

 www.glenmorelodge.org.uk

 Search - Glenmore Lodge

 Search - Glenmore_Lodge



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.

Avalanche Avoidance

Is It For Me?

This 2 day intensive course is aimed at all those who go into the mountains in winter, and may be on or under avalanche prone slopes. Over two days the course will introduce and apply knowledge and skills in the areas of avalanche awareness, snowpack evaluation, avalanche safety equipment, safe travel techniques and applied navigation.

To get the most from the course you should be comfortable in winter conditions, using crampons and an ice axe on simple terrain. Some basic navigation skills useful (can taking bearings, and use a map).

Aim

To give you the tools and techniques required to help make more informed route choice decisions in winter conditions both before and during a journey, increasing the safety of you and your party.

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:

- Navigation and avalanche awareness/evaluation tools and techniques
- Their relation to each other when it comes to using safe travel techniques in winter.
- Practical application of these in winter route choice, both before and during a journey.
- Ground to map and map to ground interpretation focusing on contour information
- Using compass for taking and following bearings and distance measuring
- Navigation strategies for poor visibility conditions
- Relocation skills including aspect of slope.
- Evaluating the avalanche risk using SAIS reports and weather forecasts
- On the hill observations and snow analysis using a variety of practical tests

The course will be practical and hill based but may start with confirmation of core skills locally prior to moving onto the hill. The programme is fairly flexible taking into account individual needs and aims, weather, etc.



Marmot



teko



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

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



Marmot



teko