CHECKLIST

First Hill Walk Checklist

- [ ] Choose a hill under three hundred metres with a maintained path and car park
- [ ] Check the weather forecast the night before and again on the morning
- [ ] Tell someone where you are going and when you expect to return
- [ ] Pack waterproof jacket, water, plain food and a charged phone
- [ ] Leave your bank card in the car; take only parking cash if needed
- [ ] Walk at your own pace and shorten your stride when the gradient steepens
- [ ] Pause halfway to look back at how far you have climbed
- [ ] Rest at the summit for ten minutes before descending
- [ ] Write one sentence about the walk when you return
- [ ] Repeat the same route the following week to prove you can do it again