

COSTA BLANCA MOUNTAIN WALKERS

Welcome to the group. The fob you have received indicates that you have read & accepted the conventions, as viewed on the website (www.cbmwalkers.org). Please note; that **you walk at your own risk** and you should have arranged your own accident & emergency insurance.

The fob provides vital information in the event of illness or accident!

- <— PRINT FULL NAME
- <— Identification number
- <— In case of emergency "phone number"
- <— Allergies & Medication you take or which should be avoided.

This side indicates the season for which it is valid. The self adhesive roundel should be applied on one of the circles. A seasons walking period begins in October of the first year & runs through to the end of May in the second year. It also covers summer activities of the 2nd year.

Some, may not wish to have all this information on display. If so, cut up some plain card & slide it into the pouch so that it covers the information on the lower half, leaving your name visible!

The Fob is designed to be used for a number of years, so please take care of it. It replaces the single season disposable plastic type and is our attempt to find an environmentally friendly solution.

Should it become damaged or lost, a new one can be obtained (at a cost). Hand the damaged fob or parts of it (if possible) to a walk co-ordinator, who will exchange the parts required. It may be useful to retain a photo of the original fob, showing name and date, to validate the replacement.

In future years for your contribution, you will get a self adhesive roundel, to be placed alongside those of previous years.



To open the clear waterproof pouch. Squeeze the edges between fingers & thumb & gently prize the seal open,

Insert the card. Ensuring **all** of your details are filled in & the current seasons roundel is applied to the reverse side.

Press across the length of the seal to close it.



To Display the fob.

Press out the oblong infill & clip the mini carabiner through it. Other attachments are possible.

Please hang it from your rucksack etc in a clearly visible position.