

## Mountain Foundation Course

Location:	Lake District Snowdonia Peak District Forest of Bowland Yorkshire Dales
Duration:	2 or 3 day courses or a combined 5 day (including exped)
Ratio:	Maximum of 8 clients to 1 instructor

### Overview

The Mountain Foundation Course is a complete introduction to hillwalking for anyone. You'll cover where to walk, what to wear, how to plan and follow routes, useful information about the upland environment and weather, and what to do if things don't go to plan. You'll be learning from our highly qualified instructors and developing your new skills as you explore the peaks and fells.

### Key Objectives

The course will be ran taking into account our 3 key objectives, Safety, Enjoyment and Learning (SEL). By the end of the course you will have gained the skills and techniques to be safe and prepared to plan your own hill days. You will have practised hands-on navigational experience in the hills during the day and night. Hopefully you will be encouraged to gain further experience and maybe gain future NGB awards so you can become the instructors of the future or just be inspired to venture out into the mountains.

See the following page for a typical itinerary breakdown.

## Itinerary

Throughout the course (depending on the duration) you will cover the following:

- Walking Skills:** What things you should consider to move safely around in the hills and fells.
- Navigation Skills:** Understanding the lay of the land and how to combine these features to help navigate using both conventional map & compass and electronic devices. Depending on course duration this will be carried out during both day and night.
- Safety in the Hills:** You will learn how to move across varied terrain and gain experience in time and distance appreciation.
- Kit and Equipment:** Having the right kit and equipment, know what to carry and how to use it and have an understanding of the layering system will make the difference between a good day out and a bad and potentially long day out!
- Weather Planning:** Understanding basic weather patterns and forecasts are key to planning an effective day in the hills. We will help you become part of the planning process.
- Hazard Management:** Prevention is better than cure! You will learn how to deal with any hazards you may encounter or how to avoid them. Or what to do in an emergency to safeguard yourself and the rest of the group.
- Flora and Fauna:** One of the greatest things about being in the outdoors is getting back to nature. We will help you interact and learn about the environment and how to protect it from minimum impact.
- Steep Ground:** You will have the opportunity (depending on course duration) to learn some skills to assist you to travel across steeper terrain and ensure both yourself and your friends remain safe during ascent and descent.
- Expedition:** Depending on course duration there will be an opportunity to stay out in the hills using either conventional camping skills or more austere methods such as benighting or bivvying out. There may also be opportunities to use local bothies.

## Preparation

You need to be fit enough to carry a loaded daysack over undulating ground for a distance of 8 to 12km within a full day of activity with loads of breaks and workshops. But don't worry, even though I am ex-military this will not be a beasting. We will tailor the programme to meet everyone's ability.

This is a great book (A5 pocket guide) if you want to do some reading, available at just £2.79 from Amazon at the following link:

[Rucksack Guide](#): Mountain Walking and Trekking by Alun Richardson

This is also a great link to get some ideas:

[UK Hill Walking](#): A website dedicated to hill walking in this country

## Equipment List

Personal Kit:

- Suitable walking boots (broken in)
- Walking socks (minimum of two pairs)
- Wicking base layer
- Walking trousers (softshell or technical quick drying fabric)
- Softshell or fleece jacket
- Warmers jacket (synthetic not down)
- Hard shell waterproofs
- Rucksack (35 to 50 litres)
- Walking poles (not mandated but useful)
- Woolly hat and gloves
- Headtorch and spare batteries
- Whistle
- Mobile phone
- Notepad and pen
- Some cash or card
- Day time scran (haribos or energy bars)
- Drinking system (minimum of 1 to 2 litres)
- Spare clothing (base layer, fleece, hat, gloves)
- Map (We will provide maps and will forward links for apps)
- Compass ([Silva Expedition 4](#) recommended)

In summer please bring sun cream, sunglasses, insect repellent and a sun hat.

Group Kit:

- Group first aid kit
- Group emergency shelter
- Spare map and compass
- 30 metre rope
- Slings and carabiners
- Helmets
- Harnesses

Group kit is provided by the team at Extreme Outdoors and tailored around the course or expedition, typically including the minimum kit above.

Expedition Kit:

- Tent
- Sleeping bag
- Insulating mat
- Knife, fork and spoon
- Bowl or plate
- Stove and gas
- Purifying kit
- Lighter and candles
- Food and snacks
- Brew kit
- Mug or flask
- Dry kit
- Toiletries

Some expedition kit can be provided by the team at Extreme Outdoors if required. Should you have any questions regarding equipment or to clarify details, please contact our helpful team and we'll be happy to help.