

## Top tips for your Incredible Hike

To ensure your Incredible Hike is as safe and enjoyable as possible, we've put together our top tips for happy hikers below including what to do before your hike, what items to take with you and what to wear. The full kit list can be downloaded from [www.chsw.org.uk/hike](http://www.chsw.org.uk/hike)

During your Incredible Hike, please ensure you adhere to Government Guidelines and announcements from Public Health England so that you, our wonderful fundraisers, stay safe.

### What to do before your Incredible Hike

- ☺ **Check the route** you have planned for any recent erosion or diversions that may be in place.
- ☺ **Check the weather forecast** - it's best to take a selection of clothing so you can decide what to wear when you get to the start of your walk. To give you the flexibility to easily adjust your temperature, you are best off wearing several thin layers of clothing, with a wicking T-shirt or similar next to the skin. Jeans should be avoided as when wet, dry slowly and will rub.
- ☺ **Read the Countryside Code** and please remember to leave nothing but footsteps.
- ☺ **Take a map or guidebook** - for short walks, a printout of the walk description and map will suffice. However, if you fancy planning your own hike, or for example, walking a long section of the coast path, then you will find having the local Ordnance Survey map useful.
- ☺ If at all possible, go with your family or take a friend but either way, make sure someone knows where you are going and when you will be back.



### What to wear

- ☺ **Waterproofs.** While getting caught out in an unexpected shower or even heavy rain will only rarely put you at any risk of exposure, having a set of waterproofs with you will make the rest of your walk much more comfortable. They are also a good lightweight way of having something windproof to put on if it gets too cold.
- ☺ **Footwear.** In dry weather, most hikes can be walked in just about any comfortable footwear with a good grip on the sole. However, if it has been wet or you are planning to walk rugged routes, you are better off with a good pair of walking boots. Modern fabric boots are almost as comfortable as trainers, require minimal breaking in, and if they have a breathable fabric liner, will keep your feet dry.
- ☺ **Sunscreen.** At any time of year, the wind can easily mask the strength of the sun and if the weather is bright and you don't want to end up pink and sore at the end of the day, don't forget to slap on some sunscreen.

### Suggested items to take with you

- ☺ **Mobile phone**
- ☺ **Food and drink** - any time you go out walking, please ensure you take something to eat and drink. It is also always worth keeping a few snack bars in your pack to give you a quick boost if you are flagging.
- ☺ **Camera** - we would also love to see your photos, so please post them on our Be Incredible Facebook group.
- ☺ **First aid kit**



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