

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.)

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 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.