

AdventureUnlimited

Summer Mountain Leader Training Course

Introduction

Before taking this course you have to be a member of the BMC and the Mountain Leader Training England/Wales/Scotland/Northern Ireland. A certain level of navigational knowledge will be expected. If this knowledge is limited then it would be worth considering participating in a navigation course prior to the training course.

The Summer Mountain Leader training course is designed for those experienced hill walkers of you wishing to work with groups in the British mountains during Summer conditions. The training course that you are about to undertake is designed to give a thorough introduction to the necessary walking and camping skills needed to operate in the mountains. The programme may have to be revised at short notice to take account of the weather and other considerations. If this is the case then we will be able to suggest suitable books etc to help in your studies.

The topics within these course notes are set out in approximately the same order that you will learn about them during the course. They should act as an aide memoir after you finish the course and go into your consolidation period. Where possible we will also offer further sources of information in order to help you.

The following are a few notes from the MLTE regarding the scheme:

“The scheme provides training and assessment in the technical and group management skills required by those wishing to lead groups in the mountains and moorlands of the UK”

“It does not provide a climbing qualification”

“It is the combination of technical skills, wide experience and personal qualities which form the basis of effective group management”.

For more details refer to the Summer Mountain Leader training scheme prospectus and syllabus.

Programme

The course consists of 3 weekends that are both theoretical and practical.

Weekend 1: Peak District - Saturday 9.30am

Accommodation: bunkhouse

Topics covered -
Practical navigation and walking skills
Discussion on clothing & equipment for personal & group use
Leaders equipment
Planning a mountain journey
Legal responsibilities of Mountain Leaders

Weekend 2: Lake District – Saturday 9.30am

Accommodation: camping

Topics covered -
Mountain navigation and route finding
Group leadership
Camp craft (high level (above 600m) camp overnight)
Emergency procedures and improvised rescues
Practical night navigation

Weekend 3: North Wales – Saturday 9.30am

Accommodation: bunkhouse

Topics covered -
Security on steep ground (with and without a rope)
Confidence roping
Anchor selection and use
Short pitches in ascent and descent
Lowering and abseils
River crossings
Mountain hazards and mountain safety
Access and conservation
Weather
Review with individual results and feedback

Equipment Required

Key: ✓ = "required" ** = "recommended but not required"

Equipment Required	Weekend:	1	2	3
1 – 3 Season walking boots		✓	✓	✓
Lightweight walking clothing		✓	✓	✓
Overnight equipment			✓	
Tent			✓	
Karimat			✓	
Sleeping bag			✓	
Stove, fuel, matches			✓	
Pans			✓	
Map, compass and map case		✓	✓	✓
1:25000 Outdoor leisure map Dark Peak (1)		✓		
1:25000 Outdoor leisure map South West Lakes (6)			✓	
1:50000 Landranger map Penrith and Keswick (90)			✓	
1:25000 Outdoor leisure map Snowdonia (17)				✓
Pen/pencil and paper		✓		✓
Water bottle (at least 1 litre)		✓	✓	✓
Personal First Aid kit		✓	✓	✓
Personal wash/overnight kit		✓	✓	✓
MLTE log book		✓		✓
Warm socks		✓	✓	✓
Thermal top + bottoms		✓	✓	✓
Long sleeve mid layers		✓	✓	✓
Water proof jacket + trousers		✓	✓	✓
Warm woolly/fleece hat		✓	✓	✓
Head torch & batteries		✓	✓	✓
Skiing goggles/sunglasses		**	**	**
Day rucksack with waterproof liner		✓		✓
Expedition rucksack with waterproof liner			✓	
Insect repellent/sun screen		✓	✓	✓
Walking poles			**	
'Lip salve'		**	**	**
Camera		**	**	**
Thermos flask		✓	✓	✓
Extra chocolate/rations		✓	✓	✓

NB. Your overnight equipment needs to be suitable to carry throughout the second weekend, eg. lightweight tents. You will be carrying the full kit for 4-5 hours each day. Pairs for sharing equipment can be arranged on the first weekend of the course.