



1 Day self-rescue course

Information Pack

COURSE OVERVIEW

Climbing rescue skills are about *self-sufficiency and safety*. This practical one-day training equips you with essential techniques to manage common incident scenarios on crags and multi-pitch terrain, giving you tools to respond if something goes wrong. (Based on typical UK rescue skills training.)



Who's this course for?

This course suits climbers with some outdoor experience who want to:

- Be more competent handling problems on single or multi-pitch climbs
- Understand fundamental rescue rope systems
- Build confidence in emergency decision-making

WHAT WE PROVIDE

- ✓ A qualified Mountaineering Instructor or above
- ✓ Any additional Climbing equipment you might need
- ✓ 2 Full days of instruction on a range of climbs

KIT HIRE FROM ADVENTURING

Adventuring has a small store of climbing equipment you are welcome to borrow. We ask for £50 deposit (returnable) as well as the hire cost.

- ✓ Climbing shoes - £10 per day
- ✓ Climbing helmet - £5 per day

OUTLINE ITINERARY

An exact program is difficult to confirm as we operate according to the weather conditions, but typically we would aim to do:

- **Day 1: 08.00 am** – Meet at a central café this is normally in Keswick or Ambleside but will be prearranged
- **08.00 – 08.30** - Introduction to course, kit check
- **08.30** - Depart Café – travel to mountain destination.
- **17.00** - back at car 😊
- **17.00 -17.30** Debrief

WEATHER CONDITIONS

Let's face it we live in a wet and cold country! So, to be ready for that, you must come prepared for whatever weather is forecast for that weekend.

Adventuring would not cancel a course except in extreme circumstances. Our guides will endeavor to make the best use of the conditions to give you an enjoyable and rewarding day out.

LEADER / GUIDE

A qualified and experience mountaineering instructor (MCI) who has expert knowledge and understanding of the mountains and climbing in uk

The guide's job is to keep you all safe, teach you the skills to be in the mountains in the winter and make sure you have the best time possible.

They are responsible for the safety of the whole group and their word is final. We ask that everyone respects that, if you choose not to take the advice of the guide you void all responsibility from Adventuring



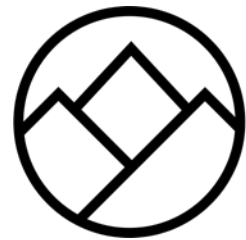
EQUIPMENT

All our leaders will carry an emergency shelter, comprehensive first aid kit, phone, and navigational equipment.

You will just need your personal equipment as below:

Item	Notes	✓ Packed
<u>Personal Equipment</u>		
25 – 30-liter ruck sack ***	A waist strap and sternum strap are great for spreading the load – Walk around before with your bag packed to ensure its comfortable.	
Waterproof bag	This is ideal to put all your gear into and keep it dry	
Spare warm layer ***	A good warm insulated spare jacket either down or a synthetic material	
Gloves and Hat ***	Pack 2 pairs of each in case 1 gets wet in case it is raining	
Waterproofs ***	Top and bottoms ensure they are waterproof and good quality	
Medication ***	Any medication that you are on please note we should be aware of this before the start of the course.	
Headtorch and spare battery's ***	A good place to put your torch is the top of your bag where it can be easily accessible and a good habit to get into all year round.	
Camera / phone	For those awesome shots	
Snacks and water	Bring plenty of food and water for the day.	

Item	Notes	✓ Packed
<u>Climbing Equipment</u>		
Harness	A well fitted and looked after harness	
Helmet	Climbing helmet designed for climbing	
Climbing shoes	Good fitting climbing shoes that are comfortable	
Rope	If you have a rope please bring it	
Climbing belay device and karabiner	A climbing belay plate – either a guide plate or standard belay with Karabiner	
Spare Karabiner x2	At least 2 spare karabiners outside of what is on your belay plate	
Climbing metal work	Any climbing metal work you have such as cams, hex and friends etc	



ADVENTURING

Adventuring and the whole team would like to thank you for choosing this course and look forward to meeting you. However, 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.