



Planning Checklist

The below checklist serves more as a list of questions to help you think about the steps you might need to take in getting ready for a day out on the hills, either by yourself or as part of a group. Remember your plan A is always to come home safe!

Weather & Conditions

Have you checked the appropriate weather forecast for your walk?

- Mountain Weather Information Service (MWIS)
- Met Office
- Mountain-forecast

How windy will it be?

- Can you and your group manage in this?
- Is the terrain you're planning on being on appropriate to the conditions?

How much precipitation is forecast throughout the day?

- Do you need to pack full waterproof jacket and trousers?

Is the visibility likely to be good or poor?

- Can I navigate comfortably with my map, compass, and phone together in low cloud or poor visibility?

How cold/warm is it on the hills?

- Do I need to be prepared for a cold day and bring extra warm layers?
- Is it a sunny day and I need sun cream and sunglasses?

You & Your Party

Have I/We packed bags with the kit needed?

- First aid kit
- Group shelter/bivybag
- Map & Compass
- Fully charged mobile phone (does it have OS Locate or an appropriate mountain navigation app)

- Food & Water
- Waterproofs (Jacket & Overtrousers)
- Spare warm layer
- Hats & Gloves (warm hat and sun hat)
- Whistle
- Headtorch

Do we all have the appropriate skill, experience, and fitness for this planned walk?

- Have you got other backup plans for the area you're visiting?
- Is everyone in the group aware of the plan and where we are going?
- Do we all have our own map & compass, and know how to use them?
- Have we told someone where we are going and what time we plan to be finished?

The Mountain/area you're going to

Is the terrain steep/complex?

- Is the group skilled, experienced, and confident to be there? i.e., steep, ridgelines, scrambling terrain

Are my navigational skills up to scratch?

- Can I understand the contours and relate the map to the ground?
- Can I do this if the visibility is poor?

Am I going somewhere remote?

- I should leave a detailed plan of where I am going with a friend
- Maybe I should start the walk earlier to make most of the daylight
- Am I ready to do a big journey like this?



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