

Membership Application Form Roscrea Ramblers

01/11/20__ – 31/10/20__ Annual Fee €45.00*

I (full name)

Of (address).....

Apply for Membership and enclose annual subscription fee cheque as above. I agree to be bound by the Club's Constitution and Rules. In particular, I agree to abide by the club rules on gear/equipment for any walks I participate in. I accept that the Club can refuse to allow me participate on any walk/s should I arrive without the appropriate gear – (see attached gear list). I accept that there is a certain risk element attached to hill walking with a possibility of personal injury. I am aware of and accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement. Minors/Under 18 MUST be accompanied by a parent or guardian AT ALL TIMES. Please note that it is club policy that dogs are not allowed on club walks.

Signed MemberSigned Member(Joint).....

Phone/Mobile No

Email

I am interested /not interested in becoming a leader and in assisting with the organisation of walks*(delete as appropriate)

PLEASE RETURN COMPLETED MEMBERSHIP FORMS WITH REMITTANCE TO:

Michael Fogarty, Lourdes Road, Roscrea, Co Tipperary.

Cheques should be made payable to "Roscrea Ramblers".

Please do **not** send Cash in the post

HERE ARE A COUPLE OF DO'S AND DON'TS WITH HILL WALKING

Avoid wearing cotton and denim as it takes a long time to dry when wet. Use recommended gear list below. You must follow the guidance of the walk leader. They are there for both your and the group's safety. DO NOT PASS OUT THE LEADER and you must check in with the leader at the end of a walk. You must also inform the leader if you are leaving a walk. We encourage car pooling on walks as much as possible. Don't be afraid to ask for advice from club members as their experience may be of help. The club operates a policy of "Leave No Trace". This means you must bring home all rubbish (including biodegradables such as apple butts, tea bags etc) and leave the countryside as you found it. We encourage new members to stick with it. The first couple of weeks can be hard but it does get easier. The main objective is to ENJOY it.

Roscrea Ramblers - Hill Walking Gear List ESSENTIAL • Rucksack • Hill Walking Boots with good ankle support (no runners) • Waterproof Jacket and over trousers • Fleece (Extra fleece Winter only**) • Hat and Gloves • Water Bottle • Food and Drink to get you through 4/5 hours on the hills • Emergency rations such as high energy foods • Extra socks** • Whistle and small torch • Bivvy Bag (absolutely vital) – you can purchase in any outdoor shop for a couple of euro • Blister plasters/small first aid kit **Make sure to wrap any extra items of clothing in a waterproof bag within your rucksack. OPTIONAL (but recommended) Gaiters Flask for hot drink

*I note and accept that as part of my membership of the club I will be enrolled as a member of Mountaineering Ireland (MI). Details of MI membership benefits including insurance cover etc can be viewed at www.mountaineering.ie. I ENCLOSE MY SUBSCRIPTION OF €45.00