

# CIVIL SERVICE RAMBLERS SAFETY CHECKLIST

## YOU MUST HAVE:

	RUCKSACK
	WALKING BOOTS
	RAINCOAT
	LEGGINGS
	ADEQUATE CLOTHING
	HAT
	GLOVES
	ENOUGH TO EAT AND DRINK

THE LEADER CAN REFUSE TO ALLOW YOU ON THE WALK IF YOU  
DON'T HAVE THE BASICS

## YOU SHOULD HAVE:

	TORCH
	EXTRA BATTERIES
	WHISTLE
	BIVVY BAG
	BASIC FIRST AID (AT LEAST PLASTERS AND BANDAGES)

## GOOD IDEAS

	GOOD MAP
	COMPASS
	EMERGENCY RATIONS
	A CHANGE OF LEGGINGS, SOCKS AND SHOES
	SHELTER TENT

## WALKERS RESPONSIBILITIES

- FOR YOUR OWN SAFETY, TAKE STOCK OF YOUR EQUIPMENT
- CHOOSE THE WALK MOST SUITABLE TO YOUR FITNESS LEVEL
- OBSERVE THE COUNTRY CODE, CLOSE GATES, TAKE LITTER HOME
- AWARENESS OF THE MATTERS SET OUT IN THE DISCLAIMER FORM YOU SIGNED WHEN JOINING THE CLUB – A BLANK COPY OF THIS FORM CAN BE FOUND ON THE CLUB WEB-SITE