

#BeAdventureSmart

Heading for the hills? #BeAdventureSmart
Ask yourself 3 questions...

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

- Plan for a great day: Know where you are going
- Know your limits: Be honest with yourself about your and your companions' knowledge, fitness and ability
- Let the experts show you the way: Go with a qualified guide or sign up for some training

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

- Watch the weather: Check the latest weather and ground conditions for your destination, go to www.metoffice.gov.uk
- Only attempt a route if the conditions are within your and your companions' capabilities

3. Do I have the right **GEAR**?

- The right gear's a good idea: Stay warm and dry; wear walking boots and pack warm layers and waterproofs. Carry a map & compass and a charged mobile phone (but don't rely on it for navigation)



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