

Please bring the following:

*Be aware of the suitability of the trip and bring the recommended items below:*

**Footwear** Sturdy footwear with good grip and ankle support are required on all outdoor trips.

**Clothing** Winter: wear layers of warm clothing and good quality waterproofs. A warm hat and gloves should be carried especially where there is risk of exposure due to getting wet.

Summer: wear light clothing, waterproofs, sunhat, sunglasses and sun block.

**Food & Water** A water bottle (winter and summer) and a snack/pack lunch on day trips.

**Medication** Make sure you have any medication and a small personal 1st aid kit in your bag.

**Rucksack** A rucksack or bag to carry layers of clothes, and other essentials mentioned above.

**Safety Gear** Bring a hard hatand/or safety goggles if we advised you too (see 4 & 5 below). Contact us if you need to borrow these or need more information.

*The nature of our trips often requires a certain amount of walking over rocks and uneven terrain where injuries can easily occur. Field trips organised by the society are conducted on the understanding that members and guests are aware of their general responsibilities. For its part, the society, through trip leaders, will issue specific warnings where conditions differ from those likely to be encountered by a person of normal health during a weekend ramble in the hills.*

**Participants must:**

1. **Not** leave the party without informing the leader and inform them immediately of any illness or injury.
2. Observe all safety instructions given by the trip leader.
3. Inform the party leader in advance (in confidence), of any medical condition which may have a bearing on their safety or that of other party members.
4. Where instructed to do so, wear a hard hat as protection from falling objects. This is obligatory when visiting quarries, mines, building sites or road sections under construction and, in the interests of safety, members may wish to obtain their own.
5. Always wear impact resistant safety goggles or spectacles when hammering tough or splintery rocks, or using chisels. Never use a second hammer as a chisel. Beware of standing too close to others using either. Only **geological** hammers are permitted, and only where the trip leader gives permission.
6. Take special care on steep slopes (e.g. scree slopes, cliffs and quarries); on muddy slopes and slippery shore sections, and when working on roadside cuttings or exposures, particularly when construction is in progress. Be alert when crossing roads and railways, it is easy to get distracted. Be aware of high tide times, remembering that high winds may make them higher than you expect, and ensure that you are familiar with the exit points from coastal sections.
7. Avoid overhanging or unstable rock faces, especially during thaw conditions after a cold spell or after heavy rain. This is particularly important in quarries but also on some coastal cliffs where large sections may fall without warning.