

Dress for the Dales

Dress and equip yourself to suit the weather, the location, the walking conditions and the length of your visit.

Always carry extra kit that you might need. Even if it is warm when you start, it may get cold later. Never take too much.

Take a good fitting **hat** and some good **gloves** or mittens to cut down the heat loss from your head and hands.

Always take a **warm jumper or fleece**. In cold weather take extra layers, up to three layers under your cogoul.

Avoid denim jeans, they get cold and heavy when wet and dry very slowly. **Track suit bottoms** are good. **Thick socks** will cushion your feet and cut down on blisters and sores.

Strong, waterproof **walking boots** are ideal footwear. Boots can be very light but should give a good grip, comfort, ankle support and protection.



YORKSHIRE DALES
National Park Authority

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Public health warning: following these suggestions will help to keep you out of trouble, but cannot guarantee safety. Ensuring safety is, and must be, the responsibility of individual walkers and group leaders.

Make sure you take **enough food and drink** - never carry drinks in a glass bottle.

Map, compass, whistle and a small torch are essential items. Be sure you know how to use them all.

During **sunny weather** take:

- a **sun hat** - to keep the direct sun off your head and out of your eyes
- some **sun cream** - use your sun cream before you get sun burned
- **extra drink**

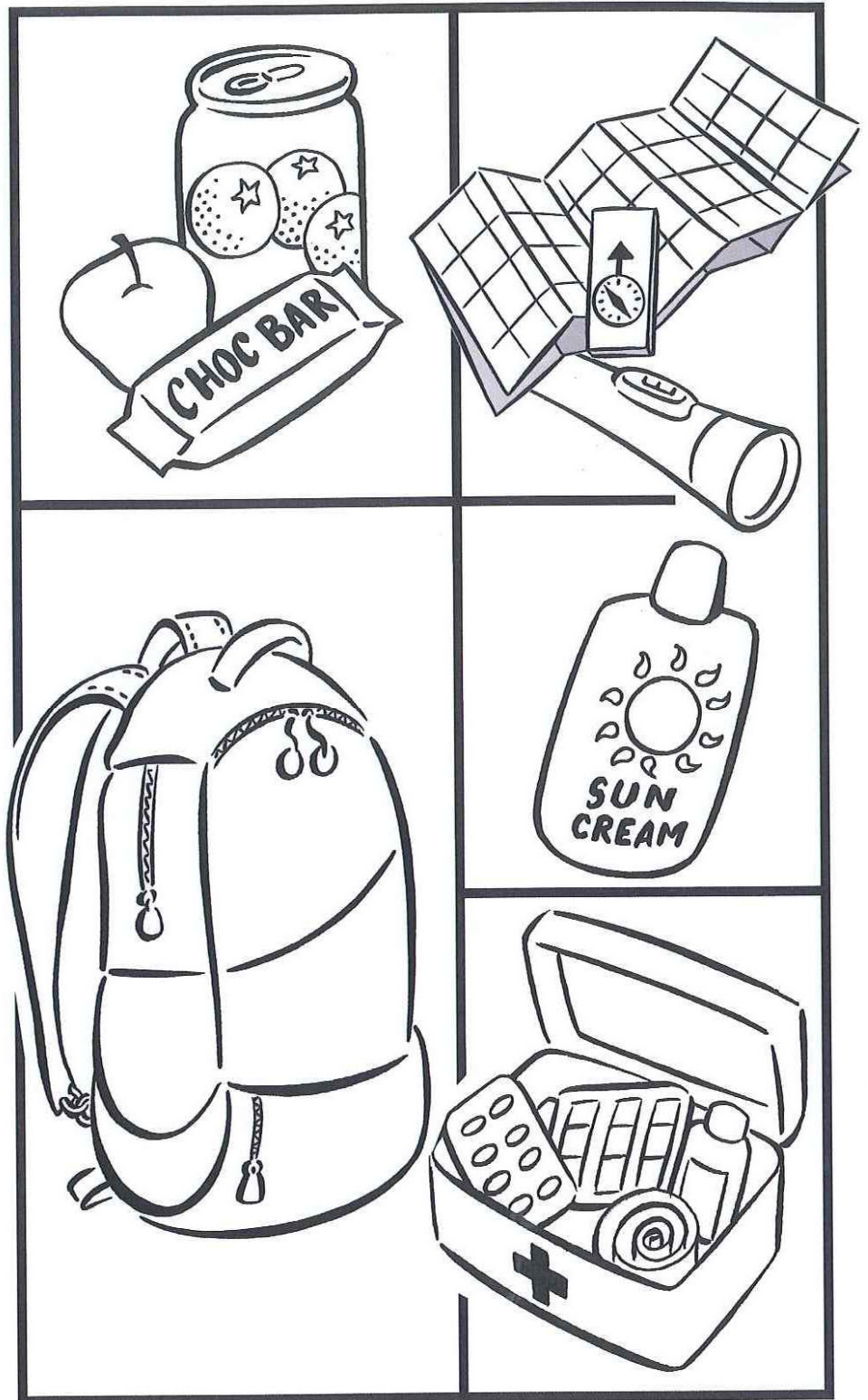
Carry all extra kit in a **rucksack** - two shoulder straps - to keep both hands free. A rucksack liner (plastic bag) will help to keep your kit dry. Keep weight and size down.

A wind and waterproof cagoul is essential. Wind can be dangerously cold especially when it gets wet. Only wear it when you need it - avoid getting too sweaty inside!

Take some **safety items** to help in the event of accidents:

- a large **survival bag** for protection (a dustbin bag will do)
- a **warm drink**
- some high energy food - **chocolate** is a big favourite
- a **mobile phone**

Carry a small first aid kit. Get advice to find out what you should have in it. This should be used to help other people as well as yourself.



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