



PENINSULA RAMBLERS

Rules for Hiking with the Club

Hikers are required to adhere to a few basic rules as follows:

1. Obey the leader, or a designated sub-leader, at all times and give her / him your assistance and full cooperation.
2. Inform the leader or designated back marker if leaving the hike for any reason, i.e. to take photographs or for a pit stop.
3. Stay with the group and do not go off in front, unless the leader has given you permission to do so.
4. If you have been given permission to go ahead, always wait at a cross-roads for the rest of the party to catch up.
5. Inform the leader if you notice somebody in the party experiencing difficulties.
6. Do not litter, light fires, discard cigarettes or do anything else that may cause a veld fire.
7. Do not pick any flowers or pull up any plants on a hike.
8. Inform the leader beforehand if you have a health condition and ensure you have any necessary emergency medication with you and the leader is aware of this.
9. Do not contaminate rivers and streams.
10. All human waste must be buried.
11. Always carry sufficient water (1.5 to 2 litres at least), sunhat, jersey or fleece, and rain jacket.
12. Leave your cell phone switched off during a hike, unless otherwise arranged with the leader.
13. No dogs are allowed on Ramblers hikes unless these are designated 'doggy' hikes.
14. Prior arrangements must be made with the leader if you wish to bring children under 12 (on half-day hikes) or under 15 (on full-day hikes) with you.