



# *The Wee Binnian Walkers*

## *Casual Walker Form*

We welcome you on your first walk with us and invite you to read the important information detailed below:

You may participate in two walks as a casual walker without becoming a member, after which you must join the club to continue walking with us. The fee for casual walkers is £4 or €5 per walk, which is deductible from the annual membership fee of £20 or €25. The membership year begins in April. Please refer to the website for further details

The walks involve climbing mountains of 700m or more. Each walk is sub-divided into three grades (Groups A, B, C). **For first time hill walkers we suggest that you start off with the C Group.** A good level of fitness is required.

For your personal safety you should have walking boots, a raincoat and waterproof leggings. You need adequate clothing (layers are the best option), hat, gloves and a packed lunch as well as at least a litre of water.

SHOULD HAVE: a torch with extra batteries, a whistle, a bivvy bag and some basic first aid items such as plasters and bandages.

COULD HAVE: 1:25000 Mourne country map or Sheet No. 36 OSI 1:50000 for the Cooley Mountains, a compass

GOOD IDEAS: carry some emergency rations and have a change of clothes in the car

Leaders may refuse to have anyone on a walk that does not have the basics.

Websites: [www.weebinnians.com](http://www.weebinnians.com) [www.ufrc-online.co.uk](http://www.ufrc-online.co.uk)

Email: [weebinnians@eircom.net](mailto:weebinnians@eircom.net) Weather forecast BBC Weather, RTE Weather

Your receipt:

Received £4 / €5 \_\_\_\_\_ Committee Member. Date \_\_\_\_\_

Casual walker - 1st walk  ✓ 2<sup>nd</sup> walk  ✓ I walked with WB long time ago  ✓

Name \_\_\_\_\_

Email \_\_\_\_\_ Date \_\_\_\_\_

(Block capitals please)

Paid £4  €5  \_\_\_\_\_ Committee Member