

APPENDIX 1

Personal Equipment

We believe in Club Walkers enjoying their walk in safety and comfort. But, in a worst case scenario, if you are inadequately prepared for a given walk you will be a danger to OTHERS in your walking group as well as a danger to YOURSELF.

Follow the Safety Code: Be safe on the fells. Be dressed for the day and the walk. Carry the minimum weight consisting of the maximum items for your personal safety and comfort.

Only you can judge your personal requirements for the walk intended but, if a walk leader thinks you are not properly equipped, they may not allow you on their walk. With that in mind consider the following in compiling your own checklist before setting out for the day.

- Boots: Need to be comfortable yet robust, give support for the ankles, a sound grip with the ground & be waterproof. Modern composition soles with good tread are best for most conditions, e.g. Vibram or Contagrip. Normal shoes or trainers are not acceptable.
- Trousers: Jeans are hot in warm weather and a positive hypothermia killer in cold, wet weather. Do NOT wear them!! It is sensible to wear trousers that are windproof, that dry easily, are loose fitting, and comfortable.
- Insulation: Modern fibres such as Polartec fleece have, to a large extent, replaced natural fibres.
- Layering System: At its most basic level, the layering system consists of 3 layers, Base layer, Mid Layer, Outer Layer (Shell).
 - Base Layer: Worn next to the skin creating a thin layer of warm air against the body and wicks moisture from the body. Avoid using cotton which soaks up sweat and stays wet.
 - Mid Layer: worn over the base layer to help trap in body heat and help wick away sweat vapour. Mid layers include fleece, softshell or in extreme conditions an insulated jacket.
 - Outer Layer (shell): Provides protection against wind and rain. The Outer Layer should also allow sweat vapour to pass through to the outside. This layer is usually a lightweight, packable and breathable water proof jacket. The three main types of Outer Layer are Paramo, membrane and coated.
- Waterproofs: Do ensure that you are carrying/wearing outer shell garments (Jackets and Over-trousers) which ARE waterproof. Some of the weather we walk in has to be experienced to be believed. We do not want a case of hypothermia occurring due to a member's lack of attention to these major clothing items, or worse, leaving them behind just because we have perhaps enjoyed a recent spell of good weather. Waterproof jackets and over-trousers are also useful windproof garments, which will help reduce the wind-chill factor.
- Socks: Loop pile thermal in winter, Coolmax in summer and, if you prefer, a thin lining sock. Nylon or cotton may cause discomfort.
- Gloves/Mitts: Two pairs are better than one, again the layer principle. A waterproof pair or waterproof over-gloves are necessary for wet weather.

- Hats: 50%+ of body heat is lost through the head. Get a hat and have it with you on ALL walks - it can get surprisingly cold on the tops even on a hot summer's day.
- Gaiters: Strongly recommended when it is, or has been, wet or snowing.
- Thermal Underwear: These are recommended for both ladies and gentlemen, especially in winter months. Again, the choice is between natural fibres like wool and man-made thermal fibres like those used in Helly Hansen and other similar underwear.
- Rucksacks: A day-sack which is large enough to contain all your gear for the day's walk. Remember to put a large, heavy gauge polythene bag in it to help act as a waterproof liner. (These can be obtained custom made).
- Maps: Ideally each member should carry a map of the area for the walk of that day. A waterproof see-through cover for your map is sound sense for wet days. (Laminated maps are a better alternative). Part of the enjoyment of any walk is to relate what is seen "on the ground" with the way it is represented on the map; an active interest in map reading is worth cultivating. Someday it could save a life - perhaps your own! (*Essential for a Walk Leader*)
- Some form of GPS device. If you have a smart phone then using the "OS Locate" app. (which is free) you can always know where you are on that map. Even if you don't use it yourself it is a valuable back-up for your walk leader. (*Essential for a Walk Leader*)
- Compass: Carry one and know how to use it. (*Essential for a Walk Leader*)
- Whistle: *Essential!* The emergency procedure when in distress is six blasts per minute followed by a minute's silence. Repeat even after you hear a response - which is three blasts during your minute's silence - until visual contact is clearly made.
- Food: Adequate for the day, high in carbohydrates for readily available energy. Emergency rations, like Mars bars, will be ADDITIONAL to your day's rations and should always be carried in case you become stranded or suffer loss of energy.
- Liquids: De-hydration is a potential problem on any day walk or longer. Carry a hot drink in a thermos flask for cold weather and PLENTY of water - flavoured or plain, for hot weather. Coffee and tea are diuretics and NOT recommended.
WARNING: - Alcohol is dehydrating and helps the onset of hypothermia.
- First Aid Kit: To be carried by all members. As a minimum it should contain some plasters for blisters, painkillers such as Paracetamol and at least one large wound dressing (a sterile pad attached to a bandage). Most members will carry something extra that we, as individuals, consider necessary in our personal or group first-aid kit.
- Watch: *Vital!* Do check that it is in good working condition with a secure strap or chain. Preferably waterproof and with a backlight.
- Spare Clothing: I.e. a spare jumper, fleece etc.
- Torch: *Absolutely essential* - never leave home without one! Complete with spare fresh batteries and spare bulb. Check their condition regularly before each walk.

- Space Blanket: Light in weight, occupies 'very little space and can be useful in cases of hypothermia when it should be used in conjunction with a Bivvy Bag/Storm Shelter. Keep it with your first-aid kit.
- Money: Whilst emergency phone calls are free (999), other useful calls are not. Carry some 10p coins in your first-aid kit. (mobile phones do not work in all areas).
- Personal Hygiene: A small packet of paper hankies can come in very handy!
- Pen and Paper: For emergency notes etc.
- Change of Clothes on the bus during the walk: When you are at low ebb after a walk, a change into dry, comfortable, preferably warm clothing is a great morale booster.
- For the more challenging walks you may consider the need for:
 - Storm Shelter (Vango or equiv). This is effectively a 4 person tent, the 4 persons (or 3 if one is injured) form the tent poles and pegs. This provides shelter from the wind and rain/snow
 - Bivvy Bag: A large adequate Bivvy Bag in heavy gauge polythene offers considerable protection from the elements in the event of an emergency and can be a lifesaver.