

Guidelines for Walkers

Car Pooling

We encourage car pooling. Passengers pay the driver \$2 flagfall, then 10 c per km one-way. Where tolls apply, passengers contribute to the cost.

What to bring

Walking shoes or boots, raincoat, sun hat. Toilet paper & sunscreen. An extra pair of dry shoes in the car is good. Extra jumper & gloves in winter. Extra dry clothes if weather is wet.

Bring water (1 litre minimum), lunch & snacks. Extra clothing, food & water in case of emergencies.

Bring your mobile phone if you have one.

It is **your** responsibility to bring your **personal first aid kit & essential medication** (eg asthma medication).

Cancellation

At leader's discretion if:

- Temperature is forecast to be 33 degrees or above. Check with leader the night before.

Cancelled without notice if:

- Damaging winds forecast in the walk zone if it is in a forested area
- Bushfires in the vicinity of the walk
- Day of total fire ban in the walk zone if it is in a forested area

Walk & Safety Rules

Your safety is paramount to us. We have never lost a person yet and we prefer it that way!

- *Stay with the group.* If you are having trouble keeping up, tell the leader. Leaders are interested in your welfare
- No person is to leave the group without informing the leader or the whip, even for a nature call. Leave your pack on the path for a nature call.
- Stop at intersections and wait until *all* walkers reach the junction
- Each person must be able to see the person in front and behind at all times
- If you become separated, call out or blow your whistle 3 times. Listen for a response and stay where you are. Keep calling until you get a response. The group follows the procedure for "lost walker".
- The leader is in charge of all events on the day. You must report any illness or injury to the leader immediately
- Care for and respect the bush by using designated paths and take your rubbish home.