



TRAILS

Enrolment information

Welcome to TRAILS

We're excited that you're considering coming on Trail with us and can't wait to hear from you!

This document is provided to help prospective participants understand what they're signing up for and answer some of the common questions we get at the enrolment stage. That being said, we know you'll have questions after reading it and we're ready to answer them by call or email.

Coming on a thru-hike can be as daunting as it is exciting, but we're hopeful that our resources and assistance can make long distance walks more accessible for everyone.

Once again, we look forward to welcoming you on trail!

John Harlow
Director, TRAILS

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Non-negotiables

At Trails, we try to mediate our relationships by trust as opposed to written agreements and contracts. Despite this, we have a few basic rules that we uphold rigorously.

Safety first

From teacher to supporter to leader, our trippers have a lot of roles on trail. The most important one however, is their duty to keep everyone safe. As a result, it is a non-negotiable condition of your trip that you respect the decisions of your trippers in regards to safety. We also expect participants to show caution and respect for the safety of everyone on the trip.

Banned items & substances

We don't allow participants to carry any knives (we will provide these for cooking) or illegal substances. Groups can enjoy alcohol on trail as long as it is done respectfully and within our community guidelines, however alcohol cannot be kept in your backpack during the day. If a tripper feels an item in your possession may be dangerous, they reserve the right to ask you for it.

Community guidelines

First and foremost, we are a community of outdoorsy people. As a result, we believe it is important for everyone to review and understand the basic ground rules of our community before they come on trail with us.

Being the helping hand

This basically means being supportive of one another, especially when times get tough. Please come on a trip with us ready to make new friends, and to include those who are different from you. Group cohesion is often the deciding factor in the success of a trip.

Getting stuck in

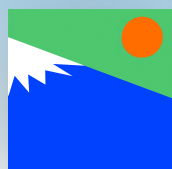
You can think of your trippers more as facilitators than guides, which means that our goal is to empower you towards "*trail independence*" over the course of your trip. Achieving this is helped when you arrive excited to try your hand at navigating, leading, and self-managing. Expect to be made responsible for these aspects of your trip at some point!

Everybody sweeps the floor

While on trail, there are many tasks which will be delegated among the group. These include carrying gear, cooking, cleaning up, and campsite chores. Just like every other member of the team, you will be expected to do these tasks either with the rest of the group, or on a rotating basis.

Embody our values

Nobody is perfect at this (including our trippers), but it is definitely helpful if you participate in and share our declared values.



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Equipment information

The following is a basic list of equipment you will need on your trip and what we provide. All equipment should be at least appropriate for DofE trips, but it is helpful if it is lighter. We are always happy to offer recommendations and advice for affordable equipment.

Personal equipment	Provided by Trails
Backpack*	Maps
Tents*	Water filter + tabs
Sleeping bag	Stove
Sleeping mat*	Pots
Water bottles	Fuel
Mug, bowl, and spork	Toileting kit
Torch	First aid kit
Powerbank**	Repair kit
Hiking clothes (2 sets)	Satellite phone
Hiking boots	

* kit which we can loan to you at affordable rates

** optional kit

Travel information

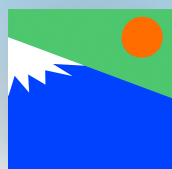
All the transport during your trip from the first to last day is included in your trip fees. However because we start and end in Sheffield, you will need to get yourself to the steel city for Day 1.

Transport links

Sheffield is easy to access wherever you are in the UK and we recommend coming by public transport if you need to travel to get here. Once in the city, there are fantastic bus and tram links everywhere, and we suggest you check out the Heart of the City if you arrive the day before the trip!

Where to stay

We are always happy to make suggestions for cheap places to stay inside Sheffield if you want to arrive the day before your trip.



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Fee payments

We know that any thru-hike can be expensive, which is why we have created a simple payment schedule which allows as much flexibility to our participants as possible. Within this, you can pay in instalments however suits you.

Time	Payment due
On booking	20% deposit on trip fees
6 weeks before your trip starts	40% deposit on trip fees + all equipment fees
3 weeks before your trip starts	100% of fees paid

Remember: If you can't make these payments on time, talk to us! We can normally arrange a different payment schedule. Unfortunately, we must have all fees paid prior to departure.

Equipment fees

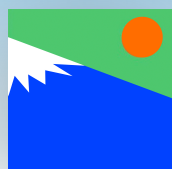
Although there is some gear you will have to bring yourself if you don't already have it, we also offer rentals on some of the most important (and expensive) gear you'll need on trail.

Equipment	Rental fee per week
Tent	£20
Sleeping mat	£10
50L Backpack	£15

Remember: Unfortunately, equipment rental fees are non-refundable.

Refund policy

If you need to cancel, we will return all fees paid, except for your deposit and equipment rental fees. We politely ask that you avoid cancelling if at all possible within three weeks of your trip. Regrettably, we cannot offer refunds if you start but subsequently leave your trip.



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Inclusion

We are keenly aware that being the warm, welcoming community we strive to be depends on every member of the community being warm and welcoming.

Food on trail

We try to accommodate all dietary needs, and this means that some trips cannot have common allergens (nuts, etc) in their food. Additionally, for environmental reasons we try to keep our meat intake as low as possible. We do not serve any beef or pork on our trips.

Medical accommodation

Our trippers are used to meeting and managing most of our participants medical needs! We find we can best serve folks when they communicate their needs as early as possible, so if you have special requirements please talk to us when joining about how we can help you.

Trail is a safe space

We believe that trail is somewhere that everyone can be encouraged to freely be themselves. When booking with us, know that our most basic principle is respect for one another and we won't tolerate anyone who consistently flouts it.

Challenge level

It's a reality of the trips we offer that participants need to thru-hike hundreds of kilometres. However while these can be difficult trips, they are also highly achievable for the majority of hikers.

Physical requirements

You should ensure the you can walk the average daily distance of your trip on similar terrain while wearing a 10kg pack. This does not need to be easy or comfortable, but it should not be hard or strenuous. If you are unsure about your physical fitness level and how it relates to your trip, talk to us and we'll be happy to offer practical advice about the suitability of any given trip.

Weather conditions

We walk, camp, and live in most weather conditions and you will probably experience them! You can expect to get wet and muddy at some point (or several) on your trip. Trust us, it's all part of the fun!

Illness and injury

Thru-hiking is not without risk and there is always a chance that injury or illness may stop or slow your progress. In this event, we will try to do everything we can to keep you on trail. If you do need to come off trail, you are more than welcome to return to your group at any time. We can help you to rejoin your group in a number of ways, however you will be responsible for any additional costs incurred if doing so.