



# Mountain Training

## Kit Lists - All Courses

<p><b>Summary:</b></p>	<p>This fact sheet is intended to inform attendees on Wellness Walks courses of the typical equipment they should have with them on courses.</p> <p><b>But...</b> You know you best - so if you need additional warm layers, gloves etc or you just know you'll be happier with a certain something then only you will know to pack that - it is your responsibility to bring what you need to keep you safe, happy and ready to learn, lead &amp; inspire.</p>
<p><b>Note:</b></p>	<p><b>There is a significant difference between training and assessment.</b></p> <p><b>On any training or personal Skills course we're happy to provide equipment for you to try &amp; we'll expect to discuss the merits, limitations etc of different options.</b></p> <p>On an Assessment course we will expect you to arrive with everything you need to keep you AND a group safe in the environment and conditions your assessment is taking place in.</p>
<p><b>Hill &amp; Mountain Skills courses</b></p>	<p><b>It's important to remember that these are personal skills courses and as such there no expectation of having leadership equipment.</b></p> <ul style="list-style-type: none"> <li>You need to bring everything you need to keep you safe for two days in the UK hills - that means waterproofs (whatever the forecast!), spare warm layers, food, drinks, snacks, personal meds.</li> <li>We always recommend walking poles - we're happy to lend you some &amp; show you why!</li> <li>We will supply you with a reference book and some handouts to keep.</li> <li><b>We will supply all the 'technical' equipment you'll be using (compass, maps etc) but it's always better to use your own that you're familiar with if you happen to have them.</b></li> </ul>
<p><b>Lowland Leader</b></p>	<p><b>Training:</b></p> <ul style="list-style-type: none"> <li>You need to bring everything you need to keep you safe for <b>two</b> days in the UK hills - that means, good footwear, waterproofs (whatever the forecast!), spare warm layers, food, drinks, snacks, personal meds, spare specs (if you wear them), sun protection if applicable.</li> </ul> <p><b>Additional (we can lend at training, you need for assessment)</b></p> <ul style="list-style-type: none"> <li><b>Navigation:</b> compass, map, timing card. We recommend always using a map case.</li> <li><b>Safety:</b> Group First Aid Kit, Group Shelter, Bivi Bag, charged Phone (or power pack), head-torch.</li> <li><b>Group Management:</b> Walking Poles, sugary treat, spare carbs (nut free), toilet kit.</li> </ul>
<p><b>Hill &amp; Moorland Leader</b></p>	<p><b>Training:</b></p> <ul style="list-style-type: none"> <li>You need to bring everything you need to keep you safe for <b>two</b> days in the UK hills - that means, good footwear, waterproofs (whatever the forecast!), spare warm layers, food, drinks, snacks, personal meds, spare specs (if you wear them), sun protection if applicable.</li> </ul> <p><b>Additional (we can lend at training, you need for assessment)</b></p> <ul style="list-style-type: none"> <li><b>Navigation:</b> compass, map, timing card. We recommend always using a map case.</li> <li><b>Night Nav:</b> head-torch, spare head-torch - <i>note</i> this is dependant on time of year.</li> <li><b>Safety:</b> Group First Aid Kit, Group Shelter, Bivi Bag, charged Phone (or power pack), torch.</li> <li><b>Group Management:</b> Walking Poles, sugary treat, spare carbs (nut free), toilet kit.</li> </ul>
<p><b>Final Thoughts:</b></p>	<ul style="list-style-type: none"> <li>Skills courses or training offer a chance to see &amp; use kit you may not have - so ask questions!</li> <li>On training courses you might not be moving as much as days you're used too - so...warm clothes!</li> <li>A35ltr rucksack is close to perfect for these courses, but not all rucksacks are the same!</li> </ul>