



## General Outline

These are the details for the Hill Skills 2 navigation courses taking place in the Peak District National Park.

## Meeting up times

Silver / Hill Skills 2

Meet at 0930 at the roadside car park by the Grouse Inn (S11 7TZ) at grid reference SK 258 779.

[See here for directions.](#)

## Food

As you please – but you will need to bring good hill food for the day – make sure you pack sandwiches and snacks such as dried fruit and nuts (better than chocolate).

## Equipment

### a. Main rules of thumb:

On the hill it could be cold, wet, hot or all three – check [the forecast](#) and come prepared!

Steer clear of all things cotton (no jeans on the hill!)

Whatever you use, make sure it's comfortable.

### b. You will need:

Day-sack (lined with a plastic bag)

Water bottle with about 1 litre of water

Full set of waterproofs

Comfortable boots to walk in

Torch

Personal [1<sup>st</sup> Aid kit](#) including blister kit (Compede for example)

Camera

### c. Optional items if you have them:

OS Map sheets 1:50,000 No.110 & 119

Walking poles

Compass

## Questions

Ok that's it I think – please fire away if you have any questions.