



3-day mountain skill course.

Information Pack

COURSE OVERVIEW

Over the course of the 3 days you will look at skills vital to be out in the mountains such as navigation, camping skills, steep ground, weather and much more. By the time you have finished the course you will be able to confidently head out in the mountains and have an amazing adventure.

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.

Weather – how it affects the mountains and your day out.

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.

Hazards and emergency procedures in the mountains – how to respond to any hazards you encounter and what to do in an emergency

Wild camping craft – How to choose a good camp site, where we can and cannot go, packing, what to take for your trip under the stars.

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	
Things to take for the expedition as well as the above		
Tent	A good waterproof self-supporting tent	
Roll matt	A blow up one is better and will be warmer	
Sleeping bag	A good warm sleeping bag – Down is the best on the market but comes at a price.	
Gas cooker	Make sure you have plenty of gas for the night and morning	
Food	We recommend using Meals ready to	
This is just an out line of what to bring and not a set packing list you need to add your personal bits into this such as socks, clothing etc.		

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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Tripadvisor.com/ lakedistrictadventuring



Youtube.com/ lakedistrictadventuring

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.