**Notes for Ramblers**

Members are reminded that they should turn up punctually at the times stated in the programme, shall act in accordance with the directions of the leader and not leave the group without his/her knowledge. It is regretted that dogs are not allowed on rambles. Leaders of rambles are asked to ensure that someone is bringing up the rear to act as back marker. Both the leader and back marker are advised to wear high visibility jackets (obtainable from John xxxxxx 01206 xxxxxx). Our insurance company advises that leaders carry a mobile phone and small emergency first aid kit.