



Hiking Checklist



PLAN YOUR WALK & LET SOMEONE KNOW WHERE YOU ARE GOING & WHAT TIME YOU EXPECT TO BE HOME.



CHECK THE HOURLY WEATHER FORECAST & ENSURE YOUR PLANNED ROUTE IS SUITABLE FOR THE CONDITIONS



BRING APPROPRIATE CLOTHING FOR WEATHER CONDITIONS AND TERRAIN, INCLUDING WATERPROOFS AND A FLEECE IN CASE THE TEMP DROPS OR IT IS WINDY.



WEAR STURDY WATERPROOF SHOES OR IDEALLY BOOTS THAT WILL SUPPORT YOUR ANKLES ON UNEVEN GROUND.



MAKE SURE YOU HAVE ENOUGH FOOD & WATER FOR YOUR HIKE, PLUS AN EMERGENCY RESERVE. NUTS & CHOCOLATE ARE GOOD SOURCES OF ENERGY.



PACK ESSENTIAL EQUIPMENT SUCH AS A MAP, COMPASS, MULTITOOL, FIRST AID KIT, POWERBANK, TORCH, MATCHES ETC. LINE YOUR BACKPACK WITH A WATERPROOF BAG.



HAVE A SAFETY PLAN ORGANISED. KNOW WHAT TO DO IF YOU GET LOST, HAVE AN ACCIDENT, OR NEED HELP.



KEEP TO PATHS, USE GATES & STYLES TO CROSS WALLS & HEDGES. LEAVE GATES AS YOU FIND THEM.



DO NOT INTERFERE WITH LIVESTOCK, CROPS OR FARM MACHINERY.



PROTECT WILDLIFE, PLANTS & TREES. BE MINDFUL OF NESTING BIRDS & ANIMALS.

RESPECT THE ENVIRONMENT. LEAVE NO TRACE OTHER THAN YOUR FOOTPRINTS. TAKE ALL LITTER HOME & EXTINGUISH ALL FIRES CAREFULLY. **REMEMBER THE COUNTRYSIDE CODE.**