



MCU dos and don'ts

- Remember that trip leaders are volunteers not paid tour guides so don't forget to thank them for all their hard work organising a trip and help them out in any way you can.
- Be respectful to all those whose land you may be crossing – avoid walking on crops and sometimes you will need to check with local villagers or the local village chairman (LC1)
- Don't forget that your safety is your own responsibility
- Offer to share transport costs if someone is giving you a lift
- Leave places as you find them – don't drop litter
- Always let the trip leader know as far in advance as possible if you cannot make the trip and be on time so that you don't keep everyone else waiting!
- Be honest about your level of fitness, what equipment you have etc. You don't want to end up putting others or yourself in danger
- If you are asking local people to act as guides or porters for you then don't forget to check that they have or can borrow the necessary equipment (food, water, warm clothes if you're going high or it's likely to rain). This is especially important if you are camping out – is there somewhere they are able to stay particularly if it starts to rain.