

AdventureUnlimited

Mountain Skills Course

Introduction

The Mountain Skills course is designed to enhance your mountain skills by utilising the terrains of North Wales by the more complicated ascent routes and scrambles. To then be, at the end of the course, more confident and self-sufficient in the mountains.

The following is covered on the course:

Syllabus

1. Navigation
2. Walking skills
3. Personal equipment
4. Security on steep ground
5. Mountainous hazards & emergency procedures
6. Weather

Programme

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

Day 1: 9.30am

Topics covered-
Practical navigation and walking skills
Discussion on clothing & equipment for personal use
Route planning
Timing

Day 2: Topics covered-
Mountain navigation and route finding including scrambles
Basic rope work
Safety in the hills

Day 3: Topics covered-
Security on steep ground (with and without a rope)
Mountain hazards and mountain safety
Weather

Equipment Required

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

Equipment Required	✓
1 – 3 Season walking boots	✓
Lightweight walking clothing	✓
Map, compass + map case	✓
1:25000 Outdoor Leisure map Snowdonia (17)	✓
Pen/pencil + paper	✓
Water bottle (at least 1 litre)	✓
Personal First Aid kit	✓
Personal wash/overnight kit	✓
Warm socks	✓
Thermal top + bottoms	**
Long sleeve mid layers	✓
Water proof jacket + trousers	✓
Pair of gloves	✓
warm woolly/fleece hat	✓
Head torch & batteries	✓
Skiing goggles/sunglasses	**
Rucksack with waterproof liner	✓
Insect repellent/sun screen	**
Walking poles	**
Lip salve	**
Camera	**
Thermos flask	✓
Extra chocolate/rations.	✓

Any course cancellations due to lack of participants will be made no later than 10 days prior to the course start date. If this situation does occur then an alternative date will be given or a full refund made.