

# Mosepele Hiking Club - Code of Conduct

## **\*HYOH - Hike Your Own Hike\***

When hiking as a group, pick a team leader and obey team leader always.

## **\*HIKING GEAR\***

- Remember appropriate hiking shoes. Thick hiking socks, if you blister, apply petroleum jelly before wearing socks.
- Wear a sun hat, apply sun screen on all exposed body parts, wear warmer gear for early morning and lighter as the day progresses, carry and wear a good pair sunglasses if possible to avoid glare.
- Always carry energy bars or fruits, enough water at least 2l and a small backpack or similar for your gear. Wear loose fitting pants over cycling pants or tights

## **\*NOISE\***

No loud music allowed. Noise levels should be kept to an acceptable level during hikes.

## **\*LITTERING\***

Do not litter. All waste/litter must be carried and disposed of appropriately. Don't leave a trace

## **\*SAFETY\***

- Safety is each hiker's personal responsibility.
- In case of an emergency/accident ensure that you are safe first before you help others. Each member must have a basic knowledge of first aid.
- Each hiker must study and understand the area and environment he/she is hiking in. Always share meticulous details of where you are going, time u expect to spend hiking and estimated time of return
- Ensure that your cell phone is fully charged before each hike and carry a fully charged power bank or back-up battery
- Always hike with a partner or in pairs
- Always have a map of your hike route and carry a GPS campus which u know how to use Acknowledge and respect other hiker's and always give way to hikers going uphill

## **\*MEETINGS\***

- Punctuality is a virtue. Be on time
- Switch off cell phones for the duration of meeting
- Be prepared.

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