

Walking Group Leader Training

About The WGL Scheme

This award is for leaders of walking groups in summer conditions in non-mountainous hilly terrain, known variously as upland, moor, bog, hill, fell or down. Such areas are often subject to harsh weather conditions, requiring an element of self-sufficiency and this scheme will help you develop the necessary skills and experience.

Registration

Prior to attending this training course you must register specifically for the WGL Award and have 20 quality hill days. **IT IS YOUR RESPONSIBILITY TO ENSURE YOU HAVE REGISTERED AND HAVE GAINED THE PRE-REQUIREMENTS. THE MLTS (MOUNTAIN LEADER TRAINING SCOTLAND) Tel No. is 01479 861 248.**

What We Cover

Glenmore Lodge runs the course on behalf of all the Home Nation Mountain Leader Training Boards. (It does not matter which Board you have registered with).

The syllabus is contained in the Walking Group Leader Handbook you should have received when you registered with a ML Training Board.

The contact time is scheduled to be 30 hours so we have chosen to run this over 4 days rather than 3 to give the best learning opportunity.

Before your course please can you prepare a 5-minute talk on an environmental subject of your choice to be given on the hill at some point during the 4 days, use of notes and props is fine. You will be asked to do this at assessment so it is a chance to share information between the group and get a steer on what is expected at assessment.

We generally do not camp during the training the course but it is an option if all the group were keen to do it, so you may want to bring one or two items such as a sleeping bag just in case.

Please note: The course is 4 days long and ends around 5pm on the last day.

Programme

Please note that the programme described below is provisional. Course and participation needs plus weather conditions may necessitate some changes. This programme should be viewed in conjunction with the MLTS Guidance Notes, Prospectus & syllabus

Day 1	INTRODUCTIONS	<ul style="list-style-type: none"> Personal Intros Logbooks About the WGL Award Identifying WGL terrain
	EQUIPMENT	<ul style="list-style-type: none"> Personal equipment Group equipment Packing and carrying personal and group equipment
	EMERGENCY PROCEDURES	<ul style="list-style-type: none"> Route planning Accident procedure Improvised rescue MR call out procedure and working with aircraft Heat and cold injuries
	NAVIGATION EARLY EVENING	<ul style="list-style-type: none"> Introduction to Navigation The booking of hostels and huts Selecting easily accessible lowland campsites Tent selection Safety procedures for the use of various stoves Selection, preparation and cooking of suitable foods Group and personal hygiene Group supervision
	LATE EVENING	<ul style="list-style-type: none"> Weather Talk
Day 2	HILL DAY NAVIGATION	<ul style="list-style-type: none"> Access and conservation Route cards and planning Navigation and leadership Environmental input
	EARLY EVENING LATE EVENING	<ul style="list-style-type: none"> Legal liabilities Access and conservation
Day 3	HILL DAY	<ul style="list-style-type: none"> Navigation Leadership and group management Interest talk
Day 4	HILL DAY DEBRIEFS	<ul style="list-style-type: none"> Return kit to stores Group debrief Individual debrief

What Will I Need?

Summer Mountain

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
- ✓ Gaiters
- ✓ Rucsacs
- ✓ 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

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
- ✓ 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, for ML courses a 1:25,000 is also useful. ***
- ✓ (For WGL we will supply a variety of maps of different areas usually 1:25,000 scale)
- ✓ 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.**