



Mountain Leader Course Training

Introduction

The Mountain Leader Award is a six-day course intended for those who wish to lead groups around the mountains of the UK. The mountains of the UK are remote, technical and exposed to harsh and unpredictable weather. This makes them a hazardous place for novice walkers and the Mountain Leader is designed to help responsible leaders who wish to operate in mountainous terrain in summer conditions. Mountain Leader courses develop your group management skills, the ability to navigate in all conditions, the ability to deal with mountain hazards (including steep ground) and increase your awareness of environmental issues. There is an expedition element to the scheme.

Prerequisites for the training course

Mountain Training requires that all candidates be registered prior to commencing the course, Before you book onto a Mountain Leader training course, make sure you have done the following:

- You must be registered on the scheme and have an account on Mountain Training's Candidate Management System
- You must have recorded a minimum of 20 Quality Mountain Days (ideally on DLOG) which can have taken place at any point (pre- or post-registration)
- You must also be a member of a Mountaineering Council (the British Mountaineering Council, Mountaineering Council of Scotland or Mountaineering Ireland).

If you haven't already registered then you need to visit Mountain Training to complete this process.

Digital logbook

Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.

For the purpose of the Mountain Leader scheme, 'mountainous country' may be defined as wild country which may contain unavoidable steep and rocky ground where walkers are dependent upon themselves for immediate help. In the United Kingdom and Ireland mountainous country includes:

• Snowdonia • Brecon Beacons • Lake District • Mountains of Mourne • Scottish Highlands • Galloway Hills • Cork & Kerry Mountains • Galway & Mayo Mountains • Donegal Mountains • Dublin & Wicklow Mountains

Maps

Please bring:

- The 4 x 1:25.000 of the Lake District, that's OL 4, 5, 6 & 7.

Also, you will need:

- Sheet No 90 1:50:000
- 1:40 Harvey Lake District

The course Starts at **9:00 am**.

Day1

- Introductory Navigation

Please arrive with your sack packed as if you were leading a group on the mountains for the day. (appropriate to the weather forecast of an average rainy day in September in the Lake District) This should include what you consider to be suitable emergency & first aid kit as well as personal kit.

Climb365

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Please do not feel that you have to go out and buy any specialist kit (e.g. ropes, group shelter) if you do not have them as there will be opportunity to discuss different equipment and what is best suited to a leader.

There will be a chance to look at first aid kits at some stage in the week.

Evening Weather lecture

Day 2

- Security on steep ground

Please bring a helmet if you have one. You will also need grippy gloves, these could be leather palmed or the rubber palmed builder style.

Evening Access and conservation lecture and route planning exercise.

Day 3

- River crossings and expedition planning

In the morning we will look at expedition food, tents and route choice as expedition planning.

There is time on this day to do food shopping for the expedition.

In the afternoon we will cover river crossings so please bring spare boots or trainers.

Day 4-6

- Expedition

You will be out for 2 nights, 3 days. We will return for lunch on day 6 after which we will have a review of the week and round up.

Individual debrief and action plans before assessment.

Notes on kit:

Please bring your own tent, food and stoves. We will have a look at all the different tents and it may be that you share with another course member if you are happy about this.

We will be out for at least one-night navigation, Please ensure you have sufficient batteries should we be out for the 2nd night.

Extra Info

There are many resources on the Mountain Training website to support you as you prepare for a training course or as you work towards assessment.

<https://www.mountain-training.org/help/faqs>

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