

CLARE OUTDOOR CLUB

Membership Application Form

PLEASE USE BLOCK CAPITALS AND WRITE LEGIBLY

Name:																						
M.I. Membership Number:																						
Add	lress:																					
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Telephone:																						
E-mail:																						
Emergency contact																						
Name: Telephone:																						
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Committee Signature							Date:															

Membership forms must be countersigned and dated by a committee member or the days walk leader as Mountaineering Ireland membership and insurance starts only from this date.

Minimum gear required - You must have all of the essential items listed below to participate in a
club walk: Feel free to contact club@gmail.com if you would like to discuss gear or have
any other queries about membership.
☐ Hiking boots with ankle support
□ Waterproof jacket and pants
□ Walking trousers or tracksuit pants
□ Hat / gloves / Fleece / warm jersey
☐ Basic personal first aid kit
☐ Headtorch / Double Survival bag
☐ Food / water
□ A rucksack lined with plastic refuse bag
☐ Change of clothes and towel to be left in car
☐ Absolutely no runners or jeans on walks.