

Information

for walkers

Things to know when joining a walk with Chelmer & Blackwater 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.
- **Check the weather** forecast before you head out and dress for the weather. Wearing layers is best. Pay special attention to your footwear. Get in touch if you're not sure what to wear.
- Arrive in plenty of time.
- Pack enough food and drink for the walk.
- The Walk Leader will have thought ahead about any unusual risks on the walk but, as adults, all walkers are responsible for their own safety.

At the start of the walk

- If you've never walked with us before, introduce yourself to the walk leader.
- 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.
- 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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