



The Victorian Mountain Tramping Club Incorporated

PO Box 1340 Melbourne VIC 3001
vmtc.asn.au

Member of

Bushwalking Victoria

Getting Started with the VMTC

How to come and meet us

Clubrooms:

- Venue: East Melbourne Community Centre, corner Grey and Simpson Streets, Melway reference 2G F2
- The VMTC usually meets at the clubrooms on the **3rd** Thursday evening of each month (except on or before public holidays), from 8pm to about 9.30pm. Refer to the website or our Facebook page for latest information.

How to start walking with us.

Do an initial walk as a visitor. This helps you decide if we are the walking club for you.

- Go to the Current Program of Activities- <https://www.vmtc.asn.au/walks-program/current-program.html> and find a walk that interests you. Send an email to the membership secretary at membership@vmtc.asn.au to obtain further information and the leader's contact details.
- Contact the leader who will explain the details of the trip and discuss its suitability depending on your walking experience and level of fitness.
- If accepted on the trip, you will be asked to provide your contact details, and the name and telephone number of an emergency contact.
- Most trips use private transport, which the leader will coordinate.
- At the event you we will ask you to sign an Acknowledgment of Risk form and pay a visitors fee. Currently \$5.

How to join the VMTC

If you have enjoyed your walk and would like to do more walks with us then

- Within four months of your trip as a visitor fill in a membership application form, available in the New Members section at <https://www.vmtc.asn.au/new-members.html> .
- Send the completed application form to the VMTC and pay your entrance fee (refer to application form for details).
- When this is done this you are classified as a prospective member and will be given access to the member section of the VMTC website.
- Complete a further two club trips (day activity or longer) within the next six months of your application.
- Once you have completed these two activities, the club committee considers you for acceptance as a full member.
- On acceptance you will be notified and your name will be published in the clubs monthly newsletter – Trampalong.
- On receipt of your membership fee you will become a full member
- Fees are published on the current Program of Activities. You are required to read and abide by the Rules of the Association and the Bye-laws (Standards and Procedures), which are published in the New Members section of the web site.

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Other important information

Medical conditions:

If you have medical issues such as allergies, asthma, diabetes or any other condition, which may affect your fitness or require special treatment on a trip, please discuss with the leader before the activity

Emergency Contact phone numbers:

- On rare occasions a club party may not return to Melbourne on time for a variety of reasons beyond our control.
- We are organised to cope with this eventuality (the full procedure is listed in the Bye-laws).
- Please advise any concerned person to ring a Club Emergency Contacts on the phone numbers printed in the Program of Activities or a Committee member.

Clothing, Equipment and First Aid.

For more detailed information on preparation for and behavior on a bushwalk refer to the Bushwalking Victoria website www.bushwalkingvictoria.org.au and in particular the Safety and Bushwalking Tabs

Ensure you take the essential items by referring to a check list. A typical check list is available on the VMTC website at <https://vmtc.asn.au/new-members.html>.

If in doubt contact the leader!

Day walks:

Clothing: Strong comfortable footwear with patterned soles, shorts or long trousers, long sleeved shirt, pullover, hat, waterproof jacket and small day-pack.

Food: A lunch that requires no cooking (eg sandwiches and fresh fruit), and for morning and afternoon teas we suggest chocolate, dried fruit or nuts. Bring a litre of drinking water in a well-sealed container, more for hot weather. For added safety, bring a small torch, matches and a whistle.

Medical: Personal medication plus a small first aid kit.

Longer walks:

- Each trip has the possibility of extremes and variability in weather. Particularly the wet, windy and cold conditions that can occur at any time in alpine areas and Tasmania.
- Your comfort and survival depend on you having appropriate equipment and clothing for walking for extended periods in such conditions. Choose gear that is as lightweight as possible, but still provides protection.
- Medical: Personal medication plus a suitable first aid kit.