

## Hill Walking

This is the practice of walking in hilly or mountainous terrain. Hill walking can last from just an hour to many days depending on how difficult the walk will be and the distance to be covered. There are many factors to take into account before embarking on a hill walking trip.

### Planning

Successful hill walking depends on careful planning and understanding about the trail to be taken. Proper ordinance survey maps should be used along with an understanding of how to read the maps. Possible obstacles that may affect the walk such as steep elevation or loose terrain should be highlighted on the map. There should be an accurate estimate made as to how long the walk should last taking into account, weather, distance, possible obstacles and available daylight. The planned route along with the expected time to return should also be given to someone who is not taking part on the walk.

### Weather

This is one of the most important considerations to take into account before hill walking. Depending on where the walk is to take place, the weather can change, several times on the same day. Temperature change, rain, wind, snow, fog are all possible factors to be taken into account when planning the pace and timing for hill walking. Because of this it is important to obtain accurate weather forecasts and any extra weather information needed for the area for which hill walking is planned.

### Equipment

There are many types of equipment available for hill walking. The following are some of the essentials that should be part of every Hill Walker's pack.

- 1) Compass
- 2) Day Pack
- 3) Flash light
- 4) Whistle
- 5) Fleeces
- 6) Gaiters
- 7) GPS
- 8) Rope
- 9) Sleeping Bag (long trips)
- 10) Tent (long trips)
- 11) Walking Boots
- 12) Waterproof Jacket
- 13) Phone
- 14) Food
- 15) Water

### Summer Months for Hill Walking

Months	Temperature (Celsius)
June	20
July	25
August	30