

Safety check before you begin

Plan your walk to suit your physical capability and experience.

Tell someone where you are going and when you should return.

Walk with a minimum of four people and choose a leader.

Be sure your clothing and footwear suit the conditions.

Always assume there will be a sudden weather change.

Have a good meal the night before and at breakfast.

Wear cotton trousers (not jeans) woollen shirts, waterproof clothes, carry warm, spare clothing including beanie or balaclava, mitts or gloves, seamless socks, running shoes with good grip or boots with ankle support.

Carry matches, plenty of water, iodine or puritabs to clean stream or river water, enough food plus emergency rations such as dehydrated items or high energy snacks, a whistle, trekking poles or walking sticks, compass and topographical map, yellow plastic sheet the size of a tablecloth, a good torch with spare batteries and bulb, waterproof sleeping bag, a First Aid kit, toilet gear, notebook & pencil, mobile phone.

Keep pack weight to 12kg and do not consume carbonated drinks.

If lost - stay where you are, make your location as visible as possible by spreading out the yellow sheet; plus relax and conserve your energy.