



## Woodland Ways Walks – Intermediate Navigation

Whether you are looking to acquire map and compass skills or advance an existing understanding of these skills, come and join us for a fun and informative two days in the hills!

### Kit List

- Clothing** - should be suitable for the season and always include a fleece or warm jumper. Bring spare clothing just in case. It's worth noting that multiple thin layers are better than one thick layer.
- Waterproof jacket & trousers** - these are recommended regardless of the forecast as weather can change. They also add a good windproof layer to your clothing options.
- Full finger gloves** - to keep fingers warm while maintaining full movement.
- Hats** - a warm hat for colder seasons. Please also bring a sun hat for courses in the spring, summer and autumn.
- Sensible footwear** - warm, waterproof walking boots with a good quality sole and providing decent ankle support.
- Drinking water and bottle** - you will need to carry 1 to 2 Litres of water with you. This can be in anything you have e.g. an empty squash bottle.
- Packed Lunch** - you will need to carry 1 to 2 Litres of water with you. This can be in anything you have e.g. an empty squash bottle.
- Torch & spare batteries** - this is in case of emergencies and must be powerful enough to walk with in poor weather at night. A hand-held torch will not be suitable.
- Whistle** - this is also in case of emergencies.
- A survival bag** - it is always recommended that you carry one of these whenever out walking in the hills. The orange plastic ones are ideal.
- A compass** - The Silva type 4 is best; make sure it is in degrees. Ask for advice if you are not sure before you purchase one.

- Pocket notebook & pencil with eraser** - there are no course handouts but feel free to take any notes you wish.
- A watch or stopwatch** - used for timing travel
- Personal first aid kit** - this should include plasters, anti-bacterial wipes, insect repellent, UV protection, and a small bandage.
- Personal medication** - for example insulin, Ventolin etc.
- Rucksack** - please bring all of your kit contained in one rucksack, 30Ltr. should be sufficient. Include a waterproof liner.

### Optional considerations

- Snacks** - in addition to your packed lunch, it is worth having some high energy snacks in reserve. These might include trail mix of fruit and nuts, jelly babies, protein bars or similar.
- Gaiters** - Due to the abundance of soft peat hags in the High Peak, additional use of gaiters may be a consideration.
- Mobile phone**

This course begins in Edale within the Peak District National Park. Each day runs from 09:30-17:00 and you will be expected to find your own accommodation.

Should you have any queries on this list or anything else about the course then please do not hesitate to contact us on 01234 351006 or [info@woodland-ways.co.uk](mailto:info@woodland-ways.co.uk)

**Please double you have everything on the kit list before you arrive as leaving the location will not be possible unless in an emergency. Due to the nature of the course we do not carry spares.**