

   ⚠️ FELL & TRAIL KIT ⚠️   

A reminder for all participants on trail and fell sessions 🏔️👍

! All participants MUST carry full kit below !

We can't under estimate how cold it can get if you have to slow down or stop on the summits or if the weather turns grim, plus the body's temperature can fall rapidly if it goes into shock following an injury. Always be prepared 😊

ESSENTIAL KIT FOR CLUB RUNS IS AS FOLLOWS ⬇️

💧 A waterproof jacket AND trousers – you probably won't run in waterproof trousers it but if the weather turns grim or you have to stop they are a real blessing

🧤 A hat and gloves (a buff counts as a hat) 🧢

📢 A whistle – you may need to attract another group members attention

📦 A foil blanket – keep warm, attract attention, shelter underneath

🍬 Emergency food – something sweet to keep energy levels up

🔦 Head torch

Pop all items into a bumbag or backpack – whatever works best for you 👍

It's also a good idea to carry a mobile phone with the What3words App, or similar , installed – and an extra warm layer 🧥

🤔 Any queries or concerns- please feel free to ask me or any committee member

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HEALTH & SAFETY OFFICER  
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