



SAFETY NOTES

PLEASE KEEP THIS DOCUMENT IN YOUR RUCK SACK DURING THE WALK.

1. Walkers are reminded that torches should be carried on this walk. They will be needed at least for the cross-country stretches. And because we're all in the dark!
2. There will be Marshalling Points manned by the Dartmoor Search & Rescue Team throughout the walk. **For safety it is absolutely essential that you keep your team or group together throughout the duration of the walk.**
3. The tracks are rough and have numerous potential trip hazards therefore it is essential that participants wear strong walking boots. Please walk carefully.
4. On roads, keep to the right in single file and show a light without blinding drivers.
5. A sweep team will walk the route behind the last walkers in order to deal with any problems that may arise.
6. The usual moorland kit should be carried: waterproofs, hat, gloves, torch, map, compass, whistle, food and fluids, personal first aid kit, spare clothes, emergency food, spare torch batteries and bulbs.
7. Dog are welcome but please keep your dog on a lead.

If you have any problems or concerns please approach any member of the Search and Rescue team, as night walking is a very different experience to walking in daylight.

For your safety please could you print below a personal emergency telephone contact number should we need it during the walk: