



GUIDED WALKS AND SCRAMBLING

Information Pack

OVERVIEW

Everyone heads in to the mountains for different reasons, weather that's because your seasoned walker, tackling a scrambling route or its your first time out on the mountain's. It's an Incredible experience and that you'll want to repeat many times. Your guided walk / scramble is a personal day to you and an experience that you will remember for a long time we want you to have the best experience possible.

During the day you can expect our guide to give you all the guidance and coaching you need as well impart some of their vast knowledge on the area. If we have not already, we will be sending you out where to meet you guide and times to meet.

Below is a list of everything you will need to bring on the day – Please note that for scrambling and climbing days we will bring any technical equipment with us such's as ropes, harness etc. This does not apply for Helvellyn and Striding edge

Item	Notes	Packed
Waterproof Jacket and Bottoms	A good set of waterproofs – Ensure they water proof	
25 – 30 Litre rucksacks	A waist strap and sternum strap are great additions and spread the loads walk around and make sure the bag is comfortable	
Spare warm layer	A good spare warm insulated jacket / Jumper	
Gloves, Buff, Hat	Handy for any time of the year	
Medication	Any medication that you are taking, please remember to inform your guide prior to the start	
Camera	For those epic mountain shoots	
Food and snacks	We always take plenty of food on the mountain tops – Chocolate, Sandwiches, crisps etc	
Water	It's important we stay hydrates on the mountain a camel back is a great way to keep drinking water on the go min of 2 litres	
Head torch	It's always handy to have spare battery's	
Suitable walking boots	Trainers will not do – Somethings with a good sole and waterproof	
Clothing appropriate to the weather	Loose outdoor clothing is best – No jeans	
Waterproof jacket	Good hard-wearing waterproofs are best	
Sun cream	During the summer it can warm – remember to protect yourself	

Adventuring and the whole team hope you have an amazing time and look forward to seeing you soon.
If you do have any questions all please feel free to contact the office at any time.

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Participation Statement

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.