
SMBLA Expedition Assessment

What Paperwork Is Required?

1. A TCL or MBL certificate
2. A British Cycling or Scottish Cycling membership card.
3. A current first aid qualification
4. SMBLA expedition module training

The Course

This is a three-day/two -night expedition assessment for qualified TCL or MBL candidates. The course prepares and assesses the candidate for leading groups on self supported mountain biking expeditions, of one or more nights, within the terrain they are qualified in (TCL or MBL).

Included in the course is navigation and planning, equipment, load carrying and camping skills. Once qualified the leader will be able to take groups on expedition only in terrain they qualified to operate in.

The course will be based at Glenmore Lodge and will use the wealth of natural trails in the local Cairngorm area. The award will be based on TCL terrain with a mixture of theory and practical sessions. The distance covered will be approximately 50 km with no single climb exceeding 300m. The ratio for this course is one tutor to four candidates.

What Will I Need?

Glenmore Lodge holds minimal biking equipment and you are, therefore, required to bring your own. However, we do have spare mountain bikes and will supply bob trailers if needed. Also any camping equipment can also be supplied. Please check through the mountain bike equipment list and contact us if you have any questions.

Stores will be open 19.00 – 20.00 hrs on the arrival subject to demand.

Mountain Biking

We do have a limited supply of mountain bikes and biking equipment. However we would advise you to bring your own equipment including bike, helmet, gloves, repair kit, tools and bike computer if possible.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Day & Expedition Sacs

For Expeditions (You are welcome to bring all your own camping gear)

- ✓ Sleeping bag & liner
- ✓ Tent (2 & 3 person)
- ✓ Karrimat
- ✓ Cookers, (Trangias, MSR & primus) we have paraffin and meths only. If you prefer to use your own stove you must bring the fuel for it.

- ✓ Pots and pans
 - ✓ Cutlery / plastic mug
 - ✓ Bike trailer
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EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Bike
- ✓ Bike computer
- ✓ Small bike lights front and rear
- ✓ Helmet & Eye wear
- ✓ Thin woolly hat or buff for under helmet
- ✓ Gloves (full finger winter/ski) plus spares
- ✓ Full leg covering (cycle tights, leggings)
- ✓ Water proof jacket & trousers
- ✓ Small personal first aid kit
- ✓ Map (sheet 36, 1:50 000)
- ✓ Map case
- ✓ Drink system
- ✓ Spare inner tube
- ✓ Tyre levers
- ✓ Multi tool
- ✓ Chain link remover (if required for your chain)
- ✓ Pump
- ✓ Power bars (if needed)
- ✓ Emergency survival bag.
- ✓ Head torch (available from lodge)
- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer plus spares
- ✓ Waterproof jacket
- ✓ Waterproof overtrousers
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended ***
- ✓ Rucksack liner (or sturdy bin liner)
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**

Useful Books

Mastering Mountain Bike Skills by Brian Lopes and Lee McCormack

Detailed technical instruction for cross-country, downhill, mountain cross, free riding, dirt jumping, and urban terrain from top pro mountain biker Brian Lopes.

Bike Scotland Trails Guide: 40 of the Best Mountain Bike Routes in Scotland by Richard Moore & Andy McCandlish

A dedicated guide to the very best trails in the UK - a must-have for riding north of the border.

Scotland Mountain Biking: The Wild Trails by Phil McKane

This book showcases 25 routes in Scotland, between 6 km and 290 km in length, suitable for all levels of mountain bikers. Scotland has been named a 'Global Superstar' by the International Mountain Biking Association (IMBA) on a number of occasions, and the variety of terrain, the locations and the jaw-dropping scenery mean it is an incredible place to ride a mountain bike.

Glenmore Lodge

Mountain Biking kit list for Expedition Courses

Please have below items before attending the course

Check List	To Do	Need	Done	Have
Bike Bike trailer Bike computer Small bike lights front and rear Helmet & Eye wear Thin woolly hat or buff for under helmet Gloves (full finger winter/ski) Spare gloves Spare thin fleece Full leg covering (cycle tights, leggings) Water proof jacket & trousers Small personal first aid kit Map (sheet 36, 1:50 000) Map case Drink system Spare inner tube Tyre levers Multi tool Chain link remover (if required for your chain) Pump Power bars (if needed) Emergency survival bag. Lightweight tent (available from Lodge) Lightweight Stove & fuel (available from Lodge) Matches or lighter (available from lodge) Pots and utensils (available from lodge) Mug (available from lodge) Head torch (available from lodge) Sleeping mat and sleeping bag (available from lodge) Spare warm clothing. Money.				