



Mountain Training

# Lowland Leader

<p><b>Title:</b></p>	<p>Lowland Leader Quality Days Fact Sheet &amp; Top Tips</p>
<p><b>Summary:</b></p>	<p>This fact sheet is intended to help candidates work their way through what makes a quality lowland day, what we'd like to see in your log books and how to enter them into Mountain Training's DLOG (digital logbook) system.</p>
<p><b>Note:</b></p>	<p>Candidates must be registered on to <i>any</i> Mountain Training Award scheme (we're assuming Lowland Leader - but if you've previously registered for an award with Mountain Training then you will already have access to the system).</p> <p>You will not have access to DLOG until you are registered on a scheme.</p>
<p><b>What makes a Quality Lowland Day ? :</b></p>	<p><i>It's important to remember that most of these should factors should be part of the day going to familiar places or simple random walks on a lovely sunny day doesn't tell us much!</i></p> <ul style="list-style-type: none"> <li>• <b>Should be 4+ hours</b> - but if you've had an epic 3.5hrs still at it to your DLOG!</li> <li>• At least 50% of your DLOG days should be in the UK - but other listing experience you've gained helps us build a picture of you.</li> <li>• You should be involved in the planning - so helping choose the route, doing some of the preparation (looking at weather forecasts, etc).</li> <li>• You'll use some navigation skills during the walk.</li> <li>• The walk happens in applicable terrain - there's a description on our website.</li> <li>• Adverse weather might be experienced - yeay!</li> </ul> <p><b>What doesn't count?</b></p> <ul style="list-style-type: none"> <li>• Walks under the instruction of someone else - i.e. course days!</li> <li>• Repeating your favourite days - go somewhere new!</li> </ul>
<p><b>What should I record in my Dlog?</b></p>	<p><i>It get's a bad press - but DLOG is surprisingly flexible once you get to know it...</i></p> <p><b>Don't:</b></p> <ul style="list-style-type: none"> <li>• Write a massive essay - bullet points are best</li> <li>• Try and find your exact location - select the area, there are lots of repetitions in the system - ignore them</li> </ul> <p><b>Do:</b></p> <ul style="list-style-type: none"> <li>• Put down the location, weather, duration, distance, group info</li> <li>• Tell us what skills you practiced - navigation, compass work, map features, matching map to landform, leadership etc etc</li> <li>• Tell us what role you played on the walk - leader, assistant, solo</li> <li>• Add a picture - but only if it tells us some info</li> <li>• you can add a gps/gpx file if you wish - but we'll still need a description</li> </ul>
<p><b>How do I use Dlog:</b></p>	<p><b>Mountain Training have made several useful videos - they're not specific to Lowland Leader - but DLOG works the same way for each award:</b></p> <ul style="list-style-type: none"> <li>• <b>How to add a DLOG entry:</b> <a href="https://www.youtube.com/watch?v=SyvukozmdNs">https://www.youtube.com/watch?v=SyvukozmdNs</a></li> <li>• <b>How to edit or delete an entry:</b> <a href="https://www.youtube.com/watch?v=0nv9ZaBAIm8">https://www.youtube.com/watch?v=0nv9ZaBAIm8</a></li> <li>• <b>How to review your DLOG:</b> <a href="https://www.youtube.com/watch?v=NVmoSAPhM7k">https://www.youtube.com/watch?v=NVmoSAPhM7k</a></li> <li>• <b>How to add a gpx file to DLOG:</b> <a href="https://www.youtube.com/watch?v=sdRzCaK1eLY">https://www.youtube.com/watch?v=sdRzCaK1eLY</a></li> </ul>
<p><b>Final Thoughts:</b></p>	<p>DLOG can seem like a chore - but its a fantastic tool for both proving your experience &amp; also measuring your progress - it really is worth getting to grips with it and making it part of your learning journey - who knows - you might want to do more awards in the future!</p>