

Style Acre
Supporting people with learning disabilities



Active Travel

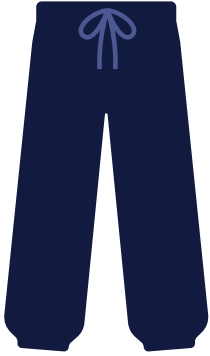
Walking Equipment



& Clothing



What To Wear



- Wear clothes you can move around in.
- Don't wear jeans - they will rub and take a long time to dry



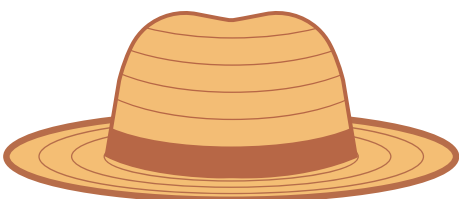
- Wear layers you can take off if you get warm.
- A hoody or a light fleece works well



- A raincoat and trousers keep you dry if it rains.
- Many thinner layers is better than one thick coat



- A woolly hat keeps your head warm
- Gloves keep your hands warm



- A sun hat protects your head from the sun

Footwear



- Good walking shoes should be comfortable, fit well, and have grip on the bottom.



- Walking boots can help to support your feet and ankles, and keep your feet dry



- New shoes or boots can be uncomfortable to start with



- Wear comfortable socks that don't fall down



- Bring a backpack to carry your things easily.
- Take a plastic bag to put things inside your backpack to keep it dry if it rains

Things to carry



- Bring water with you.
- Drink water often, especially if it is hot



- Bring a snack.
- Fruit, nuts or a cereal bar gives you energy



- Bring a mobile phone. For maps, taking pictures or emergencies



- Sun cream, it helps to protect your skin from sunburn



- Tissues or wet wipes can be helpful to wipe up any spills