



## PARTICIPANT INFORMATION FOR HILL WALKING

Medical conditions:

Please list any pre-existing medical condition that may affect your participation in this activity. Please ensure that you bring any medication that you may need with you on the walk. If you suffer from a pre-existing medical condition that may make it unsafe for you to take part in this activity, then it may be necessary to seek advice from your GP. All information will be treated in confidence.

Name

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Phone

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Address

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Age

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Dietary requirements / allergies

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Phone: 00353 (0) 876151931

Email: [info@wildfullstop.com](mailto:info@wildfullstop.com)

Address: The Beach Cottage, Moyard, Co Galway



### WHAT IS YOUR LEVEL OF FITNESS ?

What regular exercise do you currently do?

- Physical activity 0 or 1 day per week
- Physical activity 2 - 4 days per week
- Physical activity 5 or more days per week

NB: 'physical activity' means a minimum of 30 minutes of moderate exercise, such as brisk walking, swimming, jogging, cycling etc

Your hill / mountain walking experience

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Medical conditions

(Please list any pre-existing medical condition or special requirements that may affect your participation in this activity)

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#### PAYMENT METHOD

- Cheque or postal order attached  
payable to Michelle Casey
- To pay by Credit Card:  
ON-LINE [www.wildfullstop.com](http://www.wildfullstop.com)  
Verified SAFE through paypal

PHONE 00353 (0)876151931  
9am – 6pm, Mon – Fri

ORDER NUMBER (emailed to you)

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Please return at least 7 days before the event, subject to availability.

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## BOOKING TERMS & CONDITIONS IMPORTANT:

Part of the attraction of valley, hill or mountain walking is the challenge of tackling different terrains, landscapes and weather conditions. Every effort is made to minimize potential hazards; however, the very nature of hill-walking involves a certain level of unavoidable risk. By taking part in this activity, you are aware of and accept these risks.

No previous hill-walking experience is required and walks are 'pitched' according to the experience and average fitness levels of the group. However, a reasonable level of fitness is required as you will be walking across mountainous terrain carrying a rucksack with your overnight gear, equipment and food.

All walks will involve a varying degree of rough and muddy/rocky terrain, high ground and a number of ascents/descents. Wild camping takes you into remote and mountainous areas, with the potential for adverse weather conditions.

Walking and outdoor activities can be strenuous. Never underestimate the strenuous nature of walking particularly when this is combined with high ground and the elements.

All participants must provide suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.

Michelle Casey and Henry Wilkinson (Mountain Leaders) accept no responsibility for personal accidents or injury or for loss or damage to personal effects unless caused by his negligence as Walk Leader.

All participants must take heed of any information, guidance or hazard warnings given by the Walk Leader during the pre-walk briefing or whilst on the walk.

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## BOOKING TERMS & CONDITIONS IMPORTANT:

**Accommodation, Food & Travel** - You must book and pay for any accommodation, food and/or travel (the 'service provided') directly yourself. The contract for the service provided is between the person making the booking and the service provider. Camp kit (tents, sleep-mats, stoves etc) and camp food are deemed to be an integral part of this Outdoor Activity, and therefore falls within the remit of these Booking Terms and Conditions.

**Payments** - full payment is required prior to the Wild Camping expedition (the 'event') to secure your booking.

**Cancellations:** You may cancel your booking any time within 7 days from the date you paid for your booking ('date of booking'), and we will refund the cost of your booking in full. All cancellations must be confirmed in writing by email, text or post. Cancellations after 7 days from the date of booking will be subject to cancellation charges (which will be deducted from your refund):

The event may be cancelled by the Walk Leader within 48 hours of the event due to adverse weather conditions or forecast. If the event is cancelled by the Walk Leader then the event will either be rescheduled for another date, your booking transferred to another advertised date or a credit note issued to be redeemed within 12 months against any TeamWalking event. The decision to cancel the event lies solely with the Walk Leader.

The pre-planned route may be subject to change whilst on the walk due to adverse weather, pace of the group, accidents or injuries etc. In extreme circumstances the walk may be terminated. Once the walk has commenced then any such changes to the pre-planned walk are deemed to be part of the event. The decision to change or terminate the walk lies solely with the Walk Leader.

All participants must be aged 16 years or over

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