



## **CLARE OUTDOOR CLUB**

Membership Application Form

**PLEASE COMPLETE AND SEND BY EMAIL**  
[membership@clareoutdoorclub.net](mailto:membership@clareoutdoorclub.net)

**AFTER you have lodged membership payment to COC Bank Account**

**(details below)**

Name:

Address:

Telephone:

M.I. Membership Number:

Email address:

Emergency contact

Name:

Telephone:

(please place **YES** beside option) Full Member:

Associate member:

I confirm that I have lodged €60 (or €25 in the case of Associate Membership).

Date of Lodgment:

Amount:

**Bank Details: Clare Outdoor Club (Please add your name on bank transaction if possible)**

TSB, Ennis

BIC – IPBSIE2D

IBAN – IE75IPBS99072811476909

**Declaration** (PLEASE NOTE THAT BY ADDING YOUR NAME and EMAILING THIS FORM YOU ARE ACCEPTING ALL DECLARATIONS AS SET OUT BELOW ):

I accept that hill walking, climbing and rambling are activities that can be challenging and may result in personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.

I understand that I should notify a leader on the morning of a walk with any relevant information such as medical conditions, allergies, injuries, medications etc.

I agree to receive electronic emails relating to club activities in accordance with GDPR guidelines.

I have informed my Emergency contact that their phone number has being given to the Clare Outdoor club in accordance with GDPR guidelines.

I have read the list of minimum gear required overleaf and understand I may not be allowed participate in club walk without this gear.

**Members Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Committee Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please note that this form will be signed and dated by a committee member after membership fee has been received and 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 [membership@clareoutdoorclub.net](mailto:membership@clareoutdoorclub.net) 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.

Personal first aid kit – this should now include hand sanitiser, mask and disposable gloves

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.

A fully charged mobile phone.