

## Walk Leadership – Group Resource List

This is a suggested list of resources that we'd recommend all groups have, that members have access to and can use on walks if required:

### Essential

There are a wide range of resources available online to help you with running walks. The Ramblers walk leader resources are on the Ramblers website ([www.ramblers.org.uk](http://www.ramblers.org.uk)) under the volunteer zone in the [walk leader training toolkit](#).

- Suggested Walk Leader Kit List
- Guidance on Leading Remote Walks
- Walk Leader Checklist
- Recce form
- Pace of ICE cards – Available from Ramblers Scotland
- Register sheets
- Membership leaflets for non-members who join the walk
- Library of OS Maps
- Group Shelter
- Whistles to share with the group
- Lifesystems Mountain Leader First Aid kit which can be purchased from most outdoor retailers. This kit contains:
  - Primary care leaflet
  - Low-adherent dressings
  - Vinyl gloves
  - Woven bandage
  - Burn gel
  - Gauze swabs
  - Fabric plasters
  - Blister plasters
  - Zinc Oxide tape
  - Micropore tape
  - Crepe bandage
  - Triangular bandage
  - Medium dressing
  - Eye pad dressing
  - Fabric dressing strip
  - Wound closure strips
  - Paracetamol and Ibuprofen
  - Antiseptic wipes
  - Eyewash
  - Duct tape
  - Glow stick
  - Thermometer
  - Resuscitation aid
  - Scissors
  - Tweezers
  - Safety pins
  - Shears

### Desirable

- GPS