



WA HIKING EXPO

Guidelines for participants on walks, hikes and trail runs

You are responsible for your own fitness and preparedness for your selected Expo activity.

- **Footwear** - Wear suitable comfortable footwear with adequate tread (this could be walking shoes, running shoes or hiking boots).
- **Suitable walk** - Choose an activity that you are confident will be within your capabilities in terms of fitness and experience. If you have any uncertainties about your fitness or the requirements of the walk, please check with the activity leader before the activity starts. You must advise the activity leader in advance if you are taking any medication or have any physical or other limitation that might affect your (and/or your family's) participation in the activity.
- **What to carry** - You are responsible for carrying your own food (snacks), water (suggest 1-2L for the walks/hikes and minimum 500ml for the trail runs), some basic first aid equipment (e.g. for blisters), adequate protection from the weather (eg hat, sunscreen, rain gear) and any required medication.
- **Children** - Some activities are advertised as suitable for children over certain specified ages; the age of six in the case of some walks; and over 10 and 16 respectively in the case of the two trail runs. All children must however be accompanied by a parent.

The guided activities are a group experience. There will be a leader always at the front of the group, and another support-leader at the rear of the group. The group may spread out, but will regularly re-group, typically at junctions or the top of hills.

- **Stay with the group** - If you need to leave the group (e.g. for taking photos, or any other reason) you must advise either the activity leader or the support-leader.
- **Keep others in sight** - Ensure that you keep participants who are immediately in front and behind you within sight.
- **No pets** – Pets are forbidden at the Expo and on the activities, as they are not permitted in the national park and drinking water catchment.
- **Leave no trace** – The activities will follow approved trails which partly lie within a public drinking water catchment area where strict access conditions apply. All participants will be required to respect all requirements that apply to such activities and to comply with all instructions from the walk guides. No smoking is permitted during the activities and please ensure you leave no litter.
- **Toilet stops** – Six well-spaced public toilets are located in the activity areas. Inappropriately disposed human waste within the drinking water catchment could give rise to a health emergency, so it is important that participants use the public facilities if a toilet stop is required.