



Whangarei Tramping Club Inc.

102 Crane Road RD1 Kamo Whangarei 0185

(A Member Of Federated Mountain Clubs Of New Zealand Inc.)

We nominate _____

Of (address) _____

Email _____

Phone _____ Mobile _____

Emergency Name & contact number _____

As a member of the Whangarei Tramping Club Inc. and confirm that they have completed the following two trips with the Club:-

Trip 1 _____

Trip 2 _____

Proposer _____

Secunder _____

<u>CLASSES OF MEMBERSHIP</u>	
Family Member	\$45.00
Single Member	\$35.00

I wish to be admitted as a member of the Whangarei Tramping Club Inc. and undertake to abide by the Rules of the Club. I agree to accept responsibility for my own actions on all Club tramps and outings and agree to accept the authority of the designated Leader on all trips and tramps that I attend.

Signed _____

Bank account BNZ 02 0492 0045327 00

Annual Membership fee of \$ _____ is enclosed

Guidelines for tramping

1. As with all outdoor activity, there is associated risk. **Your safety is your responsibility.** It is up to you to ensure you have the correct equipment and are fit and able to undertake the planned trip.
2. While each member has responsibility for their own preparedness and safety, you will be expected to follow the advice of your trip leader. The trip leader has the right to tell people the trip is unsuitable for them due to insufficient gear, lack of experience or fitness, known issues, or non adherence to the club guidelines.
3. A "track" may be a paved, stepped path, or a poorly defined route. Expect to encounter a variety of conditions from hilly terrain, muddy tracks with tree roots and other obstacles, to unbridged river crossings and complete "bush bashes".
4. In the event of a possible emergency, the trip leader will consider all opinions and make the final call as to how to proceed, using the skills of the team. Every effort will be made to resolve the situation, but the outcome cannot be guaranteed and there may be no absolute right or wrong way to handle the event. Find out how you can help - be calm, contribute ideas, listen to others, give the leader time to think. Help look after everyone in the party with shelter, food, drink, stress management.
5. You must advise the trip leader of any medical conditions that could be a problem on the trip. You are responsible for any medications you may require.
6. Anticipate unexpected changes in weather conditions; apply the scout's motto "Be Prepared", by bringing rain gear, plenty of fluids and warm clothing. The weather we see at home may not be the same as that where we will be walking that day. Conditions can change very rapidly in the NZ outdoor environment, even on sunny days. Refer to the "Gear List" tab for a list of appropriate items to bring along, or talk to the trip leader.
7. Always let someone know where you are going and when you expect to return. Not all tramps run according to plan, problems can arise and getting home late is inevitable at some time or another.
8. Walk at a comfortable but steady pace, ensuring you have energy in reserve. Stop at track junctions to wait for others to catch up and to ensure no one has taken a wrong turn. If you are new to the club or are uncertain of the direction, stay with the group and maintain voice contact. On less well marked tracks, the group should walk together. Tell someone if you need to stop or leave the track for a toilet stop or any other reason, leaving your pack on the track.
9. In the event of becoming "Geographically Embarrassed", stay where you are. Blow your whistle if you have one. As for all emergencies, follow the STOP principle:
 - Stop**, take a breath, sit down, and remain calm
 - Think**, look around you, listen, brainstorm options
 - Observe** what is around you, evaluate the possible consequences
 - Plan** what to do, what is necessary to keep alive, then act. Water, shelter, warmth and the will to survive are the essential elements to your survival, but if in doubt, stay put.
10. Be aware of rivers. IF IN DOUBT DO NOT CROSS.
11. Leaders should carry a beacon and first aid kit and nominate a "tail end Charlie". Each member should also carry some of their own safety equipment. See "Gear List" tab.
12. If you are new to tramping in NZ or haven't been tramping for awhile, you should develop your fitness and be conservative on which tramp you chose to join.
13. Advise the leader if you are not comfortable with any aspect of the trip, to prevent small problems from becoming big problems.
14. It is important not to turn walking into an EGO TRIP! Getting there is most of the fun. Walking flat out and arriving worn out, is not what it's about.
15. Enjoy nature's moods, as not all tramps fall on bright, sunny days. Without rain and winds we would not be able to appreciate swirling fogs, mist covered mountains, shimmering sandstones and blooming wildflowers. Don't miss out on the opportunity for walking in the rain; sometimes the most spectacular and memorable tramps are wet ones.
16. At all times respect and care for the environment and follow the advice of your leader in this regard. See the "environment care code" tab.
17. Learn about the signs and symptoms of heat exhaustion, heat stroke, and hypothermia and what to do to prevent it.

Wilderness and the bush are environments we come to as visitors. It is nature's domain and potential dangers exist. But with adequate preparation and care, we will be able to "WALK SAFELY AND SOFTLY!"

New Zealand Environmental Code

Protect plants and animals

Treat New Zealand's forests and birds with care and respect. They are unique and often rare.

Remove rubbish

Litter is unattractive, harmful to wildlife and can increase vermin and disease. Plan your visits to reduce rubbish, and carry out what you carry in.

Bury toilet waste

In areas without toilet facilities, bury your toilet waste in a shallow hole well away from waterways, tracks, campsites, and huts.

Keep streams and lakes clean

When cleaning and washing, take the water and wash well away from the water source. Because soaps and detergents are harmful to water-life, drain used water into the soil to allow it to be filtered. If you suspect the water may be contaminated, either boil it for at least 3 minutes, or filter it, or chemically treat it.

Take care with fires

Portable fuel stoves are less harmful to the environment and are more efficient than fires. If you do use a fire, keep it small, use only dead wood and make sure it is out by dousing it with water and checking the ashes before leaving.

Camp carefully

When camping, leave no trace of your visit.

Keep to the track

By keeping to the track, where one exists, you lessen the chance of damaging fragile plants.

Consider others

People visit the back country and rural areas for many reasons. Be considerate of other visitors who also have a right to enjoy the natural environment.

Respect our cultural heritage

Many places in New Zealand have a spiritual and historical significance. Treat these places with consideration and respect.

Enjoy your visit

Enjoy your outdoor experience. Take a last look before leaving an area; will the next visitor know that you have been there?

Protect the environment for your own sake, for the sake of those who come after you, and for the environment itself.

Leave the land undisturbed