



LTL INFO PACK

LIGHT THE LAKES

Light the Lakes

To Team Leader

Firstly, many thanks for choosing to take part in this sponsored event, your participation and collection of funds through sponsorship/donation will undoubtedly make a difference to the families of fallen police officers nationwide.

The small print:

This event has been organised independently to support C.O.P.S.

All mountain walking and outdoor activities contain risk.

We must stress that although we are organising this event, no liability or responsibility shall be taken by any member of the organising team, Surrey Police or C.O.P.S. for any injury, loss or damage sustained as a result of participation in the activity.

Participants undertake this challenge at their own risk.

It is essential that the attached appendices are sighted and agreed by all participants in order to minimise potential risk, and we require each team leader to acknowledge adherence to this by return email which in turn will be recognised as agreement to the above and confirmation of participation under the stipulated conditions.

Finally we can't thank you enough for supporting this event. We can honestly say it is both a pleasure and a nightmare to organise!

There are still spaces left so spread the word.

You will have the most fantastic time I promise!

Yours Sincerely

Light the Lakes team

Essential Information

Route

You must plan and research your route carefully.

There are a number of resources available to assist you with this; few better than Sean McMahons website:

www.stridingedge.net

By scrolling down the homepage of this site, you will find a search box enabling you to view a variety of routes up your chosen fell together with a number of photographs to assist with your planning.

Remember: We will be walking in darkness and therefore there is a mandatory requirement that you complete a 'dry run' in daylight prior to the event.

The dry run will not only assist you in finding the best route to the start of your walk but will also help you locate the best parking spots and more essentially, will give you an appreciation of the real conditions on the ground and any hazards you may need to consider when planning a safe route.

Fluid intake

In warm summer conditions dehydration can be a real problem, the body will use much more water climbing than walking on the level so please take plenty to drink. As you become more experienced, you will become better able to judge the amount of fluid your body requires under varying conditions. Special water bottles (hydration packs) can be fitted to some rucksacks and they allow you to drink via a tube whilst on the move.

Choice of what to drink "on the hill" is mostly down to personal preference, but it will be necessary to replace the sugars, salts and minerals lost through exercise and perspiration, hence an "isotonic" sports drink with a good balance of carbohydrates and salts may be beneficial and should also reduce the occurrence of muscle cramps.

Weight

Avoid over packing your rucksack. Choose the items you wish to take carefully; don't take more than you require and reduce the weight as much as possible without compromising your safety. Too much weight will slow you down, spoil your enjoyment of the day and make it more likely that you will become benighted!

Equipment

Notes

Clothing

Several layers of clothing to cope with different conditions are better than one thick heavy layer. Conditions at altitude are almost always much colder and windier than in the valley. Warm and windproof clothing may not be required when climbing the mountain but they are likely to be required during rest stops, whilst on the tops and during the descent later in the day. The layering principle of outdoor clothing is designed to cope with widely differing conditions by adding or removing layers as required.

Pay particular attention to the base layer because this must wick moisture away from the body without causing too much heat loss. Thermal fabrics are much better than cotton in this respect and can be used as a T shirt in hot weather. Fleece in its many guises is the most popular choice for the mid-layer. A windproof and waterproof outer layer is essential in all but the most stable of summer conditions. Modern breathable fabrics are more versatile and comfortable than conventional non-breathable shell garments.

Jeans are far from ideal because they are heavy, cold and uncomfortable when wet. They should be avoided except for low level walks in fine weather.

Footwear

The choice of footwear depends on the seriousness of the route, but good quality, good fitting comfortable boots, are probably the most important part of your kit. Trainers do not support and protect the feet and ankles adequately; modern light-weight mountain walking boots do. Don't buy heavier boots than required for your intended level of activity, take advice from a good specialist retailer (look at the suppliers list on this site) and try on as many types as possible. Ask to have your feet measured and take your favourite walking socks with you to the shop. Alternatively, ask the retailer to recommend suitable socks before trying the boots on. Wear your boots in prior to the walk and ensure you have plasters with you in case you develop blisters en route.

Map and compass (plus a watch)

Essential items whatever the weather. A good map scale for mountain walkers is 1:25,000, (recommended is the OS Explorer series), the greater detail of the 1:25,000 scale maps will be beneficial on upland areas in particular. The map used for mountain navigation needs to be capable of being used in high winds and rain and normally it will require some form of map case to protect it.

Don't rely on being able to follow clearly marked paths in the British hills, even in good weather. A good walker's compass (e.g. SILVA, Suunto, Recta) with a protractor base and a Romer scale for measuring distances on the map is essential for checking direction, and setting and walking on accurate bearings. Make a habit of keeping track of your position on the map even when the weather is good – it's good practice, it adds to the enjoyment of the environment and helps a lot if the visibility suddenly deteriorates.

Torch and whistle

Both items are useful for attracting attention in an emergency. The internationally recognised distress signal is 6 long blasts / flashes repeated at one minute intervals. The reply is 3 blasts / flashes.

A head torch or small hand torch can prove a very useful aid to a safe return from the hill in failing light. Head torches (such as the popular Petzl zoom) can be fitted with a halogen bulb which gives a bright white light which is good for map reading (but shorter battery life). The modern high intensity LED head torches give a very bright white light and are very reliable.

First Aid Kit

Make up a small kit in a waterproof pouch to suit personal requirements or buy one designed for walkers. Suitable contents could include a crepe bandage (very versatile), medium wound dressing, safety pins, safety razor blade, plasters, blister kit, Paracetamol, lipsalve, etc. Groups will need a more comprehensive kit.

Rucksack

A good quality rucksack is a good investment. It is almost as important for your rucksack to fit comfortably as it is your boots. Make sure it is big enough to carry the maximum load you need to carry (depending on your level of activity) but don't buy a bigger rucksack than you require – again take advice and try on as many as possible before making your choice, with comfort and stability being the prime requirements. No rucksack is completely waterproof, so protect important kit with re-sealable plastic bags and/or use rainproof sack liners / sack covers.

Mobile phone

Mobile phones are well worth carrying in most areas and can be a very useful safety aid, but cannot be relied on completely in the mountains as the terrain will often block the signal. Normally better reception is found on the tops, but sometimes the phone can be fooled by receiving too many signals from distant base stations. If a phone is carried, check that the battery is fully charged before you set out, and know your own phone number.

In an emergency dial 999 from any phone (free) and ask for the police who will contact the local (volunteer) mountain rescue organisation. Be ready to give as many details as possible about your exact location (give grid ref if possible), your phone number, the number in the party, nature of injuries etc. Make sure that the emergency operator knows that you require mountain rescue assistance and what mountain area you are in, so that you can be put through to the correct control centre.

GPS

Given a suitable map is in use, a good GPS receiver can be a very useful supplement to mountain navigation and can make a map even more useful, but should never be used as the only means of navigation at the expense of conventional map reading and compass skills. Check the batteries are fresh and take a spare set (or two) with you. Lithium cells are an excellent (but expensive) choice because they have a high capacity, long life, and work well at low temperatures.

Set the GPS display co-ordinates to OS British National Grid (BNG) and the map datum to Ordnance Survey 1936 (OSGB 36). Most GPS units display 10 figure grid references, so when entering 8 figure waypoints, set the last digit of both the Eastings and the Northings to zero.

Ideally store key route waypoints into your GPS before you set out. Waypoints may be entered into the GPS manually or via a computer using a suitable interface cable and software.

At the start of a walk check that the position report from your GPS receiver agrees with your known position, then at suitable points during the walk use the GPS to confirm your position on the map. If you are using stored GPS waypoints, follow the ground (or path) between the waypoints, i.e. don't expect to walk in a straight line, point to point. Become familiar with the operation of your GPS before using it in a serious situation.

Weather Forecast

Check the weather forecast before you set out and be prepared to change or abandon plans if the weather is unsuitable. Make a note of this number: 0844 846 2444. This is the weatherline number for the Lake District, call it before you set off.

Essential Kit List

Walking boots with heavy patterned sole	Good quality thick walking socks
Suitable clothing, and waterproofs. Think layers, wicking shirt. Micro fleece, fleece, lightweight trousers (not jeans, these carry water and take an age to dry)	Spare warm top-fleece or down jacket
Hat and gloves	Torch and spare batteries
Head torch and spare batteries	First Aid kit (distribute throughout the team, slings, bandages, ice pack, ibuprofen, tape, medi wipes etc.)
Rucksack or daysack with waterproof liner/bag	Water, at least 1litre
High energy food items, e.g. dried fruit and chocolate, sweets etc to eat during walk	Emergency food items, biscuits or boil in the bag
Survival bag.	(basically an orange plastic bag, cost around £3.00)
Mobile phone. At least two per team	Whistle
Map and compass	Route cards
Optional Kit List	GPS
Flask of hot drink (advised in cold weather)	Walking poles
Camera	Gaiters

Some hills we are attacking are less serious. However it will be dark and weather conditions may deteriorate on the hill. Take all essential equipment; don't carry kit you don't need!

Mountain Rescue

Advice to Participants

Mobile Phones and Mountain Rescue

Advice to Users

There is no doubt that using mobile phones have saved lives in the mountains and fells of this country. The sooner rescue teams are alerted to an incident, the better are the chances of a quick and complete recovery for the victim. However, over the past few years there have been occasions when teams have been alerted inappropriately. The notes that follow are given in the hope that the mobile phone can be used to better effect and to minimise any frustration.

When to use

- If you or a member of your party sustains an injury warranting the assistance of a mountain rescue team.
- If you come across someone who has sustained an injury warranting the assistance of a mountain rescue team.
- If one of your party has become separated from the main party and you have made every effort to but have been unable to meet up again.
- If you want to report having seen or heard any internationally recognised distress calls.
- If you wish to notify someone of a change of plan (not a 999 call).

When not to use

- Do not use the mobile phone at the 'first sign of trouble', be self-reliant if possible.
- Do not rely solely on the mobile phone as a safety device, there are areas of poor or not reception ('dead areas').
- The mobile phone is not a substitute for experience.

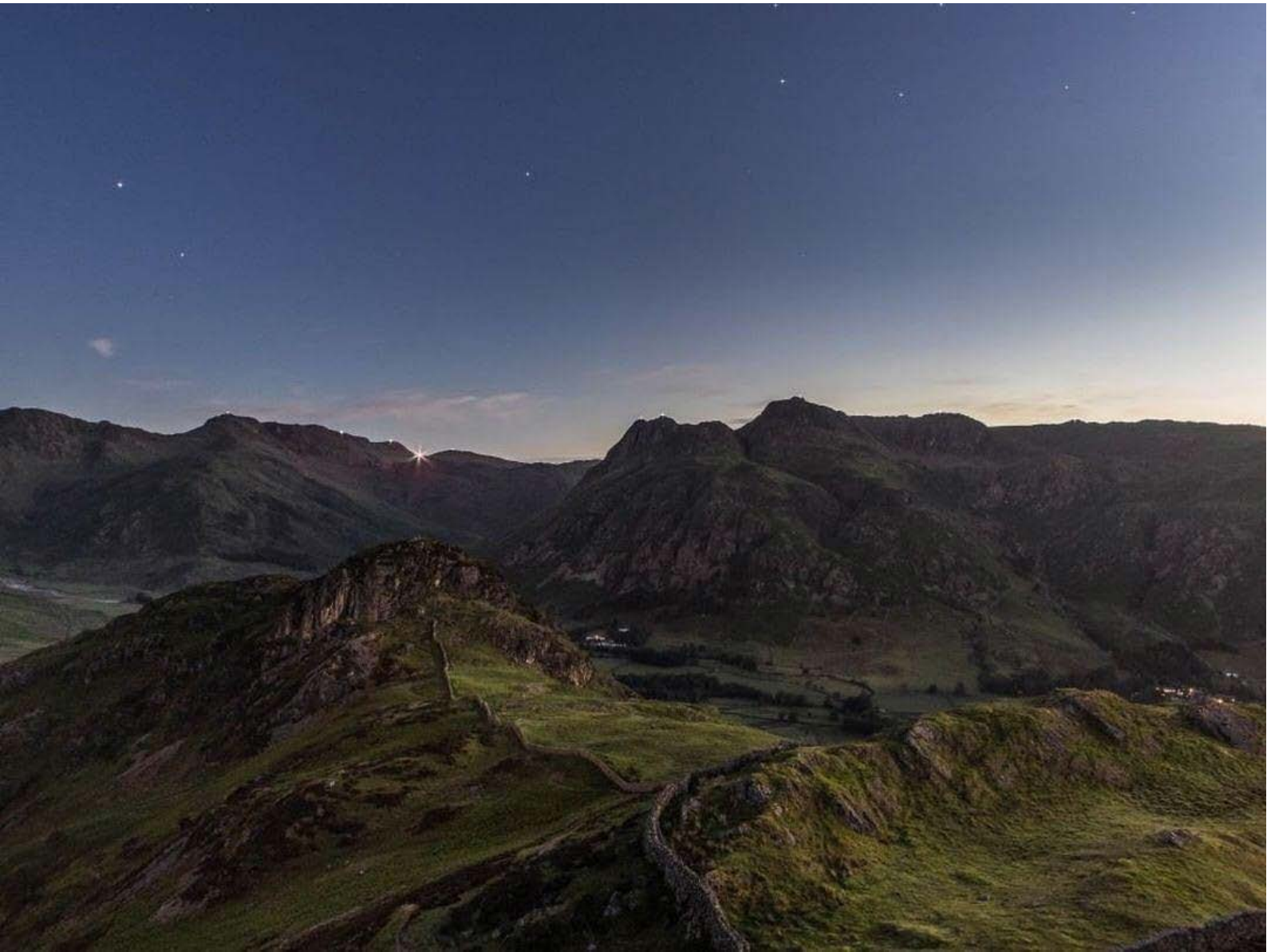
How to use

First make a note of all relevant details, Location (Grid Ref. If possible)

- Name, Sex and Age of Casualty.
- Nature of Injuries or disability.
- Number of people in party and intended destination.
- THE NUMBER OF THE MOBILE PHONE IN USE.

Dial 999 and ask for the Police.

- Make sure you tell the operator that you require the Cumbria Police as you are in the Lake District.
- When connected to a Police control room, check that it is the Cumbria Police. If it is not, then make sure that the information will be passed on.
- Explain the nature of your call, giving details previously prepared.
- Do NOT change your position until contacted by Rescue Team, who will agree future protocol for use of Phone.
- If you have to make a further 999 call, use ALL the above procedure again.



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