



## **Maynooth Hillwalking Club**

### **Visitors' rules**

Welcome to Maynooth Hillwalking Club. Please ensure that you follow these simple rules to ensure that you enjoy a safe walk.

1. You must wear the right gear:
  - 1.1. Several layers of clothes, fleeces are useful.
  - 1.2. Bring water proof jacket and trousers, hat, scarf and gloves.
  - 1.3. Boots (well worn in) and thick socks
  - 1.4. Do not wear jeans.
  - 1.5. Gaiters are optional
2. Bring food and a hot drink and water to consume during the walk.
3. Respect the environment, leave no trace and bring all your litter home.
4. Ensure that you bring some form of personal identification and the name of someone who can be contacted in the event of an accident, e.g. next-of-kin, friends.
5. If you are on medication or suffering from any physical, mental, or other condition that might affect you or the group on the walk, then you must inform the walk leader of it before the walk starts.
6. You must obey the instructions of the hike leader and backmarker at all times.
7. You must stay within the group during the hike do not wander off. Inform the back marker if you need to make a comfort stop.
8. If you have any doubts about undertaking the hike after hearing the leaders briefing, don't risk it
9. If it becomes apparent that you are unable to keep up with the group inform the leader or backmarker as early as possible. A member will accompany you back to the start.
10. Please be aware that hillwalking is an activity with a danger of personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.
11. The leader has the right to refuse anyone who is not adequately equipped or anyone who in the leader's opinion is unfit to walk.