

ENJOYING AUTUMN NIGHTS



As the night's draw in, the weather gets colder and the skies get darker, it's more important than ever that you plan ahead to ensure you stay safe while out and about. Whether making sure you are visible to those around you by carrying a reflective band, or that you can see where to put your feet through using a head torch, a few simple tips can help you get outside and enjoy the night sky. And, don't forget your power bank to keep your phone and camera topped up to capture those starry moments!

STAY SAFE

BEFORE YOU SET OUT

Charge your phone
Many accidents occur towards the end of the day when both you and your phone are low on energy. Register your phone with www.emergencysms.org.uk

Plan your route carefully
Consider the time of year, terrain and the nature of your trip and choose your route accordingly. Remember: Mountains are major undertakings – in the winter months, it gets dark early! See the Night Blight map here <http://nightblight.cpre.org.uk>

Check the weather forecast
metoffice.gov.uk OR mwis.org.uk
Why not bookmark and add to your 'Favourites'?

ON THE HILL

Keep an eye on the weather
Be prepared to turn back if conditions turn against you, or take a shorter route, even if this upsets a long-planned adventure.

Keep the party together
Allow the slowest in the party to determine the pace, and take special care of the youngest, weakest, and least knowledgeable in dangerous places.

If you go out alone...
Be aware of the extra risk. Let people know your route and when you expect to finish, and then stick to it as far as you can. If your plans change, let them know that too.

DEVELOP YOUR SKILLS

Honing your hill skills and building your experience will go a long way to keeping you safe and help you anticipate potential hazards.

Map and compass
The ability to use a map and compass will enable you and your party to navigate safely.

Improve your skills as a party leader
Improving your ability to consider the equipment, experience, capabilities and enthusiasm of your party will help keep them safe and improve their enjoyment of the day.

Learn the basic principles of first aid
Knowing your ABC – airway, breathing, circulation – and understanding the 'recovery position' could make the difference between life and death for a casualty.

HEAD TORCHES

With technological advancements and so much choice on the market, carrying a spare head torch alongside your main one is a sensible choice. As well as keeping your hands free to check the map, take a photo or stop for a much-needed drink, head torches make it easy to respond to quickly changing conditions. And, VARTA's Outdoor Sports 2 x 1W LED Head Torch even comes with a red light option to minimise light pollution!

VARTA OutdoorSports 2x1W LED Head Torch



TOP TIPS – PLANNING FOR THE WEATHER



WIND

Sheltered valleys are no indication of how windy it is up high.



TEMPERATURE

Be prepared for rapid cooling especially once the sun sets.



VISIBILITY

See and be seen. A torch (and a spare) are essential equipment.



CLOTHING

Wear layers and carry extras – you cool quickly if you stop moving.



BIVI BAG

Light to carry and a lifesaver for any injured walker.

MOUNTAIN AND CAVE RESCUE AWARENESS DAY

Sunday 29 October – the day that the clocks go back!

CLOCKS GO BACK

Mountain and Cave Rescue Awareness Day takes place on Sunday 29th October. VARTA has joined forces with Mountain Rescue to help support awareness of the valuable work that organisation and its thousands of volunteers do to keep us all safe in the great outdoors. And, this year, we've also invited the Campaign to Protect Rural England to get involved and share its insight into night blight and light pollution – so you can work out where to go to get the best view of the night sky. For more information on Mountain Rescue or the Campaign to Protect Rural England, visit www.mountain.rescue.org.uk & www.cpre.org.uk – and when you put your clocks back, don't forget your batteries from VARTA!



BE SEEN



VARTA Outdoor Sports Reflective LED Band

Water resistant
Elastic band with velcro strap for easy size adjustment
Two light modes: permanent and blinking
Runtime: 25 hours
Total light output: 4 lumens
Light source: LED 2x 5mm

As the evenings get darker, you'll want to ensure you're as easy to see on your journey as possible. For this, the VARTA Outdoor Sports Reflective LED Band is the perfect accessory.

BONFIRE NIGHT

SUNDAY 5TH NOVEMBER

WRAP UP WARM AND TAKE A TORCH



ENJOY THE NIGHT SKY



Campaign to Protect Rural England
Standing up for your countryside

LOOK OUT FOR ORION

“When the two darkest categories are combined, 49% of England can be considered dark, compared with almost 75% in Wales and 87.5% in Scotland



NIGHT BLIGHT

Mapping England's light pollution and dark skies



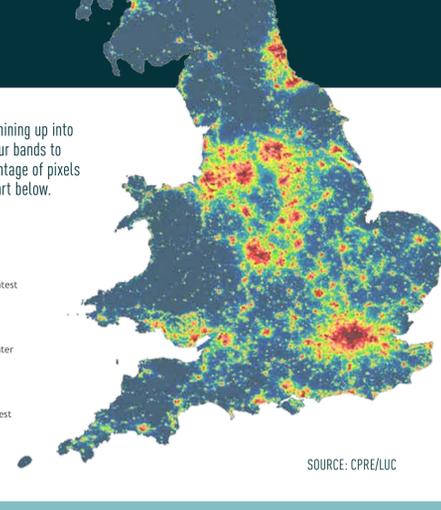
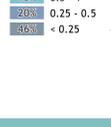
Each pixel shows the level of radiance (night light) shining up into the night sky. These have been categorised into colour bands to distinguish between different light levels. The percentage of pixels that fall within each band is shown as a % in the chart below.

DON'T FORGET YOUR POWER BANK TO STAY CHARGED!

VARTA Slim Power Bank

- Ideal to charge two devices at the same time
- USB Type C 5V/3.0A output for speed charging
- USB SV/2.4A output for charging tablets or other large devices
- Sophisticated four blue LED charge & discharge indication
- Black Micro USB charging cable with a length of 50 cm included
- Elegant, slim aluminium housing
- Available in 6000mAh, 12000mAh and 18000mAh

Night Lights (NanoWatts / cm² / sr)



SOURCE: CPRE/LUC

You can view the interactive Night Blight map and help plan your next adventure: <http://nightblight.cpre.org.uk/maps>



VARTA

VARTA Consumer Batteries is a European market leader for innovative high-quality batteries, rechargeable batteries, chargers and flashlights.

Alongside its innovative capabilities, range make VARTA a unique force on the market, able to respond quickly and flexibly to the latest consumer device trends.

VARTA products are supplied to Mountain Rescue.

www.varta-consumer.co.uk

MOUNTAIN RESCUE

Mountain Rescue team members are on call, 24 hours a day, 365 days a year to recover climbers from precipitous crags, reunite lost walkers with their pals and ensure injured and sick casualties are safely delivered into vital hospital care.

All this whilst continuing to practise and hone their first aid skills, technical ropework, water rescue and search management, and maintaining their bases, equipment and vehicles – not to mention taking time to maintain their own fitness. Oh, and did we mention they're all volunteers?

www.mountain.rescue.org.uk

CPRE

The Campaign to Protect Rural England (CPRE) fights for a better future for the English countryside. We work locally and nationally to protect, shape and enhance a beautiful, thriving countryside for everyone to value and enjoy.

Our members are united in their love for England's landscapes and rural communities, and stand up for the countryside, so it can continue to sustain, enchant and inspire future generations.

Founded in 1926, President: Emma Bridgewater, Patron: Her Majesty The Queen.

www.cpre.org.uk