

## **Important information**

Due to the nature and logistics of the event, **we will not be providing any food.** We will be bringing with us; stoves, pans, gas etc. so Explorers will be able to cook simple food while we are at the hut we are staying in during the trip. The hut we are staying in also doesn't have running water so we will be taking water carriers and filtration equipment with us. The name of the hut we are staying at is Ashness Scout hut, owned by Keswick Scouts, if you wish to google it.

**Explorers will need to bring with them breakfast for Saturday and Sunday and a large packed lunch for the walk on Saturday. They'll need money for Friday and Saturday Dinner and Sunday lunchtime.**

The food we recommend for breakfast are porridge pots or similar. They are easy to cook given the equipment we will have with us and they are good energy source for walking. Dehydrated food brands that cater specifically for outdoor activities such as Firepot or Summit2Eat offer a selection of meals and they do large portions for big days like what we have planned. For the walk, we recommend a large packed lunch, with a mix of foods, such as fruit, jelly snacks as well their sandwiches or similar. We expect a large bottle – at least a litre - for water only. If they also want to fetch other drinks such as fizzy pop or milkshakes, that's fine, but a water bottle is imperative.

In Keswick, where we are eating on both Friday and Saturday night, there are many places to eat, and there will be plenty of places that cover all dietary requirements

## **Itinerary of weekend**

**Friday:** We are driving up to Keswick, where will get something to eat before making our way to Ashness to set up for the night.

**Saturday:** Up early to eat breakfast, brought with us. Last check on gear and then we are off to start Peak Bagging. We will have our packed lunches out on the hills. Dinner Saturday evening will be the same as Friday night, in Keswick. If it has been wet while we were out, we might get changed before we eat, so we are going to recommend a carrier bag/dry bag with clean clothes to change into that we will leave in the vehicles. Once we've all eaten, we will be going back to the hut and be in for the night.

**Sunday:** Relaxed morning getting up, having breakfast and packing up to leave. We will review Saturday's hike and see what everyone thought. Depending on weather there are a few activities we are considering for Sunday morning/ lunchtime before setting off home.

## **Kit List**

For the event we recommend two bags, one with their general gear, and then their day sack with specific kit for the walk on Saturday. The kit list will be presented as such.

### **General Gear - Pack 1**

- Rucksack/hold all
- Sleeping bag, roll mat and pillow
- Spare clothes and a dry bag or dry bag for a set to be left in vehicles for after the walk.
- Wash bag and a towel

RESU Peak Bagging 1  
*Kit list, information & Itinerary*

- Any electronics plus chargers. **Explorers will not have their phones while walking.** Leaders will have theirs for safety and group photos. If they have them on the walk, they will be confiscated until we are back at the vehicles.
- Breakfast x 2 for Saturday and Sunday.
- Bowl, mug, cutlery etc. plus washing up stuff.
- Teabags etc if they want them.
- Swim stuff for Sunday (potential activity)

**Walking Gear - Pack 2**

- Rucksack doesn't need to be bigger than 35 litres, you don't need that much stuff
- Dry bags
- Walking boots
- Walking clothes – NO JEANS!
- Walking socks & a spare pair, it might be boggy
- Waterproof coat
- Warm jumper/ jacket
- Gaiters or waterproof trousers
- Hat, gloves & buff/neck gaiter
- Water bottle, at least a litre. We might be able to fill up from streams, but no guarantee.
- Extra-large – Peak Bagging worthy - lunch.

If you have any question don't hesitate to ask.

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