

HIKING TIPS:

Take Notice of the Club's booking procedures at Cape Union Mart Vincent Park Branch. It is a frequent occurrence that members make a nuisance of themselves with unnecessary enquiries about Club matters. Cape Union Mart **only** do the bookings once you have paid. They do not do refunds or give out information as to who is on the trail for an example.

If you have not paid you are not on the trail!

Assess your own fitness levels before embarking on any Club event.

Carry sufficient water, a whistle and a space blanket.

Wear footwear that is sturdy and comfortable. A hat is compulsory.

Remember that "a leader is never a leader unless the people he leads are willing to be led!" So it is up to each and every hiker to be a part of the team especially if an emergency situation arises.

Swearing and discussions around sex, religion and politics are not always appreciated by some people on a hike. Give consideration to such sensitivities.

Get And Give a good nights sleep. Do not have an all night party that will disturb others and leave you groggy in the morning.

Snorers, if possible, pick a spot out of earshot! This problem will always be there so - **Ear Plugs** are essential if you are sensitive to snoring!

Smoking, excessive drinking, and being a champion baked bean bomber are definite no – no's

Do not burn your refuse in the camp fire whilst others are braaing.

Safety is "king" - bad weather, poor markings, sickness, or just plain stupidity can cause big problems on a hike. Make sure that there is an emergency plan before departing.

The "DAYO" calling system, flares, GPS's and whistles can be useful tools.

Visitors are welcome to join in our activities at the discretion of the Leader. Naturally, members have preference when it comes to booking.