



## Hikers Group

Membership No.

Name

### Contact Details

Address

Post Code

Home Phone

Mobile

E-Mail

Emergency Contact Name

Phone

Are you a regular walker? Yes/No

Preferred walk length:

Length	Time	
Short up to 3mils	about 1.5hrs	Yes/No
Medium up to 5mils	about 2.5hrs	Yes/No
Long up to 8mils	about 4hrs	Yes/No

Location for walks:

Local [Within 10 miles of Ravenshead]	Yes/No
In Nottinghamshire, Derbyshire, Lincolnshire.	Yes/No

Other Locations (Please state)

Frequency of walks: (please tick)      Every week .....      Every two weeks.....      Once a month...

Refreshment stop preferred?      Yes/No

Can you share transport?      Yes/No

Do you need transport?      Yes/No

Would you be prepared to lead a walk [Help provided with planning]      Yes/No

### Essential kit for our Hikers:

Walking boots or shoes. Extendable Hiking Stick.

Waterproof jacket and over trousers. Spare clothes.

Carrier bags for covering muddy footwear e.g. pub/cafe visits

Day sack or similar

Small first aid kit and relevant medications.

ICE (In Case of Emergency) Id card with contact name and phone number, GP's name and address, relevant food and medication allergies.

Bus pass or concessionary pass for use on public transport e.g. linear walks

Water and energy bar or food if required

### Disclaimer:

*Ravenshead U3A reminds every walker that joins the group, that it is each individual's responsibility to approach outdoor activities, such as walking, with caution. Walking can be demanding and it is the responsibility of each individual to ensure they are fit enough to complete the distance before joining any walk. If there are any doubts a 'would be' walker should consult their General Practitioner, Doctor, or other medical advisor.*

*The U3APublic Liability insurance does not cover personal accidents occurring during a walking activity.*

Signed:

Date: