

## Walking and Hill-Climbing Policy (now with leader's pack)

The following, updated document was adopted as a Cambridge Woodcraft Folk District Policy on 15<sup>th</sup> March 2006. An electronic copy will be stored at <http://www.cambridge-woodcraft.org.uk>

- Need leader with Summer Mountain Leader's Certificate (SML) if any of following:
  - More than ½ hour away from road or refuge
  - More than 2.5 Km away from road or refuge
  - Over 600m height
- If complete covering of snow, need leader with:
  - Winter Mountain Leader's certificate (WML)
- Plan before travelling (with letter and appropriate equipment list – adequate footwear, waterproofs, warm clothing)
- Check everyone's kit before starting – can use buddies
- Minimum kit list
  - Walking boots or stout shoes
  - Waterproof jacket
  - Bottle of water
  - Warm clothing
- Limit numbers
- Adapt walk to abilities of group – pace slower than slowest person
- Eliminate people without the official kit
- Leader must reccie beforehand
- Assess risks beforehand and document them (risk assessment)
- Obtain weather forecast (adapt, cancel as appropriate)
- Obtain and read walk guides beforehand
- Use map, compass, guidebooks
- Take account of terrain
- Leave plan of route, alternative route, bail-out routes and mobile numbers with someone (including expected time of return)
- Stick to planned routes – use bail-outs if running late
- Keep communication from front to back (front may need to stop and wait – back may need to tell front to stop)
- Don't rush - wait for stragglers (and let them rest once they've caught up)
- Take fully-charged mobile phone(s) and emergency numbers
- Minimum 3 adults (2 of which signed-up members, 1 of which is the designated leader)
- Brief participants at start – cover behaviour
- Proper communication of decisions by leader
- **WHEN BACK, COMMUNICATE SAFE RETURN** (otherwise mountain rescue teams will be cross with you)
- Leader's pack should contain (all in a good rucksack):
  - Adequate weather protection for self ( waterproofs, sunhat, warm hat and gloves)
  - Spare fleece/jumper
  - Map/s – to cover the whole area to be walked (map case advisable)
  - Note of agreed route to be taken (another copy to be left with contact remaining in camp)
  - Compass
  - Whistle
  - Survival bag
  - Water – minimum 1.5 ltr
  - Hot drink – for emergencies – if possible

- Emergency food (boiled sweets/barley sugar/ glucose tablets/ mint cake/dried fruit/mars bars)
- Torch & batteries
- Spare bootlaces
- Reliable watch
- Fully-charged mobile phone
- Telephone numbers for contact remaining in camp etc
- First aid kit .. This will include: antiseptic wipes, bandage strips – assorted, elastoplast strip 3“, surgical tape 1“, steri strips, scissors, tweezers, bandage – elastic 3” bandage – crepe 3”, triangular bandage, safety pins, sterile plain gauze, non stick gauze, wound dressings, moleskin, oral airway,
- Paracetamol
- Plasters

Last updated: 19/03/2006