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**Congratulations** on choosing a Glenmore Lodge course. As Scotland's National Outdoor Training centre we have been delivering world class training for over 60 years. Our instructors are amongst the most experienced in the country; add to that the quality of the equipment you can borrow, our range of on-site facilities, as well as our food and accommodation and we believe it is clear that not only will a Glenmore Lodge course offer you the best possible learning experience, but that the value for money we offer is second to none.

Glenmore Lodge is a fun and welcoming environment and we take pride in helping you to develop your personal skills, whatever level you might be at. We look forward to seeing you here soon.

## Winter Skills

### Is It For Me?

Develop an in-depth practical knowledge of all the skills required to move about the mountains in Winter conditions, competently and confidently.

To get the most out of these five days we recommend that you have summer hill walking experience and have a level of fitness that will allow you to undertake five consecutive days on the hill. Winter hill walking is arduous so a good level of fitness will allow you to cope with what at times can be harsh and physically demanding conditions.

### Aim

Learn and develop the core winter skills required for hill walking in the UK Mountains under winter conditions whilst undertaking ascents of the mountain in and around the Cairngorms.

### Course Content

You will usually be in a group of no more than six with one instructor. Meeting your instructor on the first morning provides an opportunity to discuss everyone's experience and aspirations enabling the instructor to plan the programme based around these. The main topics to be covered are:

- Selection and organisation of personal kit appropriate to winter hill walking
- Personal movement skills on snow, including kicking steps and using the ice axe for walking, self-belay, cutting steps, and self-arrest
- Use of crampons in ascent/descent
- Emergency procedures
- Avalanche awareness and safe route choice
- Core techniques of winter navigation
- Poor visibility navigation
- Route planning in winter taking into account weather, conditions and avalanche risk
- Evening sessions may include a winter hazards talk and avalanche awareness talk

The programme is fairly flexible taking into account individual needs and aims, weather, etc.



## What will I need?

Glenmore Lodge has a large, 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) 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.

## What we can supply?

- ✓ Basic waterproof jackets and trousers
- ✓ Plastic Boots
- ✓ Gaiters
- ✓ Crampons
- ✓ Ice Axes
- ✓ Helmets
- ✓ Day Sac
- ✓ Any technical equipment if applicable such as shovels

## What will you need to bring?

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

- ✓ Thermals or suitable under clothing
- ✓ 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 over-trousers or salopettes
- ✓ Hat & balaclava plus spare
- ✓ Mitts & gloves
- ✓ Ski goggles (should have double lens to avoid misting up)
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended
- ✓ Maps and waterproof map case. 1:50,000 map of the Cairngorms
- ✓ Headtorch
- ✓ Rucksack liner
- ✓ Vacuum Flask & Water Bottle
- ✓ Box or bag for packed lunch.
- ✓ Survival Bag - Plastic type
- ✓ Personal toiletries, medications & personal first aid kit (towels are provided)
- ✓ Suncream
- ✓ We have a small pool, sauna, gym & climbing wall - so any relevant kit (including spare towel)

## Remember the price is all inclusive

We want our customers to easily know what their course will cost, up front and in the open. Accommodation on the night before and the nights during your course, pick up from the train station (Friday and Sunday evenings only), breakfast, lunch, cake break and dinner are all included. All transportation on the course, centre facilities & any equipment you borrow are also part of the package

