

LET'S GO HIKING – NAMIBIA

CODE OF CONDUCT

1. Protect and Preserve the Natural Beauty of Nature

- 1.1 Do not take shortcuts, stay on the designated footpaths.
- 1.2 Carry everything away that you have taken with you – including empty containers, fruit peels and tissues.
- 1.3 Do not destroy vegetation or animal life, pick flowers, dig up plants or take any item of nature away with you.
- 1.4 Do not pollute water resources. Do not rinse out or use soap directly in a water source. Do not 'go to the toilet' closer than 50m from a water source. Burn all toilet matter, including toilet paper.
- 1.5 Do not create fire hazards.
- 1.6 Obey all the rules of the area in which you are hiking.
- 1.7 Keep huts clean and sweep out your section before leaving.
- 1.8 Observe and don't disturb, avoid noise pollution – no loud music. (Headphones is allowed)
- 1.9 **SMOKING IS NOT ALLOWED ON ANY HIKE**

2. Carry the following items in a comfortable backpack on every hike:

- 2.1 Adequate rain gear, cold weather gear and sun gear. Weather conditions can change at any time.
- 2.2 Sufficient water at ALL times.
- 2.3 Safety whistle.
- 2.4 A cell phone is advisable.
- 2.5 High-energy snack.
- 2.6 Let's go Hiking - Namibia membership card with emergency contact details.
Additional emergency information must be carried if any extraordinary conditions exist.
- 2.7 Your own first aid kit with emergency blanket and personal medication.

3. Wear appropriate clothing:

- 3.1 **FOOTWEAR:** Only appropriate, comfortable & right size of shoes or hiking boots may be worn on all hikes. Wear one or two pairs of genuine hiking socks.

- 3.2 RAIN GEAR: Rain jackets and pants must be fully waterproof and windproof. Test them before embarking on a hike.
- 3.3 SUN GEAR: Full crown and brim sunhats should be worn. Cloudy weather is deceptive and still allows harmful rays to penetrate. Wear a high protective factor sunblock on exposed skin on all hikes.
- 3.4 GENERAL: Wear loose, light clothing and carry layers to put on if necessary.
- 3.5 NOTE: It is each hiker's responsibility to ensure that they are carrying the above items and wearing appropriate footwear and clothing. The hike leader may prohibit anyone who does not conform from being on the hike.

4. Follow the hiker leader's directions and guidance at all times:

- 4.1 Sign the indemnity form before every hike – any person who does not may not take part in the hike.
- 4.2 The hike leader reserves the right to inspect the equipment of any person booked on his or her hike at any time.
- 4.3 Stay with the group. Do not split off. Keep the person behind you in sight.
- 4.4 When venturing off a designated path for any reason, leave your backpack at the exit point for others to see.
- 4.5 Let the hike leader know if you are experiencing difficulties.

5. Ensure that you are fit enough to hike:

- 5.1 Any person booked on a Let's go Hiking - Namibia is responsible for ensuring that they are fit enough to complete that hike.
- 5.2 Prior or current abuse of alcohol or drugs may impair fitness and cause dehydration while hiking.
- 5.3 Any person with a serious medical condition or conditions should not take part in a Let's go Hiking Namibia hike. If such a condition is knowingly concealed, especially if it jeopardises the safety of the other people, the result could be disastrous.

6. Credo

- 6.1 Hiking is a privilege, please do not abuse it.
- 6.2 Leave nothing but footprints, take nothing but photographs.
- 6.3 Be considerate to your fellow hikers at all times.
- 6.4 Do not jeopardise the safety of the group by neglecting yours.