

## **Brecon Mountain Rescue Team guidance for the “Moon Walk” 7/7/17**

### **Wear suitable clothing and footwear**

- Wear walking boots with a treaded sole and ankle support
- Carry waterproof jacket & over trousers, warm fleece & quick drying trousers. DO NOT wear jeans.
- Take some spare warm clothes in a rucksack in case you are on the hills longer than anticipated.
- Take a hat and gloves. Even in summer Pen y Fan summit can be bitterly cold!

### **Carry food and drink**

- Take food and something to drink. High energy food such as chocolate and dried fruit are ideal.
- Even in summer warm drinks are welcome, but still carry some water. It's easy to become dehydrated when hill walking.

### **Take the right equipment**

- A map of the Central Brecon Beacons (1:25,000 or 1:50,000 scale) and compass are essential kit for each group.
- Take a whistle and note the signal for rescue - six good long blasts. Stop for one minute. Then repeat.
- A torch is essential for each walker as you will be walking in the dark. In an emergency use it for signalling in the same pattern as for whistle blasts.
- Charge your phone battery before you set out just in case you need to contact the emergency services.
- Walk at the pace of the slowest person in your group and always keep each other within sight.

### **Registration & Checkpoints**

Make sure you register at the start of the walk, at each check point & at the end of the walk so we know you have finished & are safe.

**In an emergency contact Brecon Mountain Rescue on 07831 894466 or dial 999 or 112 and ask for Police & then Mountain Rescue**