



A unique event over 214 fells; highlighting the importance of living sustainably and launching the **Another Way** charity.



# AMBASSADOR PACK

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## AWD Ambassador information pack

Dear Ambassador

Thank you for signing up to be part of this unique day and to support Another Way. Your contribution will help to make this day a huge success and together we can spread our message of individual pursuit towards a sustainable future as well as having loads of fun. I hope that this information booklet will provide you with all the details you need for the day, but if not then please email us at [awd@another-way.org.uk](mailto:awd@another-way.org.uk), giving us as much notice as possible so we can update or correct information to all Ambassadors if necessary.

I am confident that the event will be a huge success, but of course I want to lower the chances of anything going wrong. In order to help me with this, please ensure that you read this information thoroughly so we can minimise potential risk and ensure the day achieves its objectives. You have already confirmed to us that your participation is at your own risk and that you are comfortable with your ability to participate, but if you have any doubts, please send us an email.

I would like to thank everyone who has put incredible effort into the organisation of this day. Our team has worked tirelessly to put this together in very little time and I am positive it will come off on the day.

In signing up to support Another Waywright Day, you are going to be part of an event that will be a powerful symbol of our movement of change but you are also going to help me achieve a personal dream. This day will be a celebration of my passion for our environment and its conservation, as well as the Lake District. It will be a waymark of my lifelong work in empowering people to change their lives to be more environmentally friendly and I am very much looking forward to seeing the impact we will create together, so I am extremely grateful for your help in achieving this goal.

Special thanks goes to all those organising an activity on the top – this will really bring the day to life and will demonstrate how many great things there are for people to get involved in, as well as showing people how much fun can be had by uniting our cause.

The more Ambassadors and supporters that we get on the day the more successful it will be so please spread the word. Let's fix our future!

Best wishes

*Amy*

## Another Way

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As an ambassador, you will be representing our vision. This day is all about engaging others in the work of the charity, and of many other people and organisations, in conservation, so it's important that you try and strike up a few conversations with other walkers about why you're up there. Here are some of our key messages and beliefs to talk to people about at the tops and on your walk:



- As a population we need to rekindle our sense of values, morals and principles and these should be at the heart of everything we say and do
- Small considered steps when taken together lead to significant and lasting change
- Living our lives ethically with the health of ourselves, our community and the environment upper most in our minds is the only long term way to address the planets problems and provide a healthy planet for our children and children's children
- There are plenty of simple things you can do right now to reduce your environmental footprint - do the easier things first and then challenge yourself to more
- If one person spread a message to ten people on one day, and the next day those ten people told ten more each, then in only ten days, the whole world would have heard the message. You are one of those people! The work of Another Way centres around this belief; that one individual has the power to catalyse change and that each one of us can change our habits right now, without waiting for anyone else. If all seven billion of us made one difference, imagine how many problems could be solved.

If you have some time, try and read up on the WHAT CAN WE DO section of our website including our guide to going plastic free (a downloadable leaflet), so that you can talk to people about a few things they can do right now to do their bit for our future. The more you know, the more people will listen to your message. Direct people to our website to find out more. You can also find links to some major scientific reports through our LEARN section, if you are interested in reading further.

Remember, engage people with our message and be enthusiastic. This is a movement of adventure and unity. People love personal stories, so tell them why you decided to be involved in the day and why you care about the future of our planet.

## Spreading the word

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This event is to raise awareness of Another Way and its vision of helping individuals to change for the health of themselves and the planet, to unite people around this goal and to do it now.

We are providing insight and knowledge that will allow people to believe that positive change can happen and to give them courage and enthusiasm to try for themselves.

If you are not familiar with our 10 to the power 10 message please look at our homepage. It is amazing how quickly word can spread if it is exciting and transformative.

So to spread the message we just ask you to take something along that raises interest and creates discussion. Ideally we would like all Ambassadors to take a signpost embossed with the Another Way logo - on any suitable material be it wood or a repurposing of something else.

We will not be providing branded goods of any sort as this contradicts our message of cutting down on waste - let's only use what we need.

We encourage you to engage in discussion, to answer questions and to ask people to sign a personal pledge on the website [www.another-way.org.uk](http://www.another-way.org.uk)

## Final information

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We will contact you again nearer the event day with final information including checking in with us the night before – this is essential so we know we have all the Wainwright fells being climbed.

We will hold an event from 5pm on Saturday evening at Threlkeld village hall so Ambassadors can come along and share their stories from the day.

## Respecting the environment

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Please take extra care during the day to look after the national park especially concerning:

- **Litter.** Leave no trace of your visit and pick up any litter that you see.
- **Gates and styles.** Leave them as you find them and use them rather than climbing walls or fences.
- **Paths.** Follow them as best you can to avoid soil erosion and keep off private land
- **Dogs.** Keep them under control and do not allow them to chase sheep or other animals.
- **Flora and fauna.** Leave it as you find it, avoid picking flowers or disturbing wildlife.

For more information please visit the Countryside code at [www.gov.uk/government/publications/the-countryside-code/the-countryside-code](http://www.gov.uk/government/publications/the-countryside-code/the-countryside-code)

## Safety

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This event has been organised by Another Way and independent specialists. All mountain walking and outdoor activities contain risk.

**We must stress that although we are organising this event, no liability or responsibility shall be taken by any member of the organising team or Another Way for any injury, loss or damage sustained as a result of participation. Participants therefore undertake this challenge at their own risk.**

It is an irony that short term wellbeing and long term welfare are often at odds with one another. For instance, sitting at home when you're fit and able may protect you for a while but it won't do you much good in the long run.

Walking up a mountain in the Lake District carries some risk. This risk increases in poor weather if you do not have the fitness or if you go off the normal walking routes. However, it is also likely to bring improved physical and mental health especially if done regularly. It costs less to do than many other activities, is fun for children and dogs, and occasionally we get beautiful rewards of flora, fauna and vistas.

The decision is for each one of us to make, but we can be helped along the way.

As Ambassadors we ask you to help others that appear in need, so that we work together to minimise the risk of injuries or getting lost. It may be this is the first time on the mountain so let's show everybody that we care about collective wellbeing as much as we care about the environment.



## Route

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Please plan your route using main paths in order to limit path erosion.

You will need to be fit enough to walk up the fell you have chosen. The best way to prepare for that is to do plenty of walking before the big day including a lot of hills. If you can, recce the route you are planning to do on the 31st August so there are no surprises. It is always easier to walk a route you have done before.

Every Wainwright has different routes up and down. Please spend some time considering which is the best for you. That will depend on your own experience, the weather, your level of fitness, where you are arriving from and whether you are walking with a group. There are routes up some Wainwrights which are very steep so if you are not familiar or entirely comfortable with them then we suggest you choose an easier route.

When considering your route there are several good books to help guide you. There are the classic Wainwright guides which are readily available in most outdoor shops and there is also a guide to the Wainwrights by Mark Richards, a supporter of AWD.

There are a number of resources available on-line; few better than Sean McMahons website [www.stridingedge.net](http://www.stridingedge.net). By scrolling down the homepage of this site, you will find a search box enabling you to view a variety of routes up your chosen fell together with a number of photographs to assist with your planning.

If you have a chance to complete a dry run before the event it will not only assist you in finding the best route to the start of your walk but will also help you locate the best parking spots and more essentially, will give you an appreciation of the real conditions on the ground and any hazards you may need to consider when planning a safe route.

## Food and Fluid intake

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In warm summer conditions dehydration can be a real problem. The body will use much more water climbing than walking on the level so please take plenty to drink. Special water bottles (hydration packs) can be fitted to some rucksacks and they allow you to drink via a tube whilst on the move.

Take enough food for the day to ensure you are well nourished without adding too much weight to your rucksack.

**Please live up to our values and use multi-use containers for your food and drink.**

## Weight

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Avoid over packing your rucksack. Choose the items you wish to take carefully; don't take more than you require and reduce the weight as much as possible without compromising your safety. Too much weight will slow you down and spoil your enjoyment of the day.

## Clothing

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Several layers of clothing to cope with different conditions are better than one thick heavy layer. Conditions at altitude are almost always much colder and windier than in the valley. Warm and windproof clothing may not be required when climbing the mountain but they are likely to be required during rest stops, whilst on the tops and during the descent later in the day. The layering principle of outdoor clothing is designed to cope with widely differing conditions by adding or removing layers as required.

Pay particular attention to the base layer because this must wick moisture away from the body without causing too much heat loss. Thermal fabrics are much better than cotton in this respect and can be used as a T shirt in hot weather. Fleece in its many guises is the most popular choice for the mid-layer. A windproof and waterproof outer layer is essential in all but the most stable of summer conditions. Modern breathable fabrics are more versatile and comfortable than conventional non-breathable shell garments.

Jeans are far from ideal because they are heavy, cold and uncomfortable when wet. They should be avoided except for low level walks in fine weather.

## Footwear

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The choice of footwear depends on the seriousness of the route, but good quality, good fitting comfortable boots, are probably the most important part of your kit. Trainers do not support and protect the feet and ankles adequately; modern light-weight mountain walking boots do. Don't buy heavier boots than required for your intended level of activity, take advice from a good specialist retailer (look at the suppliers list on this site) and try on as many types as possible. Ask to have your feet measured and take your favourite walking socks with you to the shop. Alternatively, ask the retailer to recommend suitable socks before trying the boots on. Wear your boots in prior to the walk and ensure you have plasters with you in case you develop blisters en-route.

## Map and compass (plus a watch)

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Essential items whatever the weather. A good map scale for mountain walkers is 1:25,000, (recommended is the OS Explorer series), the greater detail of the 1:25,000 scale maps will be beneficial on upland areas in particular. The map used for mountain navigation needs to be capable of being used in high winds and rain and normally it will require some form of map case to protect it.

Don't rely on being able to follow clearly marked paths, even in good weather. A good walker's compass (e.g. SILVA, Suunto, Recta) is essential for checking direction, and setting and walking on accurate bearings. Make a habit of keeping track of your position on the map even when the weather is good – it's good practice, it adds to the enjoyment of the environment and helps a lot if the visibility suddenly deteriorates.

## Torch and whistle

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Both items are useful for attracting attention in an emergency. The internationally recognised distress signal is 6 long blasts / flashes repeated at one minute intervals. The reply is 3 blasts / flashes.

A head torch or small hand torch can prove a very useful aid to a safe return from the hill in failing light. LED head torches give a very bright white light and are very reliable.



## First Aid Kit

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Make up a small kit in a waterproof pouch to suit personal requirements or buy one designed for walkers. Suitable contents could include a crepe bandage (very versatile), medium wound dressing, safety pins, safety razor blade, plasters, blister kit, Paracetamol, lipsalve, etc. Groups will need a more comprehensive kit.

## Rucksack

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A good quality rucksack is a good investment. It is almost as important for your rucksack to fit comfortably as it is your boots. Take advice and try on as many as possible before making your choice, with comfort and stability being the prime requirements. No rucksack is completely waterproof, so protect important kit with rainproof sack liners or sack covers.

## Mobile phone

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Take a mobile phone if you can. Make sure it is fully charged and that you have the Another Waywright Day event contact number in your contacts which will be supplied to you prior to the day.

Mobile phones cannot be relied on completely in the mountains as the terrain will often block the signal. Normally better reception is found on the tops.

Grid Reference or Ordnance Survey 'Locate' are useful apps to have installed on your phone in case of emergency.

In an emergency dial 999 from any phone (free) and ask for the police who will contact the local mountain rescue organisation. Be ready to give as many details as possible about your exact location (give grid ref if possible), your phone number, the number in the party, nature of injuries etc. Make sure that the emergency operator knows that you require mountain rescue assistance and the mountain you are on, so that you can be put through to the correct control centre.

## Camera

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If your mobile phone takes good quality photos then great, otherwise please take a camera along to record the day and to take a photo of all Ambassadors and supporters on the fell top at 1pm. Post to our social media accounts as soon as you get a chance.

## GPS

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A good GPS receiver can be a very useful supplement to mountain navigation and can make a map even more useful, but should never be used as the only means of navigation at the expense of conventional map reading and compass skills. Check the batteries are fresh and take a spare set (or two) with you. Use rechargeable batteries to reduce waste.

Ideally store key route waypoints into your GPS before you set out. Waypoints may be entered into the GPS manually or via a computer using a suitable interface cable and software.

At the start of a walk check that the position report from your GPS receiver agrees with your known position, then at suitable points during the walk use the GPS to confirm your position on the map. If you are using stored GPS waypoints, follow the path between the waypoints, i.e. don't expect to walk in a straight line, point to point. Become familiar with the operation of your GPS before using it in a serious situation. Don't rely on 'Rights of Way' in the fells, they may not relate to any path on the ground, and may lead over dangerous terrain or cliffs.

## Weather Forecast

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Check the weather forecast before you set out and be prepared to change or abandon plans if the weather is unsuitable. Please let us know as soon as you can if this happens. The Lake District Weatherline number is: 0844 846 2444. Call it before you set off.

## Essential Kit List

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- Rucksack or daysack with waterproof liner/bag
- Water, at least 1 litre
- Walking boots with heavy patterned sole
- Good quality thick walking socks
- Suitable clothing, and waterproofs. Think layers, wicking shirt, micro fleece, fleece, lightweight trousers (not jeans, these carry water and take an age to dry)
- Spare warm top-fleece or down jacket
- Hat and gloves
- Map, compass and whistle
- Mobile phone and camera
- First Aid kit (distribute throughout the team, slings, bandages, ice pack, ibuprofen, tape, medi wipes etc.)
- High energy food items, e.g. dried fruit and chocolate, sweets etc. to eat during walk
- Head torch and spare batteries

### Optional

- Gaiters
- GPS
- Flask of hot drink (advised in cold weather)
- Walking poles

Some fells we are climbing are less serious. However, weather conditions may deteriorate so take all essential equipment but don't carry kit you definitely don't need!



## Mobile Phones and Mountain Rescue

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### Advice to Users

There is no doubt that using mobile phones has saved lives in the mountains and fells of this country. The sooner rescue teams are alerted to an incident, the better are the chances of a quick and complete recovery for the victim. However, over the past few years there have been occasions when teams have been alerted inappropriately. The notes that follow are given in the hope that the mobile phone can be used to better effect and to minimise any frustration.

### When to use

- If you or a member of your party sustains an injury warranting the assistance of a mountain rescue team.
- If you come across someone who has sustained an injury warranting the assistance of a mountain rescue team.
- If one of your party has become separated from the main party and you have made every effort to but have been unable to meet up again.
- If you want to report having seen or heard any internationally recognised distress calls.
- If you wish to notify someone of a change of plan (not a 999 call).

### When not to use

- Do not use the mobile phone at the 'first sign of trouble', be self-reliant if possible.
- Do not rely solely on the mobile phone as a safety device, there are areas of poor or no reception ('dead areas').
- The mobile phone is not a substitute for experience.

### How to use

First make a note of all relevant details, Location (Grid Ref. If possible)

- Name, Sex and Age of Casualty.
- Nature of Injuries or disability.
- Number of people in party and intended destination.
- THE NUMBER OF THE MOBILE PHONE IN USE.

### Dial 999 and ask for the Police.

- Make sure you tell the operator that you require the Cumbria Police as you are in the Lake District.
- When connected to a Police control room, check that it is the Cumbria Police. If it is not, then make sure that the information will be passed on.
- Explain the nature of your call, giving details previously prepared.
- Do NOT change your position until contacted by Rescue Team, who will agree future protocol for use of Phone.
- If you have to make a further 999 call, use ALL the above procedure again.