

Information for walkers

Things to know when joining a walk with South Bank 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. Remember that it's colder and the wind a lot stronger if we go up high, and the sun can be strong even in winter. Pay special attention to your footwear and consider whether poles might be useful. Get in touch if you're not sure what to wear.
- Check the South Bank website (southbankramblers.org.uk) for any last-minute changes to trains or start times.
- Pack enough food and drink for the walk. Some extra high-energy snacks are always recommended.
- Check with the leader first if you'd like to bring your dog. Unfortunately, not all walks are suitable for dogs.



At the start of the walk

- If you've never walked with us before, introduce yourself to the walk leader. We'll be looking out for you!
- It is useful to have on you an In Case of Emergency (ICE) card, or put your emergency contacts in your phone, so that we know who to contact in case of an emergency. More information is on the South Bank website.
- 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.
- Though walking is one of the safest outdoor activities, no activity is completely without risk. It is your responsibility to ensure your own safety.
- 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**. 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, and do send any photos to sbankwalks@gmail.com.