

The first club Hill Safety sheet is reproduced below (thanks Betty!). It was foolscap and a Gestetner colour copy (Blue and Purple). They were all the rage in schools at the time! The "side comments" were accompanied by little cartoons – who was the artist?

SAFETY ON HILLS

Good, sound equipment is the first essential

CLOTHES:-

WORN

- (1) Woollen jersey
- (2) Warm long trousers (best if woollen)
- (3) Anorak or windproof jacket
- (4) Woollen socks (2 pairs)
- (5) Boots or strong shoes (Broad in size plus a good heel)

DON'T WEAR MORE THAN IS NECESSARY

SPARE - jersey; gloves; woollen cap; waterproof clothing, eg cagoule plus leggings.

FOOD:-

- (1) Have a good breakfast
- (2) Take a good lunch
- (3) Always carry some emergency such as chocolate, barley sugar, dried fruit and treat as **EMERGENCY RATIONS** not just an extra snack.

IF COLD OR WET ALWAYS HAVE SOMETHING HOT

PLUS – MAP and COMPASS (and know how to use each)

Remember to leave word with someone of your route !!

AVOID USING STREAMS AS A MEANS OF DESCENT

DON'T TAKE SHORT CUTS!

DON'T THROW STONES

What does this tell us about the circumstances of the time?

Good, sound equipment - the first unintentional *double entendre*?

Two pairs of woollen socks: No Thorlo or SmartWool around then.

Cagoule - you remember them - thin plasticy things in all colours from dull greens to bright orange that didn't breathe. So you ended up with more water running down the inside than you did on the outside - even on the wettest days.

DON'T WEAR MORE THAN IS NECESSARY: Good advice but perhaps not intended to suggest that you should remove all your clothes and go swimming on the hottest of days! Possibly it was written with a premonition of the person who walked in the Galloway hills on the hottest day of 2002 in his complete complement of Paramo gear. Stuff that most of us would have found sufficient for winter walking in minus 20 degree windchill.

IF COLD OR WET ALWAYS HAVE SOMETHING HOT: Obviously an early attempt to recognise that if you are in either of these conditions the best thing to do is to get off the hill and find the nearest establishment serving hot soup, chips and, in all probability, a refreshing drink.

MAP and COMPASS (and know how to use each of them): And we're still learning, aren't we?

DON'T TAKE SHORT CUTS! Was this advice for the coach driver? Of course we now **all know** that the direct route is always the best.... This is the start point, that's the top. Go straight for it.

AVOID USING STREAMS AS A MEANS OF DESCENT: Good advice - you'll get marginally wetter than if you trudge down the steep boggy slope in the pouring rain. Of course, the writers couldn't foresee that by the end of the millenium people would be doing just this for fun and calling it canyoning to add a more adventurous feel to it and to pretend they are doing it in a dry Colorado gulch.

DON'T THROW STONES: Pretty good advice whatever your situation, especially when happening upon a greenhouse or hydroponicum on your walks. The only exception being when you're on a loch shore or beach and there are plenty of suitably flat stones - or indeed round pebbles, as was shown during the recent Ely Coastal walk.

The cartoon that accompanied this comment suggests that what was meant was "Do not drop large boulders onto following members of your party". One has to wonder why this was needed at that time but would, perhaps, suggest that Martin reads and understands this excellent piece of advice before walking with his Mate.