



### **Fell Run Checklist for Runners**

For our club fell runs please follow our 7-point checklist before joining our sessions:

- Come with a sense of adventure - we will help you explore new places, well, hopefully! Especially at night...
- Wear trail/fell shoes to prepare for potentially challenging and slippery terrain
- Don't forget your headtorch (from September to March time). Remember to charge your torch or phone too, or pack spare batteries
- Wrap up in appropriate clothing for the season, such as warm and waterproof clothing for the colder, wetter months and apply sun cream in the summer. But check the weather forecast before you set off!
- Bring sufficient food or hydration including water for the run (we will be out for 1.5 hours most weeks...)
- Plan to take any medication you might need during or after the run
- And most importantly, money and warm clothes for the pub afterwards!