

[Orange Front Cover]



**Ben Lairig Fun-Book
2001/2001**

£7

including FREE annual membership

(the same price as a Hebridean sheep)

www.benlairig.org.uk

Who gives a XXXX what it means?



In this sharply written compendium of wit, I shall endeavour (but fail) to entertain you with constitutions and guidelines. By the end of this booklet you will make yourself take a religious vow never to go on a Ben Lairig trip. However, if you only intend on reading one book in your first year then it is VERY IMPORTANT that you read this one.

Cheers,

Ben Greenwood

Ben Lairig Captain (the power's gone to my head)

Ben Lairig = I bin lager

The Ben Lairig Committee

Captain:	Ben Greenwood
Secretary:	Russell Bungay
Treasurer:	Daniel Callinan
Gear Rep:	Roger Leigh
Gear Rep II:	Phil Dean
Safety Officer:	Arran Titley
Social Sec:	Phil Dean
Press & Publicity:	Stephe Harrop
Webmaster:	Stephen Down

E-mail us all at: socs176@york.ac.uk

What you get with Your Membership Fee

- ✓ This useful booklet.
- ✓ Civil liability insurance from the British Mountaineering Council (BMC)
- ✓ Free use of club equipment and safety gear.
- ✓ The opportunity to get out and have a good time / get pissed / eat dodgy kebabs / freeze yer arse off / go to Ziggy's / visit Hebridean sheep.



Glen Coe

Ben Lairig = The hills are alive with the sound of drunken students.

Essential Information about Trips

- ✓ To sign up for trips either fill in the *sign-up sheet* on the Ben Lairig notice board in the Student Union Centre or fill in the *online sign-up form* on our website. You'll normally need to leave a £10 cheque, made payable to Ben Lairig, as a **deposit** in the Ben Lairig pigeon hole in the SU Centre. It is important that you sign up, so that we know the exact number of people and equipment in good time.
- ✓ On the Wednesday before each trip, there will be a planning meeting, often followed by a social. This is where we finalise who is going on the trip, transport arrangements, plan routes, check equipment, blah, blah, blah...
- ✓ People who decide to go on a weekend trip on Thursday or Friday can often be accommodated providing they agree to buy each committee member on the trip a pint on the Saturday night for the inconvenience and stress caused.
- ✓ Weekend trips run from Friday evening to Sunday evening. We meet in Goodricke car park outside the Student Union Centre at approximately 5:00 on Friday.
- ✓ Anyone living **off campus** will be given a lift home on Sunday evening but will not be picked up on Friday. Note that this does not apply to people living in Halifax Court or Eden's Court – yes you can walk in the rain!

- ✓ Food is not included in the price of the trip. On the Friday evening we stop at a suitably greasy chippy/pizza/BSE/F&M contaminated kebab take-away and on the Sunday we either return or go for a curry. On Saturday you have the option of either cooking on one of the club's stoves or eating in the pub (if they serve food). You will also need to bring two packed lunches and two breakfasts for Saturday and Sunday.

- ✓ A word on breakfasts: don't plan on a full plate of bacon and eggs unless you're out of bed in time to cook it. It's also customary to feed the trip organisers breakfast in bed.



Ben Lairig on Crib Gogh

Essential Equipment for Trips

- 1) **Waterproof jacket** and **over-trousers** – essential for **all** times of the year. Speak to current members to borrow, beg or buy second hand.
- 2) **Walking boots** – essential. Neither trainers nor wellies are good enough. You are well advised to purchase a quality pair that fits - first time. E-mail *socs176* for advice.
- 3) Warm **clothing**, including hat and gloves. Jeans take a long time to dry when wet and are cold and uncomfortable to walk in. They are not suitable for Ben Lairig trips.
- 4) Plenty of **food** for the weekend, plus some more! Bring emergency rations such as chocolate, a four-pack of Stella and a jumbo bag of Doritos. You'll be able to buy dinner en-route on the Friday and Sunday nights.
- 5) **Torch**. Pitching tents before dark is rare. A head-torch can be an important piece of safety kit when coming down off a mountain in the dark.
- 6) **Survival bag**. These are large, strong, plastic bags, available for about £1 from walking shops. Not only are they an effective survival aid, but they also make great sledges!
- 7) 35/40 litre **daysack**. Must be able to carry lunch, waterproofs, spare clothing and an item of group safety gear.
- 8) **Water bottle/flask**

- 9) **Small first aid kit**
- 10) **Sleeping bag** *– **warm one** else you'll be cold
- 11) **Karrimat** *– a foam mat to sleep on
- 12) **Tent** *
- 13) **Stove** *– the club owns a number of meths-burning Trangias
- 14) **Whistle** *– 6 long blasts each minute is the international distress signal

* Items 10 – 14 can be borrowed from the club. Tell us you need them when you sign up.

For more detailed info -see our website www.benlairig.org.uk or speak to a member of the committee.

Trips – in General

We aim to run three to four weekend trips each term, but can run more if there's demand. In the Summer Term, we ran SIX trips including a week on the Isle of Skye.

Some of our most successful trips have been:

- ✓ Snowdonia: including scrambling up Crib Goch (p7) and the North Face of Tryfan
- ✓ Ardgarden: Beautiful lochs and blasted midges
- ✓ Frisbee on Whitby beach (see website for pics)
- ✓ Bog-jumping on Kinderscout in the Peak District
- ✓ Winter wonderland and snowmen in Langdale, Lake District

The club is always open to trip suggestions; we can run trips to where YOU want to go, so tell us at socials or by e-mail.

We will be running a **Winter Skills** course next term but you'll need to sign up fast if you want to go.

Socials

As well as walking at weekends, Ben Lairig holds regular Wednesday night expeditions. One of our regular exploits is a strenuous, and lengthy crawl around the numerous pubs and bars of town.

Our favourite points are the Hansom Cab, Lendal Cellars, and for the ultimate challenge, *Ziggy's* nightclub!

On the last social, we mounted an expedition up Clifford's Tower, a challenge not for the faint-livered.

Committee members are always up for a pint downing competition – challenge us!

If you don't like mountains, there's always the men, [and women – Ed] and booze.

A Kat-Phrase
by kind permission of Kat Petersen

Summer socials have comprised BBQs, Bikinis, Booze, Babes, Beaches, Baileys, Broken Biscuits, Baked Beans and Blood.

Socials are the best time to discuss the trips you want to do with the Committee – what more incentive do you need to come along?

The Ben Lairig Constitution – The REALLY dull bit

- 1) Ben Lairig – The Walking Club accepts no responsibility for the injury or death of one or more of its members on a Ben Lairig trip.
- 2) Drivers for Ben Lairig accept no responsibility for any injury or death of members that occurs whilst they are driving.
- 3) Ben Lairig – The Walking Club does not provide qualified mountain leadership. Any leading of the members is done on a purely unofficial basis on which the ‘leader’ is not responsible for the injury or death of any members he or she is leading.
- 4) Club equipment for organised trips shall be provided impartially to members on a first come first served basis.
- 5) The club committee shall endeavour to ensure that all equipment provided to members is in working order.
- 6) The club committee shall arrange transport for trips via the Athletic Union. Members participating in trips shall be decided on a first come, first served basis. A sign up list will be available on the club notice board for the week prior to the trip. A request to cancel a place must be personally addressed to the Captain as a matter of urgency.

- 7) The Ben Lairig committee shall consist of eight posts: Captain, Treasurer, Secretary, Gear Rep, Press and Publicity, Safety Officer, Social Secretary and Webmaster.
- 8) The Ben Lairig committee elections shall occur annually, each post being voted for individually, using the current Student's Union voting system. A club member may not hold more than one post.
- 9) It shall be explained to all prospective members that the Club does not provide qualified mountain leadership.
- 10) On joining the Club each new member will be given a copy of the constitution.
- 11) Any changes to the constitution require a democratic vote of at least 10% of the Club members.
- 12) When Club equipment is borrowed on activities not organised by the Club, the borrower is wholly liable for any damage to or loss of equipment. The borrower shall also pay a fair deposit on this equipment, in the form of a cheque made out to the Club, to be kept (uncashed) until the full return of the equipment. To bind them to this, the borrower shall sign his/her name to a list of every single item he/she has borrowed. The sum of the deposit is at the discretion of the Equipment Rep, but should generally be the cost of replacement.
- 13) In the event of Club members on Club trips needing transport arising from getting into difficulties that threaten their safety, individuals shall be liable for up to £5 each for the cheapest

available transport. the form and amount of help from the Club fund is at the discretion of the Committee.

- 14) Where a dispute arises, the constitution shall be interpreted by the Committee.

Code of Practice

1) **Membership**

When members join Ben Lairig they will be given a copy of a) Code of Practice, b) the Ben Lairig Constitution, c) an essential equipment list and d) procedures for novices. They will then sign up to confirm receipt of and acceptance of terms in these documents.

2) **Leadership**

It will be understood that leadership of walks is on an unofficial basis and that no qualified mountain leadership is provided by the Club. To be allowed to lead a group, a member must show proficiency at navigation and related mountain skills. A person wishing to do so may lead under the guidance of an experienced member of the Club and so gain the experience and knowledge necessary. The ratio of leaders to members should not be more than 1:6.

3) **Number in Party**

In the summer months, walking parties may not contain fewer than three members. In winter there must be a minimum of four members per party.

4) **Winter Walking**

The Club will annually arrange a Winter Skills Training Weekend at a recognised establishment and all members will be encouraged to attend. When conditions allow, these skills will be passed on on an unofficial basis.

5) **Climbing/Ice climbing**

No climbing will be allowed on Club trips.

6) **Planning**

Before each trip, members will meet to ensure that enough equipment is provided and that members are aware of the level of walking to be undertaken.

7) **Safety Gear**

The Club provides certain items of safety equipment. These will be maintained by the Gear Rep and distributed between members in each walking party.

8) **First Aid**

The Club strongly recommends that members become qualified in first aid. As part of its safety equipment, the Club provides first aid kits for each walking party and parties must include at least one qualified first-aider.

9) **BMC Affiliation**

The Club is currently and will remain a member of the British Mountaineering Council (BMC). An updated membership list will always be supplied to the BMC for insurance purposes. In addition to insurance provided by the BMC, the Club strongly recommends that members take out personal accident and medical insurance.

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