

# Shanganagh Ramblers Membership Form

Please complete this form clearly and return with payment to the club treasurer:

**Mary Byrne, 3 Library Road, Shankill, Co. Dublin**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Have you received first aid training in the last 3 years? \_\_\_\_\_

I enclose a membership fee of €40 (made payable to 'Shanganagh Ramblers'). Note: the club year runs from **November 1<sup>st</sup>** so your fee is due before this date.

**I accept that hillwalking and mountaineering are activities with a danger of personal injury or death. I am aware of and shall accept these risks and will be responsible for my actions and involvement.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Essential equipment for your safety and comfort**

Waterproof walking boots with good ankle support and good grip; waterproof jacket and leggings; layers of clothes (worn and/or packed) including a warm fleece; hat and gloves; gaiters; hot and cold drinks; packed lunch and emergency rations; map and compass; first aid supplies; bivvy bag; torch and whistle.

For your own safety, and for the safety of other walkers, you will not be permitted to participate on walks if you are inadequately equipped.