
MBLA Expedition Module 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. Proof of attending a MBLA Expedition module training
5. A sample 3 day / 2 night Expedition route suitable for your level of qualification.

The Course

This is a three-day / two-night expedition assessment for qualified TCL or MBL candidates who have completed a two day MBLA Expedition Award training previously. 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).

Assessed during the course are: navigation and planning, equipment, load carrying, riding with a trailer / panniers and camping skills as well as trailside repairs.

Before attending the course you will need to prepare a sample 3 day / 2 night expedition route to supply to the assessor on arrival. Prepare a route that is within the remit of your own MBLA qualification. This may or may not be the route used for the assessment. Please plan a route anywhere suitable and supply simplified details / route card along with a map indicating the route.

Once qualified the leader will be able to take groups on expedition only in terrain they are qualified to operate in.

The course will be based at Glenmore Lodge and will use the wealth of natural trails in the local area around the Cairngorms. The award will be based mostly around TCL terrain (dependant on candidate's own qualifications) with a mixture of theory and practical sessions. Expect to be out biking with the trailers for two and a half days but with no single climb exceeding 300m. The ratio for this course is one tutor to four candidates.

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.

Any camping equipment needed for the assessment can also be signed out from Stores.

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.

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.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Day & Expedition Sacs
- ✓ Bob Ibex trailer with dry bag holdall
- ✓ Hard tail 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

We have gas for our stoves for sale in our shop. If you prefer to use your own stove then please do so. Please bear in mind that you must bring the fuel for it along – we only sell gas.

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 & 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 Assessment

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.				