



**Trip Name:** \_\_\_\_\_

The CMC aims to promote safe and enjoyable away trips for members. It is expected that all those attending away trips contribute to club trips in whatever way they can e.g. contribute to pre trip planning, helping to lead walks, share driving, share cooking and cleaning of houses etc. This note is intended as a guideline only.

<b><u>Pre Trip Planning/ Travel Arrangements</u></b>	
Club membership must be up to date. Ensure all personal details given to club, are up to date.	
Attend all planning / pre trip meetings. Inform family of your mountaineering plans.	
Insurance – Trips to mainland Europe you must have mountaineering insurance. Travel insurance is not adequate.	
Insurance – Ensure you have informed relevant life assurance policies re mountaineering.	
Hiring cars – travel with relevant documents, check arrangements re named drivers, bring routes/ directions.	

<b><u>Equipment</u></b>	
CMC does not provide equipment for members.	
All personal equipment, including equipment which may be shared e.g. ropes should be in good condition.	
Consider which additional equipment from normal Sunday activities will be required e.g. crampons, snow goggles etc.	
Seek advice from more experienced members/ committee if in doubt prior to travel.	



<b>Planning for Mountain Days</b>	
Club will where possible provide hill walk leaders on each day of away trip.	
Members should travel on the understanding that they are responsible for themselves and should be able to organize their own mountain days.	
Relevant guide books for this trip are:	
Maps for this area include:	
Study relevant web weather reports prior to travel.	
Adopt a progressive approach to mountaineering objectives.	
Pre trip meeting should include discussion of possible appropriate mountaineering objectives.	
Each day of away trip should have a preplanning meeting. All members should sign a CMC sheet indicating their route/ group.	
Consider appropriateness of professional mountaineering instruction.	

<b>Health and Fitness</b>	
Inform your doctor of your mountaineering interests/ activities.	
Inform your travel companions of any relevant health issues and/ or injuries.	
Prior to travel ensure an appropriate level of health and fitness.	