



1-day mountain skill course.

Information Pack

COURSE OVERVIEW

Everyone heads in to the mountains for different reasons, whether that's because you're a seasoned walker, tackling a scrambling route or it's your first time out on the mountains. It's an incredible experience and that you'll want to repeat many times. Whatever your reason is for heading in to the mountains we all have one thing in common - Staying safe. During the 1 day we will look at how to effectively and efficiently navigate in a variety of different terrain and settings.

WHERE TO MEET YOUR INSTRUCTOR?

- ✓ On day 1 your instructor will meet you at Esquires Café in Ambleside just opposite Tog 24 – the address is - 14 Market Pl, Ambleside LA22 9BT, UK

WHAT WILL YOU SUPPLY?

- ✓ A qualified and experienced course provider
- ✓ Map and compass, should you require it
- ✓ Any teaching material and navigation aids to help in your learning

COURSE CONTENT

Planning – how to successfully plan a walk in the mountains in the UK or Ireland.

Walking skills – what things should you consider while out walking and what can make life easier (pace, nutrition, movement skills, steep ground etc.).

Clothing and equipment – being suitably dressed and equipped can make the difference between a great day out and a complete disaster.

Navigation in the mountains – everything from selecting a compass and using a map to navigation in poor visibility and an intro to GPS.

Environmental knowledge – how to minimize your impact on the hill, information on good practice and useful organizations.

COURSE EQUIPMENT

Item	Notes	Packed
Waterproof Jacket and Bottoms	A good set of waterproofs – Ensure they water proof	
25 – 30 Litre rucksacks	A waist strap and sternum strap are great additions and spread the loads walk around and make sure the bag is comfortable	
Spare warm layer	A good spare warm insulated jacket / Jumper	
Gloves, Buff, Hat	Handy for any time of the year	
Medication	Any medication that you are taking, please remember to inform your instructor prior to the course starting	
Camera	For those epic mountain shoots	
Food and snacks	We always take plenty of food on the mountain tops – Chocolate, Sandwiches, crisps etc	
Water	It's important we stay hydrated on the mountain a camel back is a great way to keep drinking water on the go	
Compass	A solid mountain compass - a silva 4 is perfect for the job – We can loan you a compass if you need one	
Map	For your course you need OL7 or you can buy the AA maps of the lake district and those have the hole of the central Lake District – We can loan you one if you need one.	
Head torch***	It's always handy to have spare battery's	
Suitable walking boots	Trainers will not do – Somethings with a good sole and waterproof	
Clothing appropriate to the weather	Loose outdoor clothing is best – No jeans	

Adventuring and the whole team hope you have an amazing time and look forward to seeing you soon.
If you do have any questions all please feel free to contact the office at any time.

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Participation Statement

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.