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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 Mountain Leader Training

What paperwork is required?

It is essential that you arrive with the correct and original paperwork in order; we will need to see the following:

- Evidence of your registration for the Winter Mountain Leader Award. *If you are not registered specifically for the winter award with MLTS you will not be able to attend this course.*
- Evidence of having passed your Summer Mountain Leader award.
- Completed logbook with:
 - Evidence of recent experience of hill walking and mountaineering in winter conditions in at least three different mountain areas in the UK.
 - Evidence of experience of an absolute minimum of 20 Winter Quality Mountain Days
- Be well practised in the use of ice axe and crampons.

What we cover

We aim to cover the practical elements and some of the main areas of theory detailed in the syllabus in the Winter Mountain Leader Award Handbook. You should have received this from MLTS when you registered for the winter award. The course is 6 days long, and will end with individual debriefs.

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

Programme

Please note that the programme describe below is provisional. Course and participant needs, weather and snow conditions will necessitate some changes. This programme should be viewed in conjunction with the MLTS Guidance Notes & Prospectus and Syllabus. Emergency shelters and environmental issues will be dealt with on an ongoing basis as appropriate to situations and conditions.



DAY	DAYTIME	EARLY EVENING	LATE EVENING
1	<p>Personal intros Log books About the WML scheme Role & qualities of a Winter ML - Brainstorm Personal kit organisation - equipment carried by winter ML Avalanche observation - relevant info prior to going onto the hill Personal movement skills: Movement on snow and use of axe for self belaying/cutting steps Self arrest Use of crampons with/without ice axe (French, front point, hybrid) Demonstrations of techniques appropriate for teaching novices Personal Kit Organisation</p>	<p>'Winter Hazards' Talk looking at winter hazards and cold weather injuries and how they can be managed/avoided</p>	<p>Avalanche Pt 1 Theory and background to avalanche avoidance</p>
2	<p>Winter mountain day Progression from day 1 with a journey element moving onto steeper ground involving use of crampons and axe. Emphasis on mountain navigation, avalanche awareness and appropriate route finding.</p>	<p>'Winter Nav' Talk looking at top tips & handy hints for winter navigators</p>	<p>Avalanche Pt 2 Avalanche safe travel & rescue techniques</p>
3	<p>Security on Steep Ground Avalanche awareness and snow pack analysis Intro to snow anchors (buried horizontal axe; reinforced horizontal axe; snow bollard and stomper) Roped systems appropriate for use with groups in emergency situations – including confidence roping.</p>	<p>Between training & assessment Discussion of what is involved in assessment & preparing for it.</p>	<p>General interest talk</p>
4	<p>Steep Ground Journey A journey involving group management scenarios on steep ground (both roped and un-roped). Also looking at route choice, avalanche awareness and snow pack analysis.</p>	<p>Expedition packing & preparation (rations issued)</p>	<p>Complete self appraisal forms</p>
5	<p>Expedition Depart 0930 hrs latest Emphasis on winter mountain navigation & party leadership</p>	<p>Snow Hole (conditions dependent)</p>	
6	<p>Expedition Return approx 14:00 hrs clean up and hand back kit. Expedition Review Course Review – participants to share thoughts on the week. 1:1 Debriefs Using self-appraisal forms on how best to consolidate your experiences of the course with a view to eventual assessment. End 1700 hrs</p>		





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
- ✓ Snow holing equipment such as shovel, saw, transceiver & avalanche probe
- ✓ Any technical equipment if applicable such as harness, rope and climbing equipment

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)

For Winter ML's (You are welcome to bring all your own camping gear)

- ✓ Suitable Emergency Hill Rope min length 30m
- ✓ Sleeping bag & liner
- ✓ Goretex Bivi Bag
- ✓ 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



Marmot



teko