



## Hikers Group

Name

Membership Number

### Contact details:

Address:

Post code

Home Phone

Mobile

Emergency Contact Name

Phone

Are you a regular walker? Yes/No

Preferred Walk length	Up to 3 miles?	1/1.5 hours?
	3-5 miles?	2.5 hours?
	5-8 miles?	4 hours?
	8-12miles?	5 hours +?

Location for walking preferences	Within 10 miles of Ravenshead?
	Notts/Derbys/Lincolnshire?

Possible frequency of attending walks 1 or 2 per month?

Share transport? Yes/no

Require transport? Yes/No

Prepared to lead a walk (with or without help)? Yes/No

### Essential Kit

### Optional

Walking boots or shoes	Extendable walking pole(s)
Waterproof jacket and trousers	Complete change of clothes
Carrier bags or boot covers	Dry sack
Small first aid kit	Bus pass for use on linear walks
ICE (In Case of Emergency) details inc. contact name and number, GP, allergies , relevant medication details, etc.	
Relevant medication	
Water and energy bar or similar	

### Disclaimer:

*Ravenshead u3a reminds every walker who joins the group, that it is their responsibility to approach outdoor activities with caution. Walking can be demanding and individual members must ensure they are fit enough to complete the planned route.*

*The u3a public Liability Insurance does not cover personal accidents occurring during a walking activity.*

Signature ..... Date .....