

# Summer Mountain Leader (Training)

## Is it for me?

The six day Summer Mountain Leader Award training course provides the opportunity for potential mountain leaders to gain technical competence for leading walkers in the UK hills and mountains in summer conditions. Before attending this course candidates must fulfil the following pre-requisites:

- A minimum of 12 months hill walking experience
- Have experienced a minimum of 20 quality mountain days (see MLTUK guidelines)
- Registered with their relevant board for the CWA scheme (e.g. MLTE, MLTW, MLTS etc.)
- Be 18 years of age or older

## Course Content & Programme

### Day 1 (Arrival & Navigation Training)

- Meet the Instructors
- Outline of the training (Course Director)
- Programme brief
- Weather lecture
- Equipment lecture
- Navigation training

### Day 2 (Navigation Practice)

- Emergency procedures
- Planning exercise
- Evening lecture (Access and Conservation)

### Day 3 (Mountain Day)

- Leadership
- Navigation
- The environment, access, flora & fauna, myths & legends, history



#### **Day 4 (Security on Steep Ground)**

- Equipment
- Shepherding
- Knots
- Confidence roping
- Belaying
- Anchors
- Lowers
- Rope coiling
- Evening lecture (water hazards, river crossings)
- Expedition prep tents, cookers, equipment

#### **Days 5 & 6 (2 day, 1 night Expedition)**

- Leadership
- Navigation (including an introduction to night navigation)
- Camp craft
- Emergency procedures
- Candidates lectures at camp site.
- Practical session on river hazards and crossing techniques

#### **End of Course**

- A comprehensive action plan/skills check list through individual feedback
- Return log books
- Look forward to MLA assessment. Outline of an assessment

#### **The Venue**

The Snowdonia National Park is ideally suited for this course. The region demonstrates the varying terrain required for the training course, with 1000m mountains, exposed ridges, rolling hills, crags and rivers.

The exact venues for each day will be decided closer to the time, based on prevailing weather conditions.



## **Instructional Staff**

The course provider/director will hold the minimum qualification of mountain instructor (MIA). Our instructors are qualified and experienced mountaineers with an excellent knowledge of the award. They have a great depth of experience instructing novices and experts and will be keen to pass on that knowledge to you. The Staff ratio is 1:4.

## **Accommodation**

TBC

## **Kit List**

All participants should bring the following personal kit and equipment with them:

- Waterproof jacket and trousers
- Suitable outdoor clothing
- Comfortable casual clothing
- Warm mountain clothing
- Gloves and warm hat
- Expedition rucksack and rucksack liner (e.g. bin bag)
- Day sack
- Water bottle/ vacuum flask
- Small 1<sup>st</sup> Aid Kit
- Notebook and pencil
- Walking boots
- Gaiters
- Head torch
- Wash kit
- Compass & whistle
- Maps 1:25,000 Snowdonia & 1:50,000 sheet 115 Snowdon
- Log book
- Tent, sleeping bag & mat\*
- Cooker pots and pans KFS & mug.\*
- Fuel
- Expedition food
- Climbing helmet

Note: the following equipment marked with a \* can be provided by Danbury Outdoors but advanced notice must be given.

**(All ropes will be provided by Danbury Outdoors)**

