

## **General advice**

Our members and guests must ensure that the walk is suitable for their level of fitness and they are adequately equipped.

### **What to wear and bring:**

Walkers are responsible for ensuring that they provide suitable clothes and equipment for the terrain and weather conditions.

- Always walk in proper walking boots
- Wear or carry waterproof clothes including a jacket and trousers.
- In cold weather bring extra layers and a hat and gloves
- In summer you may need a sunhat, long sleeved tops and screen block.
- Use insect repellent if you are allergic to insect bites.
- Please bring hot/ cold drinks and food to eat. A bottle of water is essential, and sufficient water is needed on hot days to prevent dehydration.
- First aid, blister kits and spare socks can be useful.

## **Highway Code Guidelines and Ramblers' Countryside Code for Walkers and Leaders**

These notes are taken from The Highway Code (there is a section for pedestrians), The Ramblers' Countryside Code and based on advice from experienced walkers, walk leaders and farmers (who are also walkers).

### **Road Walking**

- Stay Safe! Think like a motorist
- Use footpath or verge if provided
- Face oncoming traffic
- Walk in single file. (Even on minor roads!)
- It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic can see you. Cross back after the bend
- Follow the leader and cross where the leader crosses-do not fan out across the road

## **Organised Walks**

- Try to keep behind the leader
- Leader and back marker should wear a fluorescent vest and/or rucksack cover - Be Safe, Be Seen
- If a vehicle is passing on a narrow lane, all walkers should move to the same side of the road (less risk of being hit by a wing mirror)
- When crossing a busy road, the leader should wait until the whole group are safely across before moving off
- Wait at a junction or fork in the track until the next walker arrives so that no-one gets lost or left behind. Alert the leader if the group is becoming too spread out.
- When walking in National Parks, try to stay on the official path, even if it is a bit muddy. Diversions can cause erosion

## **Walking on Farmland**

- Don't feed livestock or wildlife - your lunch is for human consumption only.
- If you have to climb over a gate, climb next to the hinge to avoid straining the gatepost
- If the route involves walking through a crop, walk in single file - the crop is someone's livelihood. (Hay is also a crop and difficult to harvest if it has been flattened)
- When crossing a field containing livestock, cross as a group - there is safety in numbers. Try not to separate a herd and never pass between a cow and her calf
- If you think that an animal may be ill or in distress, inform the farmer. Animals (usually sheep) trapped in fencing can sometimes be freed, but a panicking animal can be dangerous and best dealt with by professionals
- Leave gates as you find them-open or shut

## **Litter**

- Take only memories - Leave only footprints.
- Banana skins and orange peel etc. are litter! If you would not leave it in the middle of your manicured lawn, take it home and compost it!

## **Bio security**

- On returning from a walk (especially in woodland and fields with livestock), clean the mud from your boots including boots including from your boots including