



## ***General Information***

### **Adventure Training**

At Adventure Unlocked we want to make the mountains as accessible to people as possible, and you don't need to spend loads of money on unnecessary kit when it isn't really needed or cheaper alternatives will do. However, to be safe and comfortable on your walk there are some essentials that you will need, along with some items which we highly recommend.

#### ***Hiking***

##### ***Essential Items***

- Strong, well worn-in and comfortable walking boots (trainers are not suitable)
- Comfortable outdoor clothing:
  - Tops (cotton is not suitable but polyester works very well)
  - Walking trousers (jeans are not suitable)
- Waterproof jacket and trousers – preferably made of Gortex, eVent fabric or similar (except in exceptional summer conditions)
- Spare fleeces or jumpers
- Hat and gloves (except in warm summer conditions)
- Large (60ltr) rucksack with waterproof liner\*
- Map (we will specify which OS map to buy)
- Waterproof map bag
- Compass
- Note pad & pen
- Large packed lunch, and lots of snacks
- Plenty of water. We recommend 2 litres of water or other non-fizzy drinks - some people may need more than this.
- Tasty, high energy snacks which you can eat enjoying the view or sheltering from the rain

#### ***Camping***

##### ***Essential Items***

- Light weight tent\*
- Sleeping mat\*
- 3 season sleeping bag\*
- Toiletries
- Medication

- Stove with pan, fuel & lighter\*
- Plate/bowl, mug & cutlery
- Spare socks & underwear
- Head torch (with spare batteries)
- Hot drinks (eg tea, coffee, hot chocolate)
- High energy Sat evening meal
- Sun Breakfast

**NB we will share kit where we can i.e. tent, stove etc**

***(\*we have items to you can borrow for a small charge)***

### ***Youth Hostel***

- Toiletries
- Medication
- Towel
- Fri eve meal
- Sat Breakfast
- Sat lunch

### ***Recommended Items***

- Sun screen (if sun likely to be out)
- Sun hat
- Sunglasses
- Personal first aid kit
- Face mask and hand sanitiser
- Small, light-weight sit-mat
- Walking poles
- Gaiters (except in dry conditions)
- Camera

We will carry a group shelter and comprehensive first aid kit

### ***Safety and the Weather***

During our walks and courses, we are committed to considering the safety of the whole group and may show more caution than individuals might when out walking on their own. We will undertake continuous risk assessment throughout the day and may take the decision to change or modify walking plans at short notice. This most commonly occurs in bad weather conditions. We do lead walks and courses in all weathers, so long as it is safe to do so.

### ***Protecting the Upland Environment***

We hope that you share our desire to protect the fragile upland environment in the areas where we walk, so that they can be enjoyed by generations to come. Our website describes how we try to help protect the environment and to support local communities and the rural economy.

Also, what you can do to help. You can also read about the charities that we support through corporate sponsorship.

Finally, we would like to draw your attention to the ***Countryside Code***:

**Respect:**

- Be considerate to those living in, working in and enjoying the countryside
- Leave gates and property as you find them
- Do not block access to gateways or driveways when parking
- Be nice, say hello, share the space
- Follow local signs and keep to marked paths unless wider access is available

**Protect:**

- Take your litter home – leave no trace of your visit
- Do not light fires and only have BBQs where signs say you can
- Always keep dogs under control and in sight
- Dog poo – bag it and bin it – any public waste bin will do
- Care for nature – do not cause damage or disturbance

**Enjoy:**

- Check your route and local conditions
- Plan your adventure – know what to expect and what you can do
- Enjoy your visit, have fun, make a memory

***Any Queries?*** Please do not hesitate to contact Adventure Unlocked [info@adventureunlocked.co.uk](mailto:info@adventureunlocked.co.uk)  
We look forward to walking with you! Do you really need to print this?

***Please note that if we don't think someone has the right essential equipment to be safe on the walk, we reserve the right NOT to take them on the walk***