

## 4<sup>th</sup> GLEN AFFRIC WALKING FESTIVAL HILL WALKING BOOKING FORM

In addition to the standard booking form overleaf, please complete **one form for each** person. Please print clearly and **keep a copy**.

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

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

Postal Code \_\_\_\_\_

Telephone No: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Age Group:                      65+                      50 – 65                      40 – 50                      30 – 40                      18 – 30  
(Please tick)                                                                                                             

Please indicate previous hill walking experience (advisory only)

Do you have any health conditions that may affect your ability to undertake the walk you have booked?    YES        NO   

If yes, please give details (include allergies, current medication, etc)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I agree to the Festival booking terms and conditions,

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

### EQUIPMENT LIST

#### Essential

**Boots:** hill walking boots preferable, otherwise very sturdy shoes (these should provide protection for your ankles). If you are buying new ones for your trip, make sure you have worn them several times for a lengthy period before your departure.

**Walking Socks:** Good walking socks with padded soles & heels can make a big difference to the comfort of your days out.

**Comfortable Trousers:** Jeans are not suitable. There are many good light, wind-proof and quick drying travel trousers readily available in outdoor sports shops.

**Waterproof Jacket:** again there are now many good jackets on the market. However, watch its weight as you may wish to carry it instead of wearing it.

**Day Sack** (either a waterproof one or alternatively a good idea is to line it with a plastic bag to keep your gear dry should it rain),

**Flask/Water Bottle** (No larger than 1 litre size as it will be heavy when full) and **Packed Lunch Hat** (either one for warmth or a sun hat, depending on the weather).

Carrying a **map** of the route to monitor progress and identify features may add to your enjoyment of the day. **Compass** also useful if you want to learn a few navigation tips.

#### Optional

Pullover/fleece: again there are many good ones on the market. Beware of its bulk as you may wish to carry it. Lightweight warm jacket: as with pullover, above. Waterproof over-trousers. Camera, binoculars, walking poles, gloves, sun & midge protection cream. Energy or chocolate bars.