

MOUNTAIN SKILLS - COURSE SYLLABUS

1. Planning

1. Overview of the mountain walking areas of the UK and Ireland
2. Use of walking guidebooks and online resources
3. Route planning
4. Health and fitness considerations for mountain walking

2. Walking Skills

1. Walking techniques and additional equipment
2. Managing pace for a day walk
3. Nutritional considerations for mountain walking
4. Movement skills over steep or loose terrain

3. Clothing and Equipment

1. Mountain clothing overview
2. Footwear selection for mountain terrain
3. Equipment selection and functions
4. Seasonal differences in clothing and equipment selection
5. Additional emergency equipment

4. Weather

1. Effect of weather in the mountains
2. Obtaining a mountain area weather forecast
3. Effect of weather on mountain route planning

5. Navigation in the Mountains

1. Use of different maps and scales
2. Map features and symbols
3. Measurement of distance on maps
4. Calculating walking time in mountainous terrain
5. Use of Grid References
6. Pacing and timing in mountainous terrain
7. Introduction of basic use of GPS devices in mountain areas
8. Methods of relocating in mountainous terrain
9. Compass selection and features
10. Poor visibility navigation strategies

6. Environmental Knowledge

1. Understand the impact of humans in mountain areas
2. Gain an understanding of the mountain environment
3. Environmental considerations when mountain walking
4. Ethics associated with mountain walking
5. Understanding the role of different organisations related to hill walking

7. Hazards and Emergency Procedures in the Mountains

1. Identifying potential hazards in mountainous terrain
2. Managing risk while mountain walking
3. Gaining an understanding of common mountain walking incidents
4. How to call for help while in mountain areas
5. Introduction to the role of Mountain Rescue teams

Minimum participant age: 14 years

Experience required: Some experience of hill walking

Duration: Minimum of 2 full days plus 1 evening session (18 hours contact time) **Ratio:** 1 Provider to 8 participants

Terrain examples: Snowdonia, Lake District, Scottish Highlands, Brecon Beacons