



Information for Trip Participants

Remember all trip organisers are volunteers. To make their job as easy as possible please respect and cooperate with their requests.

Before the trip:

- All members and visitors must be booked in with the trip organiser **prior** to the date indicated in the program.
- Ensure you and your visitors have read the trip grading and the grading descriptors in the program and have the appropriate fitness level to complete the trip safely.
- Ensure you and your visitors have the necessary clothing and equipment for the trip; discuss with the trip organiser if you are unsure.
- If you are unknown to the trip organiser they will ask you some questions about your fitness, experience and equipment. If the trip organiser does not believe you can complete the planned trip safely at this stage they will suggest a more suitable trip for you.
- To avoid the spread of soil pathogens in natural areas, ensure that all your equipment is clean from soil residues. This includes the soles of boots, tips of walking poles and tent pegs (for overnight walks)
- Leave details of the trip and the club contact with someone at home.

At the meeting place:

- Arrive early so the group can leave on time.
- Identify yourself to the trip organiser when you arrive.
- Be willing to share transport, costs and petrol money, either by driving or by travelling in another car, to reduce costs and fuel usage. Ensure you have money to contribute to petrol costs.

Travelling to the start of the trip:

- Ensure you have understood the instructions on where to meet, how to get to the meeting place and the expected arrival time.
- Wait at all turns to ensure the car behind is aware of the change in direction and preferably wait for the whole group to arrive before moving on.

On the trip:

- Follow the organiser's instructions.
- Remember it is not a race, walk at a moderate pace that is comfortable for all members of the group. If you are in front regularly check behind to see that the rest of the group is keeping up.
- If you are struggling to keep up with the group let the whip or trip organiser know the pace is too fast for you. Do not exhaust yourself by trying to walk at a pace that is too fast for comfort.
- If you are in front do not head off again after a rest stop as soon as the last person arrives – they need a rest too!
- The whip is to be the last person in the group. Do not walk behind the appointed whip.
- If you need to go off the track make sure someone, at least the whip, knows you have done so. Leave your pack on the track so it is obvious where you have gone into the bush.
- If you become separated from the group do not continue to walk unless you are absolutely certain of how to get back to a known point. Wait for the group to find you. If you have a whistle blow it 3 times at regular intervals and wait.
- Always wait at track junctions for the whole group to arrive, otherwise there is a risk of losing party members.
- Do not walk with hands in your pockets as you have no support if you fall and are likely to badly damage your face
- Respect the enjoyment of others by keeping noise to a minimum.
- Offer assistance to other party members if needed; the trip organiser does not have to do it all.
- Do not cut corners, stay on the track to minimise damage.
- If you carry it in, carry it out – take all rubbish home. Do not throw anything in to the bush; most things such as fruit peel/cores take many years to break down.
- Leave huts clean and tidy after visiting.
- Do not put any food wastes or detergents into waterways.
- Bury faecal waste at least 15cm deep and at least 100m from a waterway.
- Do not feed animals.

Thank the trip organiser at the end of the trip!