



Walking Gear List

Walking in Yorkshire will not elevate you to the lofty heights of peaks in places such as The Lake District, Scotland and Snowdonia but the weather can still close in very quickly. There are some bleak and lonely places up on the fells, moors and dales. It is important that you plan and prepare for such occurrences – even though you may hope never to encounter them.



Relaxing in a country pub, enjoying an after-walk drink with son Dave, and Hendrick (one of his pals), the conversation turned to just that. We had just finished a walk around Buckden in Wharfedale. Sunshine and a light breeze had been our companions. It was difficult for me to imagine the need for more than just the light tee shirt and shorts we had stripped down to as we climbed the hillside.

As they recounted tales of some of their trecks it became clear that blue skies and sunshine could very quickly be hidden by low-flying soggy clouds. The way would then become obscured by thick mist and the temperature would plummet. It got me to thinking about how I should prepare for just such an experience and I asked my companions for their advice. Dave and Hendrick started to reel off the items they would always take with them. Between us, helped by the sinking of one or three pints of real ale, we wrote down a list of gear that should be included for a good day's walk. In the hope that it may help when you come to plan your walking trips, I've included that list here and added a few notes.

Tips for a Day Walk	
Read your map	Look out for any prominent features such as a church. The real thing might help you pinpoint your position.
Read it again	Really get to know the area your walk will cover. Look for contour lines. Are there any really steep bits?
Set off on the right path	Don't just follow other walkers, assuming they are going to the same place as you
Walk in threes	If one is injured, one goes for help and one stays to help
Learn how to give a grid reference	If the worst happens and you need help, the rescue services need to know exactly where you are.
Learn how your equipment works before you have to use it	e.g. satnavs
Don't rely on one item	It is not unknown for a compass to stop working!
Relate the area to the map	It is very easy to convince yourself that the features around you fit the map
Take water – not fizzy drinks	It can be used for washing wounds or boiled to make hot drinks
Pay attention to where your feet are	The ground will obviously be uneven and it is easy to slip on wet boulders. You don't need a twisted ankle!
Check your kit before you leave home	Especially if you normally keep all your kit packed in the rucksack. Dave says he once got to the Lake District from home in West Yorkshire before realising his outer fleece was left behind!
Don't get complacent on the way back to the car	Going downhill you can easily fall



Items to take on a Day Walk

Clothing		
Good Boots	Good quality, waterproof and sturdy	Boots (or shoes if you prefer) are the foundation on which to build your walking gear. Look after your feet. If they're not happy you won't go very far!
Socks	Inner and outer	You can get socks that have both a thin inner layer and thick outer layer combined.
Trousers	Not jeans	Jeans will not dry out quickly enough after a downpour, becoming very heavy and uncomfortable
Base Layer	with or without sleeves	This could be a thin tee shirt or purpose made
Inner Fleece	A thin fleece	Second layer out from the skin.
Outer Fleece	Heavier fleece	The idea is to have a number of layers of clothing to trap layers of air as insulation. It is easy to shed individual layers as you warm up. Or add them as you reach higher altitudes.
Hat	Warm hat to keep out the cold and reduce the loss of heat. Sun hat to avoid sun burn and overheating which leads to dehydration.	I like a hat with a neb to help keep rain off my glasses. If we're having a sunny day the neb reduces bright glare
Gloves	Thin, breathable fleece inner lining. Waterproof outer	Gloves and hats can be used to help regulate body temperature.
Snood	Bit like a soft, fleecy donut.	Worn around the neck to block draughts. It is like a continuous scarf.
Waterproof Jacket	Breathable "Goretex" or similar material	A thin, lightweight jacket helps keep out the wind at higher altitudes.
Waterproof Trousers	As with the jacket, try to find a breathable material.	As well as being waterproof they will also keep out the wind.
Waterproof Gaiters	Bridge the gap between trouser bottoms and boots	Channel rainwater onto the outside of the boots. They also help keep mud off socks and trousers.
Sustenance		
Water bottle	1 litre minimum	Dehydration is very dangerous. First signs could be a dry mouth, headache and/or dizziness. It creeps up on you but can quickly overwhelm you if you ignore the signs. Obviously on hot days you need replace lost fluids more.
Flask	Hot tea or coffee is very welcome.	A hot drink will help to recover lost body heat in cold weather. Conversely it also cools you down in hot weather! Don't know why but it works for me.
Food	Nice tasting (sweet)	Packed in plastic bag. Not in sandwich box Dave and Hendrick recommend soft white bread – not crusty rolls which can be difficult to eat with a mouth dry from exertion. And moist food (they suggest lots of tomato ketchup – but that's up to you!) is easier to eat when you're tired.
Snacks	For on the move	e.g. mints/dried fruit to give an energy boost when needed
Emergency rations	Kendal mint cake 2 bars chocolate	Again to provide an energy boost or sustenance should you be delayed in your return to base – perhaps due to injury.

Yorkshire-Visitors-Guide



Equipment		
Map of your walking area	Waterproof map case	You've probably seen people with map cases around their neck. Keeping a map dry and avoiding the need to stop and unpack your rucksack
Compass	use in conjunction with your map	If you can see two or better, three, landmarks featured on the map, their bearings could help pinpoint your position.
Whistle	Perhaps on a lanyard?	To attract attention in a rescue situation.
Penknife	multi purpose	Cut material away from a wound. Cut twigs for a fire or just to get into a pack of biscuits.
Torch	Check batteries before setting off from home.	May be needed when a delay means a return in the dark. In a rescue situation it could help rescuers find your location in the dark.
Matches	In a waterproof container.	Hot water will be needed to wash a wound. It may be possible to collect tinder and wood for a fire.
Survival bag or blanket	Reflects radiant body heat	Reflect searchlight beams which, in a situation of poor visibility makes identification easier
First-aid kit	Be sure to replace any items used	At home, regularly check the contents and replace any that were used on a previous walk.

Visit the Web Site: <http://www.yorkshire-visitors-guide.com/index.html>

Somewhere to stay: [Bed & Breakfasts](#)
[Holiday Cottages](#)



Wensleydale in the Yorkshire Dales

Please note: These tips and advice are given on the understanding that you follow them at your own risk. I cannot be held responsible for any injury or loss as a result of any of these suggestions.