

# CMC

## Guidelines for Away Trips

### For Members

Edition; 18 January 2025

The CMC aims to promote safe and enjoyable away trips for members. It is expected that all those attending away trips contribute to the trips in whatever way they can. Eg. Pre-trip planning, help to lead walks, share driving, share cooking & cleaning etc. This note is intended as a guideline only.

### **PRE-TRIP PLANNING/ TRAVEL ARRANGEMENTS**

CLUB MEMBERSHIP TO BE UP TO DATE. ALL PERSONAL DETAILS GIVEN TO THE 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. INFORM RELEVANT LIFE ASSURANCE POLICIES RE; MOUNTAINEERING.

HIRING CARS: TRAVEL WITH RELEVANT DOCUMENTS, CHECK ARRANGEMENTS REGARDING NAMED DRIVERS, BRING ROUTES/DIRECTIONS.

### **EQUIPMENT**

CMC DOES NOT PROVIDE EQUIPMENT FOR MEMBERS.

ALL PERSONAL EQUIPMENT (WHICH MAY BE SHARED) SHOULD BE IN GOOD CONDITION (IE; ROPES ETC)

CONSIDER WHICH ADDITIONAL EQUIPMENT FROM NORMAL SUNDAY ACTIVITIES WILL BE REQUIRED (EG; CRAMPONS, SNOW GOGGLES ETC)

SEEK ADVICE FROM MORE EXPERIENCED CLUB MEMBERS/COMMITTEE IF IN DOUBT, PRIOR TO TRAVEL.

## **HEALTH AND FITNESS**

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.

## **PLANNING OF MOUNTAIN DAYS**

CLUB WILL, WHERE POSSIBLE PROVIDE HILL WALK LEADERS ON EACH DAY OF THE TRIP.

MEMBERS SHOULD TRAVEL ON THE UNDERSTANDING THAT THEY ARE RESPONSIBLE FOR THEMSELVES AND SHOULD BE ABLE TO ORGANISE THEIR OWN MOUNTAIN DAYS.

ADOPT A PROGRESSIVE APPROACH TO MOUNTAINEERING OBJECTIVES.

PRE-TRIP MEETING SHOULD INCLUDE DISCUSSION OF POSSIBLE MOUNTAINEERING OBJECTIVES

EACH DAY OF AWAY TRIP SHOULD HAVE A PRE-PLANNING MEETING.

ALL MEMBERS SHOULD SIGN A CMC SHEET INDICATING THEIR ROUTE/GROUP.

CONSIDER APPROPRIATENESS OF PROFESSIONAL MOUNTAINEERING INSTRUCTION.