

ROCKY RAMBLER RULES

A FEW HINTS TO HELP YOU HAVE FUN ON THE FELS

WHAT TO WEAR



It might be sunny and warm at the foot of the mountain

..but the weather on top could be very different.



Take the right equipment

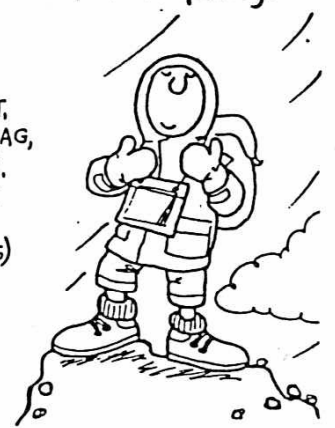
..and be ready for anything.

RUCKSACK containing:-
WATERPROOF ANORAK & OVERTROUSERS,
SMALL FIRST AID KIT,
PERSON-SIZE POLY BAG,
SPARE CLOTHES,
FOOD & DRINK (but no glass bottles)
TORCH

WARM CLOTHING (layers work best - put more on as it gets cold.)

COMPASS & MAP

WARM SOCKS



WALKING SKILLS

Everyone knows how to walk



you put one foot in front of the other and away you go.

But if you're in the Great Outdoors all day, here are some tips to make things easier.



① Food is fuel; start with a good breakfast and top up regularly.

WARM TROUSERS (denim & light cotton get cold when wet.)

BOOTS (trainers are for low levels. Mountains need boots with good grip.)

② Keep a steady pace going uphill



..and especially coming down.

③ Groups should keep together



and go at the pace of the slowest member.

④ Taking short cuts creates ruts



so stick to the footpath

⑤ Plan your route carefully



and allow plenty of time to do the walk

⑥ Always take a map and compass



and make sure you know how to use them

MOUNTAIN PRACTICE
Keep clear of edges



..or you might go down the quick way.

Don't throw stones



..there might be someone underneath

Finally, respect the mountain



and get back SAFELY!

Check the weather forecast before you set out. Ring WINDERMERE 5151.

Fell Safety leaflets are available from National Park Information Centres, Brockhole National Park Visitor Centre and Blencathra Centre.

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