# Expert Hikers Share Essential Tips for Beginners Heading Out on Summer Adventures



Seasoned hikers Alice Keegan, Kate Appleby, and Carys Rees share tips for those new to hiking this summer.

### Finding Community

Alice Keegan, founder of The Adventure Girls Club, suggests joining groups through social media, Eventbrite, and Meetup.com. Her club, catering to women and non-binary individuals, offers hikes, trips, and workshops.

### Start Small

Keegan advises beginning with local walks and gradually increasing the distance. She emphasizes the importance of sharing your route with someone, packing essentials like food, water, and a first aid kit, and using navigation apps or courses.

### Packing Smart

Kate Appleby highlights the balance between over-packing and under-packing. She recommends packing the night before and using space-efficient techniques, such as wrapping gaffer tape around hiking poles.

### Fuelling Wisely

Appleby stresses the importance of hydration and complex carbohydrates like wholegrain pasta the day before a hike to sustain energy levels.

### Safety First

Carys Rees, a member of Central Beacons Mountain Rescue, advises being "Adventure Smart" by checking weather conditions, bringing charged phones and power banks, and using tools like the Garmin InReach Mini for emergency communication. In case of emergencies, she recommends dialing 999 or 112 for Mountain Rescue assistance.

### Summer Hiking Gear Recommendations

These insights aim to help new hikers get started with the necessary knowledge and safety practices.