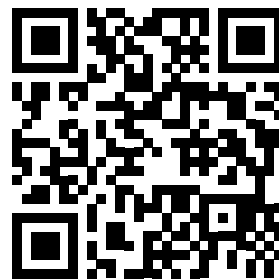




Heading out for the day? **Are you prepared?**



Scan the QR code to
learn more or donate
to Bolton Mountain
Rescue Team



Sufficient food
and water



Layers of
warm clothing



Good boots
or walking shoes



Map and a compass
or navigation aid



Waterproof jacket
and trousers



A fully charged
mobile phone

Please remember to adhere to the Countryside Code [countryside-code.org.uk](https://www.countryside-code.org.uk)



**In an emergency, call Bolton
Mountain Rescue Team**

**Call 999 and ask for Police
then ask for Mountain Rescue**