

Footloose 303

Membership Application



We hope that you enjoyed your first couple of walks with the group and now wish to become a full member. If you do please complete this form and post, with your cheque (made payable to "Footloose 303") to: Footloose 303, 10 Wilton Street, Taunton, TA1 3JR.

When you become a full member you will be added to the email circulation list (Gagglemail) so that you receive details of our weekly walks and other events of interest to the group. You will also be able to post on Gagglemail, for instance to advertise an evening walk to members.

You will also be able to view the members' area of the web site. Go to <http://footloose303.emyspot.com/> and select 'Members' home' from the menu, then choose a username and password. There is a short delay while your details are checked manually with the member list.

Most members also allow their phone number(s) and town/village to be made available to other members, via the members' area on the web site. This helps with car sharing and can be useful for a walk leader in an emergency. If you want any of this information to be hidden from other members you need to indicate this below. **But do not forget to complete the form in full as we need all of your details for our membership records.** *Your address will never be given to other members unless at your request.*

<i>Please complete in full</i>		
First Name		
Email address		
	Information that can be made available or hidden from other full members <i>Please indicate if you want all or part hidden →</i>	Please hide (mark with cross)
Surname		<i>Initial will be shown</i>
Phone no		
Mobile no		
General location	e.g. Ilminster	
<i>Information for membership records only</i>		
Home address		
Emergency Contact Number and Name		
I enclose my subscription of £ <i>See below for rates</i>		Chq / cash
Signed:-	<i>I confirm that I have read the advice for walkers and will follow the advice – see attached / over.</i>	Date

£10.00 if joining in Apr, May or Jun
£7.50 if joining in Jul, Aug or Sep

£5.00 if joining in, Oct, Nov or Dec
£2.50 if joining in Jan, Feb or Mar

Please note that the objective of Footloose 303 is to foster and promote walking, particularly in Somerset. Any excess funds at our year end may be donated to other organisations to further this objective, for example the Rambler Association footpath maintenance fund.

Footloose303 – Advice for walkers

If you are to enjoy your walk in comfort and safety it is important that your clothing and equipment are suitable and you are fit enough for the walk (and this is your responsibility). We advise:

Low level walking (countryside not moorland or coast)

- **Walking boots with ankle support** – best that they have been worn before. We would emphasise that trainers and any footwear with poor grip is not suitable.
- **Comfortable outdoor clothing** - not jeans which hold the wet and can be very cold.
- **Fleece & warm clothing** - several thin layers are better than one thick layer.
- **Waterproof jacket** - wind and rain proof with a good hood.
- **Waterproof over-trousers**
- **Woolly hat and gloves** - in summer a sun hat is important.
- **Water bottle** - bring enough water, especially in summer.
- **Thermos** - great in the winter.
- **Food** - for lunch and a snack on the way.
- **Rucksack** - with polybag liner to carry spare clothing in, food etc.
- **Small first aid kit** - including sun screen, insect repellent etc., should you need it.
- **Torch** – Important to have as back up in the winter when dusk comes early.

Remember conditions can change during the day. Never make a judgment based upon the weather at the start of the day, be prepared for sun, rain and cold.

Mountain, moorland and coast

Do not forget that conditions can become very harsh, very quickly so go equipped for the worst! If you are poorly equipped (or are not fit) you can put both yourself and others at risk. Wind chill can be a particular problem. It does not take long to become very cold. Do not forget that a nice spring day in the valley does not mean the same will be found on top or on the moor ... and conditions can change rapidly!

In addition to the equipment listed above you will need:

- **Extra layers of warm clothing** - Do not forget that when you stop it can get very cold very quickly. If you are injured you must be able to keep warm for several hours.
- **Warm neck protection**
- **Emergency survival bag**
- **Foil emergency blanket**
- **Whistle**
- **Emergency food** - e.g. high energy chocolate bars
- **Spare gloves** – Most wet gloves are not good insulators
- **Extra water** - On hot days you will be amazed at the amount of water you can get through.

Work on the basis of the worst that could happen, and be safe and sound!

Other guidance:

- **Be fit** - Check how far and how hilly and long the walk is, and judge if you are fit enough for it.
- **Walk as a team** - Keep an eye on others in the party.
- **Keep together** - If you need to stop for some reason make sure that the walk leader knows - do not get left behind!
- **Use gates and stiles** - Do not climb fences or push through hedges.
- **Close gates** - If you are at the back of the party make sure gates are closed (unless they were already open).
- **Do not drop litter** - This includes banana skins and orange peel, which take many months to rot away.