



General Information and Safety

ICCP Field Trip, September 28, Cantabrian Zone, N Spain

Physical demands and environmental information

FOR THIS FIELD EXCURSION PHYSICAL DEMANDS ARE LOW

- The field trip will take place on uneven ground, but nothing overly strenuous, with short hikes and on a mountain roadside.
- Altitude is between 1100 (Stop 1) and 1200 m (Stop 2), with maximum heights between 1360-1380 m reached at driven by mountain passes during the approach.
- The weather can be variable. Forecast for previous days estimates cool early mornings (around 8 °C) and rather warm middays (20-21 °C) with partially cloudy conditions. Nevertheless, rain should not be discarded.
- Field work will start around 9 AM to finish from 6 to 7 PM.

Safety Equipment (for the group)

GENERAL SAFETY EQUIPMENT FOR THE GROUP (loaded in the coach)

- First-aid kit
- Fire extinguisher equipment

OTHER MATERIAL FOR EACH PARTICIPANT (provided by the organizers)

- Reflective vest (to be worn at roadsides).

Required Personal Equipment

Footwear

- To be properly equipped for geological fieldwork, you need the correct type of footwear.
- It is recommended lightweight hiking boots or robust training boots with appropriate ankle and foot support, protection and grip.

Clothing

- We recommend a range of clothing, which will allow for layered dressing, adaptable to the possible weather variances.
- A wide brimmed or warm hat with chinstrap is advisable for protection from both heat and cold exposures. A light bandana/buff or scarf can also provide additional protection.

Miscellaneous:

- No dangerous animals live in the area, but be aware that the area hosts cattle, so ticks and insects could be present. Insect repellent is recommended. As to plants, stinging nettles may also be found.
- Sunblock is advisable (SPF > 30).
- Sunglasses with 100% UVA protection are strongly advised
- A camera and binoculars may be useful