



## PEAK WALKING ADVENTURES

### General Information – Trek Training Walks

Thank you for booking with Peak Walking Adventures and we hope you are looking forward to your Trek Training walk. 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. If you are training for a challenging mountain trip abroad or in the UK, we suggest you wear the boots you intend to wear on your trek and possibly bring the equipment and clothing you intend to carry. As a minimum we suggest you wear/bring:

#### Essential Items

- Strong, well worn-in and comfortable walking 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
- Large packed lunch, and lots of snacks
- Plenty of water. We recommend 2 ½ litres of water or other non-fizzy drinks - some people may need more than this.
- Spare fleeces or jumpers
- Hat and gloves (except in warm summer conditions)

#### 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
- Small torch or head torch

**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 your walk leader:

Rachel Bolton at Peak Walking Adventures: [rachel.bolton@peakwalking.com](mailto:rachel.bolton@peakwalking.com)  
Richard Tower at Peak Walking Adventures: [richard.tower@peakwalking.com](mailto:richard.tower@peakwalking.com)

**We look forward to walking with you!**

**Do you really need to print this?**