

Information for walkers

Things to know when joining a walk with Ipswich & District Group



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.
- For your first walk contact the walk leader so that we know to expect you.
- Let us know if you need a lift or can offer to car share.
- **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. Get in touch if you're not sure what to wear.
- Arrive in plenty of time. Let the walk leader 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.
- Don't forget to carry your In Case of Emergency card or details.
- Check with us 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!
- If you haven't got In Case of Emergency details in your backpack or phone give them to the leader to write it down on a sign in sheet at the start of the walk, all details will be destroyed after the walk.
- 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** 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!