**Advice to New Walkers**

If you are new to rambling or to walking with a group, listed below are some useful tips and advice to help you along the way.

Most of the walks undertaken by the Eastbourne Rambling Club, are within a 25 mile radius of central Eastbourne. We attempt to use public transport where possible,. However, travel arrangements to the start of a walk may include the use of members’ private cars. In this event, it is Club policy that anyone accepting a lift makes a suggested voluntary contribution of 10p per mile to the driver. This is shown in the programme as ‘SVC’.

**What to wear?** Comfort is all important. It’s usually better to have a few layers on rather than, say just one very warm jacket. You can then make small adjustments to temperature than have to choose between overheating and getting chilled! It might be tempting fate, but except for the unusual weather during 2012, we don’t often get rained on. Nevertheless, everyone wears or carries a waterproof jacket and maybe waterproof trousers as well.

Sturdy footwear – well-soled and comfortable shoes, preferably walking boots for the day-long walks, are a necessity. Remember – new boots should be broken in before walking any distance to avoid blisters! The description of the walk in the programme may indicate the likelihood of mud. Only use Wellington boots if you are confident that they will be comfortable for the distance you are walking.

**What to carry?** It is usual to carry a small backpack, often called a day-sack, large enough to carry your coffee flask and/or water bottle and snack., with something to place on possible damp grass before you sit down plus, depending on the time of year a hat, gloves and/or sun cream.

**Is this walk right for you?** The pace of the walk is dependent on the type of walk offered and is at the leader’s discretion. If unsure, then please phone the leader beforehand.

Some walks will have a number of stiles to climb or ‘plank’ bridges over streams, slippery slopes and hills. If these could create a problem for you, please telephone the walk leader before the walk to discuss it. Sometimes, a walk can be cancelled due to severe weather conditions. If in doubt, again please phone the walk leader to check if the walk will still take place.

**Dogs:**  Sorry, but Club policy is that dogs are not allowed on our walks.

**General Tips:** Always walk behind the leader. Walk in single file across fields of standing crops, ploughed fields and private gardens . On roads without pavements, walk in single file on the righthandside – facing oncoming traffic.

Remember to bring plastic bags to cover muddy boots or, alternatively, remove them at the door of any hostelry and when accepting a car lift.

**All ramblers are responsible for their own safety and fitness to undertake a walk.**

At the end of the walk, don’t forget to thank the leader.