

# AdventureUnlimited

## Walking Group 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 Walking Group Leader Scheme is designed for leaders of hill walking groups in defined terrain and conditions. Suitable terrain is open, uncultivated, non-mountainous high country that is easily exited in a few hours. Movement on steep or rocky terrain, is not apart of the WGL syllabus, nor is camping in remote locations.

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

“The quality of a hill walking day is the cornerstone of a prospective leader’s experience. Many factors such as weather, the nature of the ground, the terrain and the physical and mental challenges will affect such days.”

“Completion of a training course is not a qualification in itself.”

“The WGL is the basic award for leaders of hill walking groups in defined terrain...known variously as upland, moor, bog, fell, hill, or down.”

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

# Programme

The course lasts 3 days and is both theoretical and practical. Topics covered each day may vary from the outline given below.

**Day 1: Peak District – 9.30am**

Topics covered -  
Introductions  
The WGL Scheme  
Responsibilities of the Leader  
Legal liability & insurance  
Weather  
Practical: Navigation  
Practical: Personal & group kit / management  
Practical: Night navigation

**Day 2: Peak District – 9.30am**

Topics covered -  
Weather  
Access & Conservation  
Practical: Navigation  
Practical: Emergency procedures & recognising & avoiding hazards  
Common problems & scenarios faced by leaders in the hills

**Day 3: Peak District – 9.30am**

Topics covered -  
Weather  
Route planning  
Practical: River crossing  
Practical: Camp craft - tent & stove use and supervision  
Organisation & the overnight experience  
Bunkhouse & hut accommodation  
End of course de-briefs & individual feedback

# Equipment Required

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

<b>Equipment Required</b>	✓
1 – 3 Season walking boots	✓
Lightweight walking clothing	✓
Overnight equipment e.g. stove, tent - just for demonstration 3rd day	✓
Map, compass + map case	✓
1:25000 Outdoor Leisure map Dark Peak (1)	✓
1:50000 Landranger map Sheffield (110)	✓
Pen/pencil + paper	✓
Water bottle (at least 1 litre)	✓
Personal First Aid kit	✓
MLTE log book - on 3 <sup>rd</sup> day	✓
Warm socks	✓
Thermal top + bottoms	**
Long sleeve mid layer	✓
Water proof jacket + trousers	✓
Pair of gloves	**
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.	✓