



Safety

There are risks associated with hillwalking. In order to minimize these risks, we ask that all club members seriously consider the information on this page. Safety starts with each club member preparing for the walk in the right way! If you have any queries in relation to the content on this page, contact the [Training and Safety Officer](#).

Gear List

Essential Gear List

(Without which no walk)

- Waterproof outer-jacket with hood.
- Waterproof over-trousers
- Waterproof hillwalking boots (not runners and not hillwalking shoes)
- Warm gloves (preferably waterproof)
- Warm hat
- For a bottom layer wear walking trousers or tracksuit bottoms (not jeans!)
- For top layers include a fleece or a warm sweater. Bringing several thinner warm layers instead of one bulky layer is better as you have more options to add or remove layers throughout the day.
- Thick socks
- Day rucksack
- Water to drink
- A packed lunch for the day (plus some spare food in case of an emergency). High energy foods are recommended.
- First Aid Kit (to include plasters and blister pads)
- Torch (preferably a head torch)
- Bivvy Bag (survival bag)
- Whistle
- Sun Protection Cream.
- Dry Clothes to leave in the car for after the walk.

Other Useful Gear Items

- Gaiters
- For a top layer, a dri-flow top, which wicks perspiration away from your skin, is very useful.
- A flask
- A windproof fleece.
- A platypus type drinking apparatus.

Safety on the walk

Please phone the walk leader before the walk. The walk leader will explain to you the nature and difficulty level of the walk and answer any questions on the walk. For new members, be honest about your previous hill walking experience. The walk leader will be just trying to ascertain the needs of the people on the walk. If, at any stage on the walk, you feel unwell, don't suffer in silence, alert the walk leader.

Do not leave the walk without consulting the walk leader. If, for some reason, you cannot complete the walk, the walk leader will make arrangements for the walk to be cut short or for someone to accompany you back to the cars.

The walk leader will find the best places to cross streams and other obstacles so go with this and don't take unnecessary risks.

In an emergency

- The emergency signal is six blasts on the whistle or six flashes of the torch.
- To call Mountain Rescue dial 999 or 112.
- If possible get the group to a safe and sheltered place.
- Keep any casualties warm and as comfortable as possible.
- If possible, leave somebody to care for the casualty while others in the group descend to get help.