Mountain Pilgrims Activity - Best Practice Guidance

To be used prior to a *Mountain Pilgrims* activity

- At least one registered leader to be present on the activity
- Ensure all participants have agreed to the Mountain Pilgrims Disclaimer
- Don't claim responsibility for other participants' safety
- Select an activity that is within your own abilities and experience, and of those you anticipate will join you. Consider:
    - Terrain
    - Distance/duration
    - Remoteness
    - Weather conditions
- Take the clothing and equipment/supplies necessary to keep yourself safe and fuelled during the activity, anticipating potential delays caused by the wider group
- Carry a first aid kit and a mobile phone
- Provide a clear description of the activity and its location/route to enable participants to judge if it's suitable for their abilities
- Be prepared to answer questions about perceived risks of the activity
- Request that any participant who, in your opinion, is concerningly ill-equipped/able does not join your activity
- Under 18 year olds must be accompanied by a responsible adult