RAMBLERS

ramblers.org.uk

Information for walkers

RAMBLERS Doncaster

Things to know when joining a walk with Doncaster Ramblers.

Before the walk

- Read the walk details and select one that you'll enjoy and feel you can manage – don't overstretch yourself. Get in touch with the walk leader if you're not sure. We can tell you more about the walk and others that we lead. .
- Let us know if you need a lift or can offer to car share.
- **Check the weather** forecast before you head out and dress for the weather. Wearing layers is best. Remember that it's colder and the wind a lot stronger if we go up high, and the sun can be strong even in winter. Pay special attention to your footwear. Get in touch if you're not sure what to wear.
- Arrive in plenty of time. Let the walk leader know if your plans change and you can't make it anymore.
- Pack enough food and drink for the walk. Some extra high-energy snacks are always recommended.
- Check with us first if you'd like to bring your dog. Unfortunately, not all walks are suitable for dogs.

At the start of the walk

- If you've never walked with us before, introduce yourself to the walk leader. We'll be looking out for you!
- Tell us who to contact in case of an emergency – ask the walk leader for an In Case of Emergency (ICE) card or pop your emergency contacts in your phone Your walk leader may ask you to write it down on a sign in sheet at the start of the walk if you don't have the information in your backpack or phone (you can opt out if you prefer).
- Let the walk leader know if you have a health condition that may impact your walk, or be relevant in case of an emergency. We'll always respect your privacy.

During the walk

- Please always follow the instructions of the walk leader.
- Be aware that plans may change, as our walk leaders adapt to changing conditions on the day.
- Leave no-one behind and respect the pace of the group.
- Let us know if you're struggling at any point – we're here to help.
- Follow the **Countryside Code** (when in England and Wales) and the **Scottish Outdoor Access Code** (when in Scotland). Leave no trace.
- Be kind and considerate to other people in the group and those we meet along the way.

After the walk

- Let us know how you enjoyed the walk. We love to hear your stories and feedback!

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