
MBLA 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 expedition training module for qualified TCL or MBL candidates. The course prepares the candidate for leading groups on self supported mountain biking expeditions, of one or more night's duration, within the terrain they are qualified in (i.e.TCL or MBL).

Subjects included in the course are 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. If a holder of the TCL then passes their MBL then they do not need to sit another Exped module. The terrain restriction is just lifted.

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 mainly on TCL terrain with a mixture of theory and practical sessions. The ratio for this course is maximum one tutor to six candidates.

The course will not include a night out under canvas but will look at all aspects of camp craft relevant to the experience of the candidates on the course.

What Will I Need?

It is ideal if you come along with your own bike and trailer set up ready to go.

However, we do have Bob Ibex trailers if needed and we can supply you with a hard tail mountain bike if really needed. This is, of course, subject to availability and sizing.

It would be ideal if you bring along your own camping equipment i.e. tent, stove, sleeping bag etc so that we can have a discussion about suitable equipment during the course. Any camping equipment needed for the course could also be signed out from Stores. We will not be spending a night out.

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 evening before your course - subject to demand.

We do have a limited supply of mountain bikes and biking equipment. Therefore we would advise you to bring your own equipment including bike, trailer, helmet, gloves, repair kit, tools and bike computer if possible. Please contact us in advance of your course if you would like to borrow a trailer or bike for the course.

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

If you are thinking about buying specific MTB touring equipment before attending the course but are not too sure what to get we would advise you to come and try our stores 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
- ✓ Day & Expedition Sacs
- ✓ Bob Ibex trailer with dry bag holdall
- ✓ Hardtail trail MTB (if really needed and subject to sizing etc)
- ✓ Sleeping bag & liner
- ✓ Tent (2 & 3 person)
- ✓ Sleeping Mat
- ✓ Gas camping stove.
- ✓ Pots and pans
- ✓ Cutlery / plastic mug
- ✓ Head torch

You are welcome to bring all your own camping/expedition gear

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

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

- ✓ Your Bike
- ✓ Bike computer
- ✓ Bike lights - front and rear
- ✓ Helmet
- ✓ Eye wear
- ✓ Thin woolly hat or buff for under helmet
- ✓ Gloves (full finger) plus spares
- ✓ Cycle Shorts and padded liners
- ✓ Full leg covering (cycle trousers, leggings)
- ✓ Water proof jacket & trousers
- ✓ Map (sheet 36, 1:50 000)
- ✓ Map case ***
- ✓ Drink system
- ✓ Spare inner tube(s)
- ✓ Tyre levers ***
- ✓ Multi tool ***
- ✓ Chain link remover
- ✓ Pump
- ✓ Power bars / spare food (if needed) ***
- ✓ Emergency survival bag.***
- ✓ Head torch (available to sign out from Lodge stores)
- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer plus spares
- ✓ Whistle ***
- ✓ Compass - Silva type 4 recommended ***
- ✓ Rucksack liner ***
- ✓ Vacuum Flask and/or Water Bottle ***
- ✓ Box or bag for packed lunch.***
- ✓ Blister kit / small first aid kit ***
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Sun cream – you just never know! ***
- ✓ 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.**

Mountain Biking Check list for MBLA Expedition Module Training

Please use this list to help you prepare for your assessment

Check List	To Do	Need	Done	Have
Relevant Paperwork				
Bike				
Bike trailer (available from Lodge Stores)				
Bike computer				
Helmet & Eye wear				
Group leader's equipment (suitable for self supported exped)				
Tool Kit (suitable for exped with trailer)				
Group clothing (suitable for exped)				
Personal clothing / equipment (suitable for exped)				
Bike Spares (suitable for exped)				
Trailer spares (if supplying your own)				
Map (sheet 36, 1:50 000)				
Map case				
Drink system e.g. Camelbak or water bottle				
Emergency equipment (suitable for exped)				
Lightweight tent / tarp (tents are available from Lodge Stores but in limited numbers)				
Lightweight Stove & fuel (available from Lodge Stores and gas from the shop)				
Matches or lighter (available from Lodge Shop)				
Pots and utensils (available from Lodge Stores)				
Mug (available from Lodge Stores)				
Head torch (available from Lodge Stores)				
Sleeping mat (available from Lodge Stores)				
Sleeping bag (available from Lodge Stores but bulky)				
Money.				