

The Countryside Code

- Keep well clear of livestock and machinery.
- Don't trample crops.
- Help keep all water clean.
- Protect wildlife, plants and trees.
- Be particularly careful when road-walking; where practical face oncoming traffic; keep between traffic and children.
- Make no unnecessary noise.
- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Fasten all gates.
- Keep to public footpaths across farmland.
- Use gates and stiles to cross hedges, fences and walls.
- Be discreet when crossing golf courses and stop when golfers are teeing off.

Most Importantly

- Enjoy the countryside we walk through.
- Appreciate the buildings and worshipping communities that we visit on our way.
- Share any concerns you may have with other pilgrims and if appropriate the organisers.
- Make new pilgrims welcome, greet those who join us for short distances, share our pilgrimage spirit with those we meet.
- Give thanks to God that we have the opportunity and health to make this pilgrimage.

In emergency contact:

John (Coordinator) 07866 971623

Clare (Drinks Car) 07977 078889

Ceri 07843 055308

*Diocese of Arundel & Brighton
Ecumenical Walking Pilgrimages*

The Liverpool to Carlisle Pilgrimage 2014

*LIVERPOOL – Southport – Preston – Churchtown – LANCASTER – Arnside – Kendal –
AMBLESIDE – Chapel Stile – Keswick – Caldbeck – CARLISLE*

Pilgrim Code

Let's have a safe and enjoyable pilgrimage! Please read these notes carefully BEFORE YOU JOIN THE PILGRIMAGE; they will help you prepare.

Safety is everyone's responsibility. The organisers try to minimise the risks to us all, for example by finding safe crossing points on busy roads, but ultimately we must all look after ourselves, and be mindful of others.

Please read the Equipment List that is included with this pack.

The Pilgrimage "family". We are living as a nomadic community, and it is important that we share the workload involved in this so please be ready to help move luggage, set up tables, pack the van, make filled rolls, tidy the hall and kitchens as necessary.

Luggage: as stated in the equipment list, you may bring 2 items of luggage in addition to your day pack.

- If you bring a single kit bag (ideally a holdall but soft suitcases and internally-framed rucksacks are OK) it should weigh no more than 17kg (37lb). You (and those loading / unloading) will have to carry it – possibly up and down stairs. If your bag is overweight, it will not be carried. ***If, for travel by train, you find it easier to put everything in one bag, then bring a lightweight bag to transfer some clothing into. You don't need 2 weeks' worth of clothes as there are launderettes on both rest days; try to choose clothes that are light in weight, easy to wash, and comfortable.***
- Your bedding, consisting of a sleeping bag, mat or airbed and small pillow, should be packed separately. These should be in a stuff sack and compressed as far as possible. Black bin liners are unsuitable as they do not compress and rip too easily. If you must use them, bring replacement bags and ensure you have strapping around them.

- Pack bags so they'd survive airport baggage handling - no dangly bits.
- Musicians may also bring a musical instrument (within reason) on condition that they play it.

Safety in Halls: we will often be a fairly large number in a relatively confined space, with equipment spread out over the floor. Please pay attention to any gangways identified by the organisers, which are intended to allow safe movement around the accommodation, even in darkness. Try to avoid letting luggage spill into these areas. Remember all halls are smoke-free zones; this is a legal requirement.

Safety near Heat: the risk from hot items in the kitchen is pretty self evident, but be aware of the risk of scalding around the tea urn, when manoeuvring hot drinks around the hall, and when meals are being served.

Weather: the wonderful British weather has so much to offer us: from sunburn and dehydration to a thorough soaking and wind-chill. Make sure you carry (and wear) appropriate clothing, and apply (and re-apply) suitable sun protection. You should also carry, and drink, water: although a car meets us where possible, don't rely on drinks being available.

Keep your eyes open: it's all too easy to get engrossed in conversation or thought and to trip over uneven terrain. It's painful and embarrassing. Also, watch out for the orange arrows that mark our way: in broad terms, you should always be able to see at least one ahead of you. If you don't see any arrows, don't carry on regardless, double check everything and if necessary retrace your steps to ensure you are on the right path.

Keep your ears open too: if you like to listen to music through headphones when walking, make sure you can still hear what's going on around you—traffic noise or other pilgrims trying to attract your attention.

Stay in Touch: make sure you have the route cards and the key contact phone numbers with you at all times. If you are helping with the front or back marking, make sure that at least one person in the group has a mobile phone (turned on) and that the number is known to the support team.

To look after yourself & others, please follow the route indicated by the arrows. Be aware that the pilgrim in front may have missed an arrow showing a change of direction. If so, please tell them - Loudly. Always allow the front markers 10 to 15 minutes to get ahead and mark the route clearly. If you get close, please wait and allow them to get ahead again. Remember to carry the alternative transport sheet and route cards. **Always inform the Drinks Car should you decide to take an alternative way. If you have cold symptoms,**

keep it to yourself. **Should an accident happen:** ask for help from the nearest pilgrim. If the problem prevents you walking farther, ring the Coordinator. Assistance in travelling to the next hall will be arranged a.s.a.p. If the accident is serious, call the emergency services and also inform the Coordinator.

The Support Car's primary role is one of safety, in case of a real emergency; it's not a taxi service for tired pilgrims. If you need to drop out, use public transport. When there is no public transport the support car may, at the driver's discretion, take you to the nearest bus stop.

Boots Off! To keep sleeping areas clean, always remove boots before entering the hall and do not put them on again until leaving the premises.

Silent Hours: Sleep is important to all pilgrims; some like to go to bed and to rise early, others late. Respect tired people's need for a full night's sleep. Lights out and rise times will be announced daily; between these hours a strict rule of SILENCE applies EVERYWHERE within the building, including washrooms and toilets. The half hour prior to lights out and after rise time is QUIET TIME, so keep noise to a minimum. Always inflate your air bed well before lights out. A communal air pump is available—please take your airbed to the pump, don't move the pump. If you wish to rise up to 30 minutes before rise time please ensure ABSOLUTE SILENCE during this time. Unpack what you need the night before - rustling plastic bags can be very annoying to slumbering pilgrims!

Do not set an alarm clock.

Announcements: Assist each other to listen by being as silent as possible.

Mobile Phones: As noted elsewhere, mobile phones are an important part of our safety strategy. But a phone ringing at the wrong time can be irritating; please keep your phone off or silent during services and at night.

Lunchtime Pubs: We have permission to eat our own food discreetly at many of the lunch stops (please see route cards and listen to daily notices) but it is expected that **everyone using the pub will buy a drink there**; don't consume your own drinks.