



# Mourne Seven Sevens Registration Form

Official Use

**Please complete this form in advance and bring to registration**

**NAME** \_\_\_\_\_

Please provide the following info (where applicable).

Mobile phone number \_\_\_\_\_

Walking companions \_\_\_\_\_

\_\_\_\_\_

Colour of coat \_\_\_\_\_

Car colour & make \_\_\_\_\_

Car Registration \_\_\_\_\_

**I, the undersigned, understand and accept that hillwalking is an activity with a danger of personal injury, death and loss of or damage to property.** I will be responsible for my own actions and involvement in this event and I accept that neither Lagan Valley Orienteers, nor any of its individual members, can be held responsible for any injury, loss or damage (to individuals or to property) howsoever sustained by participation in it. I have read and will abide by the rules and instructions of the event and I believe that I am fit and able to participate.

I will wear or carry the minimum required equipment as follows:

- hiking boots, trail shoes or fell shoes (no trainers)
- waterproof coat with hood & waterproof trousers & hat
- Survival bag & First Aid kit (can be shared in group of 3)
- 1:25,000 map of the Mournes, compass and whistle
- food and drink sufficient for a long day hiking

**Signed:**

\_\_\_\_\_

The information on this sheet will be used only for the Seven Sevens event and will be destroyed afterwards