

Navigation and Mountain Safety Skills

Is it for me?

For this 5 day course there is no need for any previous mountain experience, although typically participants will have done some summer hill walking probably as part of a led group and are keen to become self sufficient. Every course is slightly different depending on the weather conditions and the group aspirations but we will cover all the main subject areas listed below.

Aim

This course will equip participants with the skills required for confident and competent hill walking in the UK mountains under summer conditions.

Course Content

You will usually be in a group of no more than 6 with one instructor. Meeting your instructor on the first morning provides an opportunity to discuss people's experience and aspirations which along with the weather forecast will enable us to plan the weeks' activity with you.

All aspects of navigation are the focus for many people on this course. This goes from basic use of the map and following paths to getting to grips with a compass, working in poor visibility and what to do when you are not sure of your location. Although the OS 1:50,000 scale map tends to be the map of choice for walking in Scotland we can use OS 1:25,000 and Harvey 1:40,000 scales. We also have a 1:5,000 map of the local forest around the centre, this is excellent for teaching and having fun with navigation skills. It provides lots of opportunity to practice before transferring the techniques to the bigger hill environment.

Route planning, from guidebooks, maps and taking into account information about the weather and how fast you walk should help you to make sound decisions when planning your hill days. Understanding the weather forecast and interpreting its influence on your journey is often key to enjoying a day in the hills, so we incorporate this into the planning of each day.

What equipment to carry and how to manage the every day hazards in the hills from crossing streams to finding shelter from the elements while you have a snack. Lastly what should you do in an emergency and what to expect should you ever need to call for the rescue services.

Towards the end of the course, we will try to hand over as much of the planning, decision making and navigation to you as you feel comfortable with, working towards the aim of self sufficiency.

What Will I Need? Summer Mountain & Rock Courses

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 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.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes
- ✓ Gaiters
- ✓ Helmets
- ✓ Day & Expedition Sacs
- ✓ Climbing Harnesses
- ✓ All technical climbing hardware & equipment, ropes.

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

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

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof overtrousers or salopettes
- ✓ Hat & gloves***
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended ***
- ✓ Maps and waterproof map case. For all walking courses you need a waterproof 1:50,000 map of the Cairngorms (OS Sheet 36) for ML courses a 1:25,000 of the equivalent area is also useful. ***
- ✓ Rucksack liner (or sturdy bin liner) / dry bags
- ✓ 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.**