



Walk *your* Weekends

the ultimate guide to hiking Britain like a local
(no car? no holidays? no problem.)

SAFETY ON THE HILLS (3 Simple Steps to Keep you Safe)

1. HAVE YOU PACKED THESE THINGS?

- | | |
|-----------------------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Whistle | <input type="checkbox"/> First aid kit, including: |
| <input type="checkbox"/> Survival Blanket | <input type="checkbox"/> Plasters |
| <input type="checkbox"/> Working torch | <input type="checkbox"/> Wound Wipes |
| <input type="checkbox"/> Watch | <input type="checkbox"/> Antiseptic cream |
| <input type="checkbox"/> Charged mobile phone | <input type="checkbox"/> Ibuprofen gel |
| <input type="checkbox"/> Food and water | <input type="checkbox"/> Blister treatment |
| <input type="checkbox"/> Appropriate clothing (see Weather checklist) | <input type="checkbox"/> Tick remover |

2. DO YOU KNOW THESE THINGS?

- Do you know how to call mountain rescue?
- Do you know how to behave around cattle?
- Can you navigate with a map and compass?
- Do you know your escape routes?
- Do you know when sunset begins?
- Do you know your estimated schedule?

3. HAVE YOU DONE THESE THINGS?

- Told someone my intended route
- Agreed to check in with someone at an agreed time (allowing for being late, lack of mobile signal etc.)
- Accepted I may have to change my plans / give up in order to not put myself at risk

You're Good to Go!