
SMBLA Expedition Module Training

What Paperwork Is Required?

Prior to attending the training course you are required to have the following:

1. A TCL or MBL certificate
2. An up-to-date British Cycling or Scottish Cycling membership.

The Course

This is a two-day/one-night expedition training for qualified TCL or MBL candidates. The course prepares 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 ratio for this course is one tutor to eight candidates.

What Will I Need?

Glenmore Lodge holds minimal biking equipment and you are, therefore, required to bring your own. 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.

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment (things like ice axe, boots and crampons in particular for the winter courses) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

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

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.**

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 utencils (available from lodge) Mug (available from lodge) Head torch (available from lodge) Sleeping mat and sleeping bag (available from lodge) Spare warm clothing. Money.				

Glenmore Lodge holds limited biking gear. Please arrange to bring all the above items yourselves. Contact us if you need to borrow a bike or trailer. There will be opportunities to visit the local bike shops for last minute supplies if needed.