



## Northern Ireland Civil Service Ramblers

SCRABO  
TUESDAY 4TH AUGUST 2020

Meet in car park at Scrabo Country Park at 6.30pm.  
The walk will take in the trails in the Country Park along by the quarries, up to Scrabo Tower and also around Killynether Wood.  
5 miles approx, 2+ hours.

**NB Future club walks will follow the Covid 19 guidance which can be found on the Ulster Federation of Ramblers website and which we all became familiar with recently. These precautions include:**

- .social distancing before and during walks**
- .using hand sanitiser when going over stiles or through gates**
- .avoiding touching other walkers' poles, maps etc.**
- .avoiding car sharing where possible.**

**The walk leaders reserve the right to vary the route on the day depending on prevailing weather conditions.**

Leader: Helen Mallon

**Contact number: 07\*\*\*\*\***

## CIVIL SERVICE RAMBLERS - SAFETY CHECKLIST

### YOU MAY NOT BE ALLOWED TO WALK IF YOU DON'T HAVE THESE BASICS

#### YOU MUST HAVE:

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

#### YOU SHOULD IDEALLY HAVE :

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

#### GOOD IDEA TO HAVE

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

### EACH WALKER IS RESPONSIBLE FOR :

- THEIR OWN SAFETY AND TAKING STOCK OF THEIR EQUIPMENT
- CHOOSING WALKS APPROPRIATE TO THEIR FITNESS LEVEL
- OBSERVING THE COUNTRY CODE, CLOSING GATES, TAKING LITTER HOME

- FAMILIARISING THEMSELVES WITH THE DISCLAIMER FORM SIGNED WHEN JOINING THE CLUB (A COPY OF THIS CAN BE FOUND ON THE CLUB WEB-SITE)