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# General Information

Thank you for choosing Peak Walking Adventures for your Trek Training Challenge Walks! We look forward to meeting you and introducing you to some of our favorite walks in the Peak District. 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 that you wear the boots that you intend to wear on your trek, and bring the equipment and clothing that you intend to carry. As a minimum, we suggest that for your Peak District Trek Training Challenge Walk you wear/bring:

### Essential Items

- Strong, comfortable walking boots or shoes that will provide good grip on slippery surfaces (trainers are not suitable)
- Comfortable outdoor clothing (Jeans are not suitable as they become cold and uncomfortable when wet)
- Waterproof jacket and trousers (except in exceptional summer conditions)
- Small rucksack with waterproof liner
- Packed lunch, snacks and plenty of drinks/water (We can buy filled rolls or sandwiches for you from a local shop if pre-ordered)
- Spare fleece or jumper
- Hat and gloves (except in warm summer conditions)

### Recommended Items

- Sun screen (if sun likely to be out—even in winter)
- Insect repellent
- Spare high-energy food
- Personal first aid kit
- Gaiters (except in dry conditions)

### You may also wish to consider

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

## Safety and the Weather

Our leaders are all fully qualified and experienced. They are committed to considering the safety of the whole group, and may show more caution than individuals might when out walking on their own. Our leaders are asked to undertake continuous risk assessment throughout the walk and may take the decision to change or modify walking plans at short notice. This most commonly occurs in bad weather conditions. We do walk in all weathers, so long as it is safe to do so.



## **Protecting the Peak District for the Future**

We hope that you share our desire to protect the Peak District and its way of life to be enjoyed by generations to come. You will probably have learned from our brochure or website how we try to help protect the environment and support local communities and the rural economy. You will have the opportunity to learn more about what you can do to help from the leader on our walks, and about our 'leave no trace' policy. In the mean time, we would like you to be familiar with the Country Code which we observe on all our walks:

- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Leave all gates as you found them
- Keep to public paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home
- Help to keep all water clean
- Protect wildlife, plants and trees
- Take special care on country roads
- Make no unnecessary noise

We support Friends of the Peak District, the charity which works to protect and enhance this beautiful landscape. If you would like to add £1 to your final bill, then we would be delighted to pass this on to them on your behalf. (Registered Charity No 1094975).

### **Any Queries?**

Please do not hesitate to contact Cath Lee at Peak Walking Adventures.  
E-mail [info@peakwalking.com](mailto:info@peakwalking.com) or phone 07870 778585.

***We look forward to meeting you!***