



General Information – Preparing for your Guided Walk

To help you enjoy and get the most out of your day, we have provided some general notes for guidance on how best to prepare and equip yourself.

Our guided walks vary from well-established footpaths along public rights of way to tough, sometimes boggy, open access land. Conditions under foot will be dependent on your chosen event and the weather in the days leading up to and on the event day itself. Terrain can often be rough, stony and muddy. Walks may also involve climbing over stiles and negotiating other difficult natural terrain or obstacles.

It is important that you are properly equipped and we suggest the following.

Essential Items:

- Comfortable outdoor clothing
- Waterproof jacket and trousers
- Comfortable walking boots or trekking shoes (Trainers are not appropriate)
- Day rucksack with waterproof liner or the contents placed in dry bags
- Packed lunch, snacks, drinks / water
- Additional warm clothing – jumper, hat and gloves
- Personal first aid kit and any specific medication

Other Items to Consider:

- Extra snacks
- Small sit-mat or polythene sheet
- Walking poles
- Gaiters
- Sun hat, sunglasses and sun screen (depending on the day)
- Camera
- Small torch

If you have any concerns regarding equipment or preparation for your chosen event, or wish to discuss any other queries, please do not hesitate to contact Kevin Wagstaffe, Peaklander Guided Walks by phone 07756 655 842 or email info@peaklanderguidedwalks.co.uk