

Health and Safety Guidelines and Practical Considerations

For Site Visits to Rural Location

You will need (at your own discretion)

- A daysack
- Small first aid kit and suncream if necessary
- Torch
- Whistle in case of emergency
- Appropriate footwear and clothing for the terrain and weather conditions
- Include waterproofs just in case
- Hiking stick
- Sit mat
- Emergency blanket (thin foil blanket that can be purchased from any mountaineering shop)
- Emergency bivvy bag (also purchased from a mountaineering shop)
- Packed lunch
- Drinking water
- Hot drink
- Phone
- Check signal to ensure at least emergency calls can be made
- In case of emergency contact (ICE)
- Inform ICE of your Estimated Time of Arrival (ETA) home.
- Inform them when you are home
- Give What3Words of the centre of your area to your ICE
- Money
- Some form of identification



Practical Considerations

- Knowledge of the countryside code
- Knowledge of available parking or public transport and timetables
- Knowledge of access permissions in and around the area

For Site Visits to Urban Locations

You will need: (at your own discretion)

- Bag
- Small first aid kit and suncream if necessary
- Torch
- Appropriate clothing and footwear including waterproof jacket if necessary
- Money
- Phone
- Access to places that provide food and drinks or take your own
- Inform ICE of your whereabouts and ETA home.

Practical Considerations

- Knowledge of available parking or public transport and timetables
- Knowledge of access to any buildings, libraries, galleries or archives etc you want to visit
- Some form of identification