

Heading to the hills
or spending time in
or near the water?

#BeAdventureSmart
Make your good day better
www.adventuresmart.uk

Heading to the Lake District?

Whether you are seeking peace and tranquillity or something more exhilarating, this landscape of adventure will not disappoint.

However you plan to explore and enjoy the hills & lakes of the Lake District, take some simple steps to ensure you, your friends and family return safe and sound.

Ask yourself three questions before you set off:

one

Am I confident I have the **KNOWLEDGE AND SKILLS** for the day?

two

Do I know what the **WEATHER** will be like?

three

Do I have the right **GEAR**?

Lake District Cumbria
**ADVENTURE
SMART.UK**



VISIT www.adventuresmart.uk



to find the answers you need to be kitted up and in the know to be safe!



Heading for the hills?
Make your good day better and think about...

Your skills

Know where you are going - choose a suitable route and allow enough time.

If the weather or ground conditions are beyond your capabilities, or equipment, it's ok to choose a more suitable route or to turn back.

The weather

Check the latest weather and ground conditions for your destination, including the highest point, before you set off.

Take advice, only attempt a route if the conditions are within your and your companions' capabilities.

Let the experts show you the way

If you're doing something new or going somewhere new, why not go with a qualified guide/instructor or sign up for some training.

Your limits

Be honest with yourself about your and your companions' knowledge, fitness and ability.

Be flexible, allow enough time for the least able member of your group.

Your gear

Even if the forecast is good, pack **layers** and **waterproofs** & wear **walking boots**.

A **map and compass** is the best way of knowing where you are and where you are going.

Make sure your **mobile phone** is charged - but **remember** in remote areas, you can't rely on it for navigation or communication.



Enjoying time by the water?

Be water aware, and think about...

Your ability and confidence

Whether you intend to swim or not, do you have the skills to cope if you or someone in your group ends up in the water.

The water temperature

It will be cold! Always enter the water slowly and allow time to adjust.

Water depth

It may look shallow but could become deep very quickly!

Stay close to shore.



The weather

On hot days, the water will feel colder;
it can push you away from the shore on windy days.
Keep checking and make sure you can return to get out.

What you've just eaten or drunk

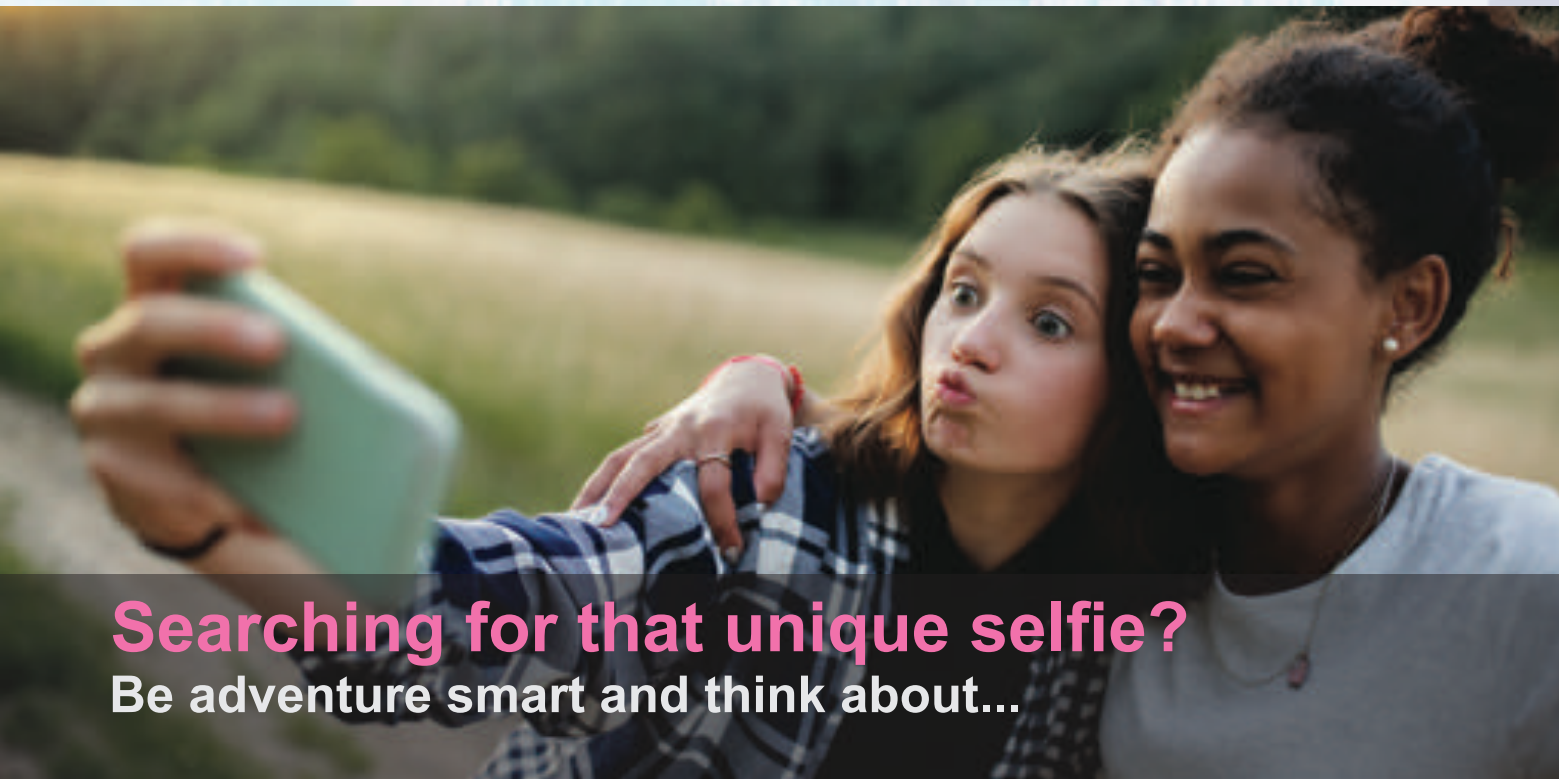
Eating a picnic takes energy to digest so wait a while.
Alcohol and water just don't mix so give it a miss.

Respect the water & float to live

If you are in difficulty in the water

Don't panic,
relax and float on your back
until you can **control your**
breathing

Attract attention by raising your
hand and shouting for **HELP!**



Searching for that unique selfie?

Be adventure smart and think about...

Where you are going?

You have a picture of where you want to go and a pin on a map... but how long will it take you to get there? Is it close to where you can park your car or will you have to walk to get there?

Every kilometre you walk will take you 15-20 minutes!

Stick to the footpath

Straying off the path to get your shot could put you and your companions at risk.

What is the route like?

If the weather or ground conditions are beyond your capabilities, or equipment, consider your options, **it's ok to turn back and get that selfie another day.**

Allow enough time

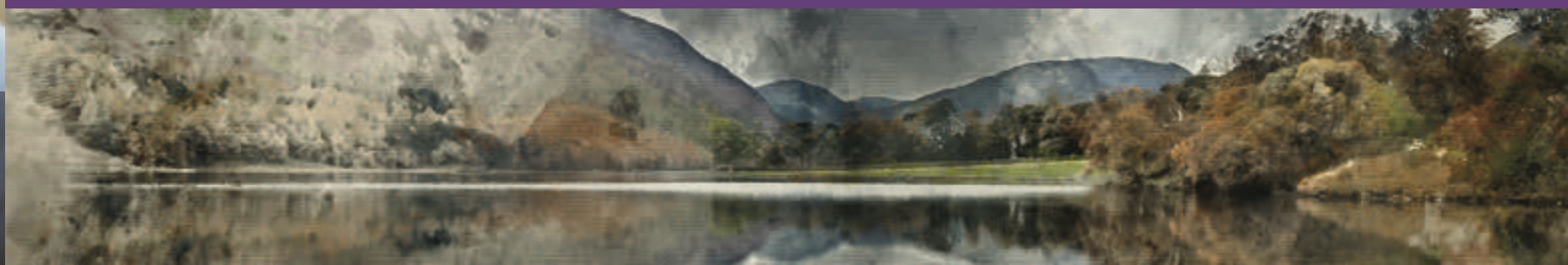
What time will it get dark? What's the weather forecast? Will you be able to find your way back before it gets dark or the weather changes?

IS IT SAFE?

Are there hidden dangers?

fast current steep cliff tide vertical drop
deep cold water be adventure smart!

DWVERTICALD
TAASCSMARTR
FINTWLCIMLO
AKDEEPIOSBP
STEEPXRFLHE
TCURRENTFDA
FJADVENTURE



Know How & When to get Help

If you find someone in trouble, don't put yourself at risk. In an emergency call **999**, then...

- ~ **Inland**, ask for the Police and then Mountain Rescue
- ~ **Inland waters**, ask for Fire & Rescue Service
- ~ **Sea and coastal areas**, ask for the Coastguard



Scan for
information on
when and how
to get help