

Information for walkers



Things to know when joining a walk with South Birmingham 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. They can tell you more about the walk and others that we lead.
- **Check the weather** forecast before you head out, and in the event of adverse weather contact the leader to confirm the walk is still taking place. 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. Get in touch if you're not sure what to wear.
- Arrive in plenty of time. If the walk leader is expecting you, let them know if your plans change and you can't make it anymore.

- Pack enough food and drink for the walk. Some extra high-energy snacks are always recommended.
- We only accept assistance dogs, and not all walks are suitable for dogs, please check with the leader.



At the start of the walk

- If you've never walked with us before, introduce yourself to the walk leader. If you've already been in touch we'll looking out for you!
- Walks secretaries carry an In Case of Emergency (ICE) card if you require one please ask, or simply add ICE details onto 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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