

Ben Cruachan Walking Club – Bushwalking Etiquette

For an enjoyable and safe walk which is respectful of fellow walkers and our magnificent environment, please:

- Consider the walk grade and requirements, and be physically able and adequately equipped to complete the walk safely – if in doubt, discuss with the Walk Leader before registering.
- Register with the Walk Leader before the day of the walk.
- Carry ‘Emergency Contact & Medical Information’ in a waterproof envelope in an outer section of your pack.
- Carry necessary personal medication and advise the Walk Leader, when registering for the walk, if you suffer from any medical condition which may affect you adversely on the walk.
- Carry only necessities and keep weight carried to a minimum. Take adequate water and energy food.
- Be prepared for changes in the weather and an emergency - Carry a first aid kit, emergency clothing and provisions, a map of the walk and a compass and know how to use them. You also may wish to carry a GPS.
- Do not bring dogs or other animals, firearms or weapons of any description on a walk.
- Children (under 18 years of age) are encouraged but may not participate in Club walks unless accompanied and supervised by their parent, or adult authorised to do so by their parent or legal guardian.
- At all times comply with any reasonable instruction or request from the Walk Leader – They are the Club’s representative for the walk and have the authority to request any person to not take part in the walk if there is reason to believe that the walker is physically unable to safely complete the walk or if that walker is inadequately equipped for the walk.
- If you are driving in a convoy to get to or from a walk or on a car shuffle:
 - Wait at intersections, checking all cars are present before proceeding,
 - Know your destination, carry a map and always keep the car behind you in sight.
- Make sure all cars are mobile before driving off.
- If you enjoy a ride with a fellow walker consider a recognition to the driver. A guide to any payment is \$7 per 100km travelled.

During the walk please:

- Stay on track and with the group. Do not go ahead of the designated leader unless oked to do so by the Walk Leader who sets and manages the walk / group pace in consideration of the mix of participants, terrain and distance to be walked, and time available.
- Wait at all track junctions and any other areas of uncertainty until oked by the Walk Leader to proceed.
- If you wish to leave the track for any reason, inform another member of the group and leave your pack on the track, on the side where you are going off track. The Whip will wait for you.
- If you lose sight of the person in front of you, particularly if off track, call out for the group ahead to slow down.
- If you become separated from the group, stop and wait. Call out or blow your whistle. DO NOT TRY AND FIND THE GROUP – THE GROUP WILL FIND YOU.
- Keep hydrated and maintain your food intake. Take an extra rest stop if you need it.
- Inform the Walk Leader immediately if you feel unwell, are experiencing pain, discomfort or equipment failure, or an incident occurs.
- ‘Tread Softly’ and follow Bushwalking Victoria’s code of practice. See [Tread Softly - Minimum Impact - Bushwalking Victoria](#)
- At the end of the walk, do not leave until all walkers have arrived safely – unless oked by the Walk Leader.
- Remember - Club walks are not meant to be competitive - success depends on mutual support, help and encouragement, and cooperation with the Walk Leader and Whip, a challenging responsibility they carry out as volunteers.
- Note that this code also applies to all activities that the club arranges from time to time such as cycling, kayaking and track maintenance. In such cases, read the other activity for ‘walk’.