



Peak Walking Adventures

Guided walks with Rachel Bolton and Richard Tower

www.peakwalking.com

General Information – Hill and Moorland Walks

Thank you for booking with Rachel and Richard at Peak Walking Adventures! We look forward to meeting you and to introducing you to some of our favourite hill and moorland walks. To help you prepare and get the most from the experience, we would like to provide you with the following information.

What to Wear and Bring

To enjoy your walk in comfort and safety, it is essential that you are properly equipped. We suggest:

Essential Items

- Strong, comfortable hiking boots (trainers are not suitable)
- Comfortable outdoor clothing (jeans are not suitable)
- Waterproof jacket and trousers – preferably made of Gortex, eVent fabric or similar (except in exceptional summer conditions)
- Medium sized rucksack with waterproof liner
- Packed lunch, snacks and plenty of water/drinks
- At least one spare fleece or insulated jacket that you don't plan to wear
- Hat and gloves (except in warm summer conditions)

Recommended Items

- Sun screen (if sun likely to be out)
- Spare snacks
- Personal first aid kit
- Gaiters (if ground likely to be wet)
- Small, light-weight sit-mat

You may also wish to consider

- Walking poles
- Sun hat and sunglasses
- Camera
- Small Binoculars
- Small torch

We look forward to walking with you!

