

Before you step out, run PEAKS.

The smart risk choice - Better decisions start before the first step

P

PERSONAL

How am I feeling today?

E

ENVIRONMENT

What are the conditions now — and in two hours' time?

A

ACCOMPANIMENT

Who am I with, and what are their needs?

K

KNOWLEDGE

What does the planned route demand — and do I have the time/skills?

S

SAFETY

Do I have the right equipment, and have I shared the route?

HELP? Act clearly. (PNC123)

- **Pause** - If lost - Think calm, take a break or treat if an accident (ABC)
- **Navigate** - Confirm position. Adapt or shorten the route.
- **Communicate** - Update the group. Call for help if needed and unable to resolve yourself.

1 CALL

Dial 999 or 112. Ask for Police, then Mountain Rescue.

2 SHARE

Location or grid reference or W3W
Time incident occurred + any first aid given
People in the group + your number

3 STAY

Stay where you are unless unsafe.
Keep your phone available and conserve battery.

Torch/Whistle **SOS ... --- ...** (Reply ...)

Location inc. features:

Time:

What happened/ First Aid:

PLAN YOUR TIME

DISTANCE	4 km/h	5 km/h	6 km/h
100 m	1m 30s	1m 12s	1 min
200 m	3 min	2m 24s	2 min
500 m	7m 30s	6 min	5 min
1000 m	15 min	12 min	10 min

NAISMITH: add 1 min for every 10 m climbed.

Use 1km = 15mins on slow terrain

ALLOW FOR CONDITIONS

TEMP DROP

Around 1°C cooler for every 150m gained (APPROX 3 °C /1000ft.)

WIND CHILL

10 mph wind: feels ~2°C colder
20 mph wind: feels ~5°C colder
30 mph wind: feels ~8–10°C colder

ICE

Name

Contact number

SCAN FOR:

- Walk time calculator
- Weather links
- Route planning tools
- Latest Peaks Compass resources



peakscompass.co.uk