



Great Glen Walking Club

Responsibilities of all walkers

- i. Before the walk:-
 - Read the walk description carefully. It is your responsibility to ensure that you are sufficiently fit and appropriately equipped (see below for recommended kit). If in doubt, discuss with the leader.
 - Inform the leader discreetly of any relevant health issue.
 - ii. During the walk:-
 - Do not force the pace: the pace of the walk is that of the slowest walker. Expect the pace to be more leisurely on walks with an easier grading.
 - Do not walk in front of the leader unless invited to do so: do not lose sight of the party, and do not walk on beyond any track junction until the leader arrives.
 - If you need to lag behind for a comfort break or other purpose, inform the back marker.
 - Follow the instructions of the leader and back marker. Comments and suggestions are usually welcome, but the leader's decision is final.
 - Do not leave the group without informing the leader.
 - Be aware that a single blast on a whistle means "stop".
 - Show courtesy and consideration to fellow walkers, and respect the privacy and livelihoods of local residents.
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Equipment

The following equipment is recommended:-

- Walking boots are advised for all walks.
- Waterproof jacket and trousers, gaiters, rucksack, spare sweater, spare socks, headgear, food, drink, gloves, whistle, survival bag, walking pole, high energy food, mobile phone.
- Jeans can become saturated in wet conditions and are not recommended.
- You may also wish to consider bringing: Compass, map, torch, spare batteries, spare clothing.

If you come ill prepared or ill-suited for the expected conditions, the leader may advise you not to participate. If you choose to disregard this advice it will be at your own risk. Neither the club nor the leader can accept responsibility for the consequences.