

Mountain Devils Walker Guidelines.

These guidelines have been developed by The Mountain Devils Bushwalking and Social Club Inc. as a guide for walkers undertaking club walks and are derived from guidelines issued by Bushwalking NSW Inc.

PREPARING FOR THE WALK, WHAT TO BRING:

Specifics will depend on the individual requirements for the walk and should be discussed with the leader at the time of booking. Individual preferences vary however in general terms the items listed below should be considered when packing for a day walk with The Mountain Devils Bushwalking Club.

Shirt (with collar for sun protection).

Shorts or loose pants.

Comfortable walking shoes. Usually either sports shoes or walking boots. Consider bringing a spare pair if socks especially if walk involves a stream crossing.

Hat, preferably with a broad brim and a chin strap.

Sunscreen (Slip, Slop, Slap, and then Walk).

Water in a sturdy water container (as a usual guide Bushwalking NSW suggests 0.5 L per hour of walking (consider more on a hot day).

Sunglasses for sun protection and to guard against overhanging vegetation

Warm clothes if walking on a cold day or if weather change is predicted.

Lightweight thermals are a sensible choice.

Lightweight wet weather jacket.

Insect repellent.

Small torch (may be required if long walk or if late finish anticipated).

Essential medication.

Compact first aid kit.

Be aware that weather changes may be sudden, dramatic and unexpected.

Severe weather can be life threatening for the unprepared. Most people like to bring a mobile phone. Consider a waterproof bag or container for protection for your device.

PRIOR TO WALK:

1. Contact the leader within 5-7 days before the walk to book in for the activity. Deadline for booking for a walk is 2 days before the activity.

2. Understand that sometimes activities may have number restrictions due to practical issues or safety concerns. Also be aware that due to safety concerns, the minimum number of participants on a Mountain Devils walk is four(4) people including the leader. This is in accordance with long-standing procedures recommended by Bushwalking NSW.

3. Ensure that you are fit enough for the degree of difficulty of the walk. Inform the leader if you have had a recent illness or accident.

4. Arrive at the starting point on time.

5. Carry sufficient water for the conditions of the walk, as a guide 2 litres or more in hot, humid conditions.

6. Ensure you are properly equipped, referring to the list of items above in Preparing for the walk. If you are not properly equipped or inappropriately equipped the leader may not allow you to participate.

7. Ensure you complete the sign on sheet after reading the risk waiver and noting any risk warnings. If you are unsure, ask for an explanation.

8. Remember to bring a patient attitude, a sense of humour and a spirit of adventure. Our leaders are all volunteers so please remember to be patient and kind.

Many walkers choose to carry mobile phones or other devices. Consider that in some areas mobile reception may be patchy or even non-existent and plan accordingly. Make sure your phone has sufficient charge or consider carrying a suitable powerbank.

DURING THE WALK:

1. Follow the leader's instructions. Remember your leader has your welfare at heart. Be courteous, co-operative and helpful to your leader and the other walkers in the group. Follow Bushwalking NSW code
2. Generally you should not leave the walk early unless prearranged, but if it is necessary you must advise the leader and if requested sign off on the activity sign on sheet. You must accept the leader's decision to send someone with you to accompany you out.
3. Do not allow yourself to become separated from the group. If experiencing any difficulty such as pace, blisters, shortage of water, advise the leader immediately. Participants should maintain a line of sight with people in front and behind them.
4. Car-pooling is recommended. Contribute to car costs if you are a passenger in another member's vehicle.
5. It is your responsibility to allow sufficient distance between yourself and the walker in front so that you are not injured by branches flicking back.
6. Do not leave the track, if on a track walk, or fall behind the person appointed as the 'tail'. If you must leave the trail in a hurry you must drop your backpack on the trail in plain sight.

AT THE END OF THE WALK:

1. Ensure the leader is aware you have made it to the end.
2. Remember to thank the leader (most important).
3. If travelling in a car pool ensure all vehicles start before any vehicle leaves, especially if walking in a remote area.