

Subject of paragraph: Mountain Walking

Area:	<b>Clothes</b>
Notes to include:	
waterproofs weather – wind etc boots wicking No jeans!	

Area:	<b>Fitness</b>
Notes to include:	
carrying sack all day walk no buses! resting – drinking & eating	

Area:	<b>Navigation</b>
Notes to include:	
accurate map of area know how to use it! compass footpaths, cairns etc	

**Paragraph One**

**When you go walking in the mountains it is important that you wear the right sort of clothing. Clothes that are light and that dry easily, if you get wet, are really useful so it is not a good idea to wear jeans because they become very heavy and uncomfortable when they are wet. You will also need a strong pair of boots that support you so you don't fall over and twist your ankle. Waterproofs are valuable too as it often rains in the mountains (especially when I go walking!). There are now lots of fancy walking clothes available, that wick the moisture away if you get hot and sweaty, although these are expensive.**

**Paragraph Two**

**Although you don't need to be super-fit to walk in the mountains you do need a certain degree of fitness because there are no buses or taxis and you have to be able to get off the hill yourself. You also have to carry a rucksack containing all of your food, drink and waterproofs and this can make you tired if you are not fit. It is important, so that you don't get too tired, that you rest and eat and drink often. You should even eat and drink at times when you don't feel hungry or thirsty because if you are feeling this way you have already used most of your energy.**

**Paragraph Three**

**When you go walking in the mountains it is important that you can find your way around. You need to have a good and accurate map of the area and be able to use it. Maps that are designed for showing roads are not usually good enough on the fells. You may also need to take a compass because sometimes you find yourself surrounded by cloud and then you have to follow compass bearings. It does help to follow footpaths and there are often cairns and piles of rock to help however you should not rely on these.**