



## **General Information Sheet**

Thank you for choosing Trekking Skills to lead your adventure in the mountains.

I look forward to meeting you and enjoying the mountains of the UK together. In order to be comfortable and get the most fulfilment out of your day i have created a list of essential and recommended items to bring with you.

Also at the bottom of this page you will find our terms and conditions for the event. Please take note of these.

## **What to Wear and Bring**

To enjoy your walk in comfort and safety, it is essential that you are properly equipped.

As a minimum, we suggest that you wear/bring:

### **Essential Items**

- Strong, comfortable walking boots or trekking shoes (trainers are not suitable)
- Comfortable outdoor clothing (Jeans are not suitable and shorts are not recommended)
- Waterproof jacket and trousers – preferably made of Gortex, eVent fabric or similar (except in exceptional summer conditions)
- Medium sized rucksack with waterproof liner
- Packed lunch, snacks and plenty of drinks/water
- Spare fleece or jumper
- Hat and gloves (except in warm summer conditions)

### **Recommended Items**

- Sun screen (if sun likely to be out)
- Spare snacks
- Personal first aid kit (with any relevant medication )

- Gaiters (except in dry conditions)
- Small, light-weight sit-mat

You may also wish to consider

- Walking poles
- Sun hat and sunglasses
- Camera
- Small Binoculars
- Small torch

### **Trekking Skills Terms and Conditions**

In making a booking and paying a deposit, you agree to our terms & conditions. We recommend that you save or print a copy off and retain with your booking details.

#### **Booking and payment of deposit**

Advance booking is essential for all of our events. A booking may not be considered definite until Matt has received and acknowledge your deposit paid. Most events require a minimum of two participants in addition to the walk leader. We reserve the right to cancel your booking if the minimum number is not achieved by the date of the event.

#### **Accommodation**

You are responsible for booking your own accommodation.

#### **Payment**

A deposit of £10 is required in order to guarantee you a space on the event. Matt will provide details of how this can be done. The remaining balance due for the event can be paid for by bank transfer {Matt will supply the bank details} or cash on the day of the event. Without a deposit paid and received by Matt you are not guaranteed a place on the event.

#### **If you wish to change your booking**

If after your booking has been confirmed, you wish to transfer it to another date or programme, Matt will make every effort to accommodate your wishes so long as we receive written confirmation from the person that made the booking. Matt cannot guarantee however that we will be able to meet your needs.

#### **If you cancel your booking**

If you or any member of your party needs to cancel, this should be done in writing by the person who made the booking.

### **If we cancel your booking**

In the unlikely event of Trekking Skills having to cancel your booking, you will be offered either a full refund of monies paid, or transfer to another programme of the same or higher value. We will not be liable for any additional costs or expenses incurred.

### **Bad weather conditions**

We walk in all weathers unless the walk leader considers it is unsafe to do so. We reserve the right to change the itinerary or walk routes for safety reasons in poor weather conditions. No refunds will be made if you decide not to walk due to weather conditions.

### **Rights of admission**

Trekking Skills reserves the right to refuse a booking or debar a person from participating in our walks, if in our reasonable opinion their participation is likely to cause distress, annoyance or damage to themselves, other customers, or our walk leaders. This includes participants who fail to advise us of a medical condition or disability which prevents their full participation in the walks, and participants who we believe may be under the influence of alcohol or drugs. It also includes participants who in the opinion of the walk leader are not properly clothed or equipped to enjoy the walk in safety. We are not responsible for any inconvenience or costs incurred as a result.

We regret that we do not accept dogs on our group walks unless we have agreed to this by prior arrangement.

### **Insurance/Risk**

Trekking Skills will make every reasonable effort to ensure your safety, but you must accept that walking in remote upland terrain and even on low level paths is not without risk to personal safety and the safety of others. We strongly recommend that you have adequate insurance cover for personal accident and personal liability.

We also recommend that you take out holiday cancellation insurance if appropriate.

