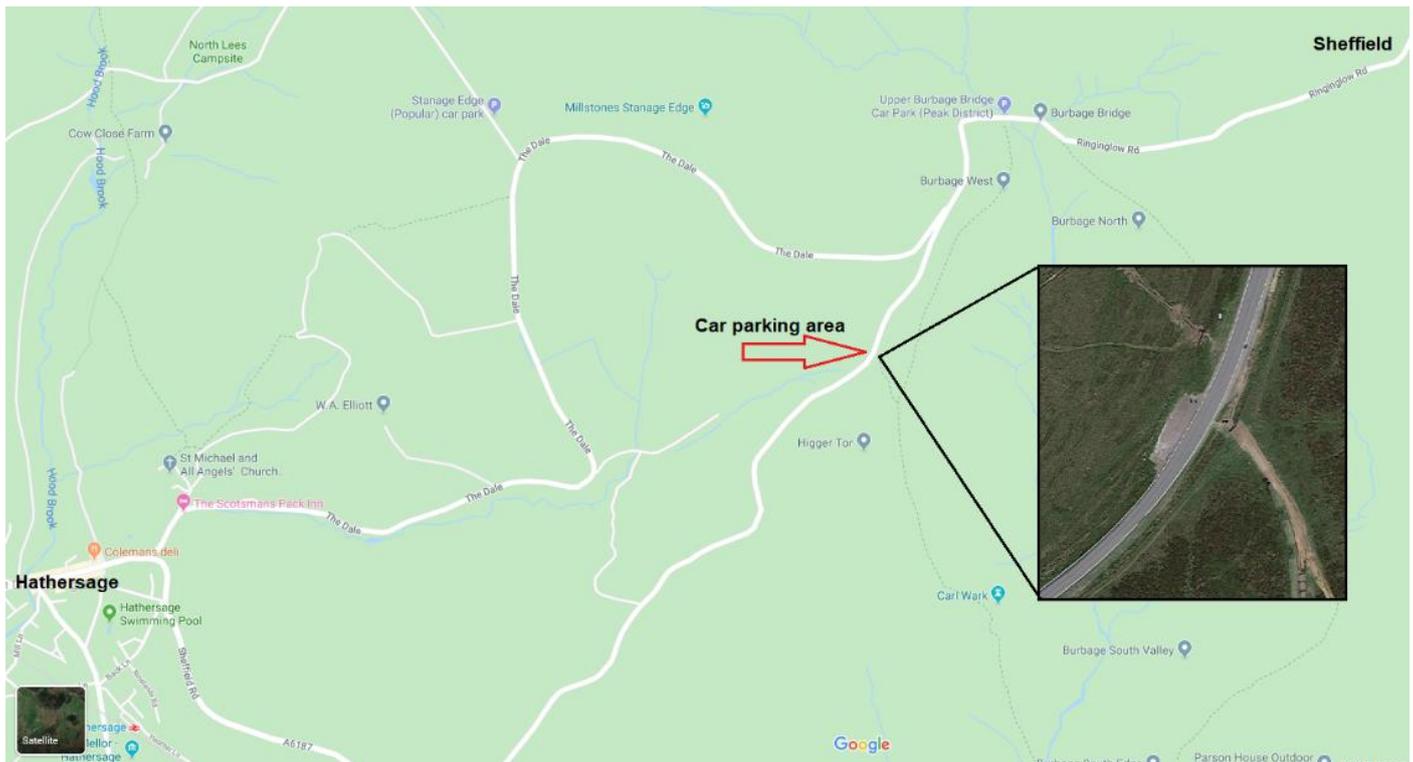


## Rock Adventure – Participant Information

Thank you for booking onto one of our activities. The idea of this document is to give you all the information you require to attend the activity, but we appreciate that we can't answer every question you may have. Please feel free to contact us at [info@peakinstruction.com](mailto:info@peakinstruction.com) if you need further information.

**Times:** Meet at 10:00am unless stated otherwise. NB; there may be different start times on the same day, so please check which activity slot you have booked on to and arrive 10 minutes before that session. You will finish your activity between 2 and 2½ hours after meeting your instructor.

**Meeting point:** Higgar Tor car park, near Hathersage. This is a roadside parking area, not a tarmacked car park. Our vehicle will be identifiable and we will use a road sign to help you locate us. If parking in this immediate area is full, there are other laybys within a few minutes' walk. Please park safely and observe the solid white line restrictions, especially on busy days. <https://goo.gl/maps/p6UzdnoGJGM8CqDt7>



The nearest toilets are in Hathersage or at [Hollin Bank](#) car park.

**What to Bring:** We will provide you with wellington boots, a caving oversuit, gloves and all the safety equipment required. In addition to these layers, you should bring the following:

- Dress for the weather. We can't take under prepared people out on to the moorland.
- Please have full length trousers and a long-sleeved top, even in summer.
- Good footwear is essential. Trainers with good tread, walking boots or wellingtons will be okay.
- Spare clothing and a towel for after. We do not intend to get you soaking wet, but it is possible if the weather is rainy and you take part in some of the muckier challenges.

We recommend bringing nothing of value on this hill. Leave bags, phones, wallets, jewellery and cameras in your car. If you have a waterproof camera, the instructor can give you some advice on whether to bring it or not. If you have a GoPro style waterproof helmet camera, you can use this, but you must provide the elastic head cradle or chest mount. We cannot put the stickers on our helmets and you need to keep your hands free. Car keys can be placed in a waterproof container in the instructor's safety bag.