



Mountain Training

Kit Lists - All Courses

<p>Summary:</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>But... 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 & inspire.</p>
<p>Note:</p>	<p>There is a significant difference between training and assessment.</p> <p>On any training or personal Skills course we're happy to provide equipment for you to try & we'll expect to discuss the merits, limitations etc of different options.</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>Hill & Mountain Skills courses</p>	<p>It's important to remember that these are personal skills courses and as such there no expectation of having leadership equipment.</p> <ul style="list-style-type: none"> 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. We always recommend walking poles - we're happy to lend you some & show you why! We will supply you with a reference book and some handouts to keep. 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.
<p>Lowland Leader</p>	<p>Training:</p> <ul style="list-style-type: none"> You need to bring everything you need to keep you safe for two 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. <p>Additional (we can lend at training, you need for assessment)</p> <ul style="list-style-type: none"> Navigation: compass, map, timing card. We recommend always using a map case. Safety: Group First Aid Kit, Group Shelter, Bivi Bag, charged Phone (or power pack), head-torch. Group Management: Walking Poles, sugary treat, spare carbs (nut free), toilet kit.
<p>Hill & Moorland Leader</p>	<p>Training:</p> <ul style="list-style-type: none"> You need to bring everything you need to keep you safe for two 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. <p>Additional (we can lend at training, you need for assessment)</p> <ul style="list-style-type: none"> Navigation: compass, map, timing card. We recommend always using a map case. Night Nav: head-torch, spare head-torch - <i>note</i> this is dependant on time of year. Safety: Group First Aid Kit, Group Shelter, Bivi Bag, charged Phone (or power pack), torch. Group Management: Walking Poles, sugary treat, spare carbs (nut free), toilet kit.
<p>Final Thoughts:</p>	<ul style="list-style-type: none"> Skills courses or training offer a chance to see & use kit you may not have - so ask questions! On training courses you might not be moving as much as days you're used too - so...warm clothes! A35ltr rucksack is close to perfect for these courses, but not all rucksacks are the same!