the Hikers Group