



Grab and Go social walking pack

How to plan a social walk

1. Think about where you might want to go. There are many sources of ideas for routes in your local area. Listed below are just some examples;

<https://www.komoot.com>

<https://www.alltrails.com>

<https://explore.osmaps.com/find-routes>

2. Seek advice, if necessary, from your county walking adviser, or the region walking adviser if you don't have one at county. The Ramblers' association also produce some useful advice – [Resources for walk leaders – Ramblers](#)

3. Advertise it to interested members



Completing the risk assessment

Use the Girlguiding risk assessment for activities away from the meeting place –

<https://www.girlguiding.org.uk/information-for-volunteers/running-your-unit/safeguarding-and-risk/managing-risk/risk-management-for-activities-and-events>

As part of the risk assessment you will need to complete the walk before the planned day, so that you can identify any potential hazards on the route and plan to mitigate these.

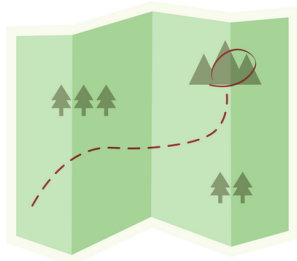
You will also need to consider the weather on the day and there are a variety of sources of information for this;

<https://www.bbc.co.uk/weather>

<https://www.metoffice.gov.uk>

<https://www.mwis.org.uk>

It is good practice to update the risk assessment a couple of days before with an up to date forecast.



Equipment

The walking scheme lists what you should take out on your walk –

https://www.girlguiding.org.uk/globalassets/docs-and-resources/learning-and-development/outdoor-team/girlguiding-walking-scheme-2023-update_v3.pdf

Appendix 5 is the kit list and appendix 6 lists what you will need to carry in your first aid kit.

Make sure you are familiar with the emergency procedures detailed in appendix 7. You might find it helpful to print it off, laminate it and keep it in your rucksack.

Organising the walk

Ask members to sign up by a certain date to give yourself time to make an adjustments to the risk assessment. Make sure everyone attending the walk has a health form sealed in an envelope in the top of their rucksack as this will contain their emergency contact information.

Give yourself plenty of time to park, if appropriate, and make sure you have everything you need for the walk.

On the day

Enjoy yourselves and make sure you take plenty of photographs!

