

Mountain Leader training course notes

Introduction

The [Mountain Leader](#) scheme was established to promote the safe enjoyment of the hills and mountains. The scheme provides training and assessment in the technical and group management skills required by those who wish to lead groups in the mountains, hills and moorlands of the United Kingdom and Ireland, other than in winter conditions. The Mountain Leader scheme offers the opportunity to gain technical competence in leading walkers in the hills and mountains.

The Mountain Leader training course aims to develop the technical skills, judgements and areas of knowledge deemed necessary to ensure an individual is safe to work within the scope of the award. It does not provide a rock climbing qualification, nor does it cover the skills required for the planned use of a rope. This is a 6 day course (minimum of 60 hours).

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications. All Mountain Training courses are quality assured.

[Mountain Training: Our Ethos](#)
[Learn, Lead, Inspire - Into the Hills](#)

Spaces for women and under-represented folk

Lake District Mountaineering and **Navigation with Harriet** are working in collaboration to bring Mountain Leader training and assessment courses that are designed to foster safe, inclusive, and empowering environments for women and the LGBTQ+ community, including non-binary & transgender individuals, and other underrepresented groups in outdoor activities.

Who are these courses for?

Our Mountain Leader training and assessment courses are specifically designed for women and underrepresented folks in the outdoors. Creating a space for women and underrepresented folks is about more than just representation—it's about fostering a positive and inclusive learning environment. These courses aim to:

- Address unique challenges, such as menstrual health, physiology, and confidence-building strategies.
- Encourage open conversations and create a safe space for learning.
- Develop leadership skills that feel authentic to you.
- Build lasting confidence through mindset coaching, progressive learning, and inclusive practices.
- Highlight the importance of allyship and support networks.
- Provide a supportive environment for those who may not have previously seen themselves as Mountain Leaders.
- Foster connections with others in similar positions.
- Inspire change and encourage more inclusion in outdoor spaces.
- By creating a different space, we hope to inspire change, one Mountain Leader at a time, paving the way for more diverse role models in the outdoors.

Inclusion in the Outdoors – The bigger picture

Did you know that only 34% of Mountain Leader (summer) award holders are women? By joining these courses, you're not just taking a step for yourself—you're contributing to a broader movement toward inclusivity in the outdoors. Together, we can create a ripple effect that inspires others and helps diversify the world of mountain leadership

Prerequisites for the Mountain Leader training course

Before you book onto a Mountain Leader training course;

- You must be registered on the scheme
- You must have recorded a minimum of 20 Quality Mountain Days which can have taken place at any point (pre or post registration).

Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.

Mountain Leader training course content

The course will cover the Mountain Leader syllabus which includes the following areas:

- Group management and the responsibilities of the group leader
- Navigation
- Access and the environment
- Hazards (including steep ground and rivers) and emergency procedures
- Equipment
- Expedition skills
- Weather
- Background knowledge

Detailed information on each of the above topics can be found in the [Mountain Leader Handbook](#), and the onus is on you to be competent in all of them by the time you come to assessment.

Course Schedule (Example)

Day 1: *Introductions and Foundations*

- Overview of Mountain Leader training pathways.
- Equipment essentials for the mountains.
- Navigation skills – setting the foundations for the course.
- Evening session: Weather planning and understanding forecasts.

Day 2: *Steep Ground Ropework*

- Managing folk in steep ground.
- Choosing anchors, tying into the rope, basic knots.
- Confidence roping.
- Personal abseils and safeguarding your own descent.

Day 3: *Micro Navigation Skills*

- Precision navigation with 1:25,000 maps.
- Group management during challenging navigation.
- Leading legs and following blind – working on relocation strategies.
- Environment and conservation discussions.

Day 4: Steep Ground Management and Emergency Procedures

- Managing hazards in steep terrain without ropes; spotting, POME, communication.
- Emergency incident response techniques and looking after a casualty.
- River crossings.
- Evening session: Packing for an overnight expedition.

Day 5: Expedition and Wild Camping

- Planning and leading a multi-day expedition.
- Camp craft and overnight wilderness management.
- Night navigation practice using 1:25,000 maps.

Day 6: Consolidation and Feedback

- Navigation, group leadership, and environmental practices.
- Course debrief, action planning, and goal-setting for assessment readiness.

Potential outcomes

Following training, a course report will be completed. The results you can achieve are:

Completed: You have attended and completed the training course and met the prerequisite requirements.

Not yet completed: If for any reason you do not complete the required hours for a course you will receive this result. In all cases an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.

Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Mountain Leader assessment.

Access to courses

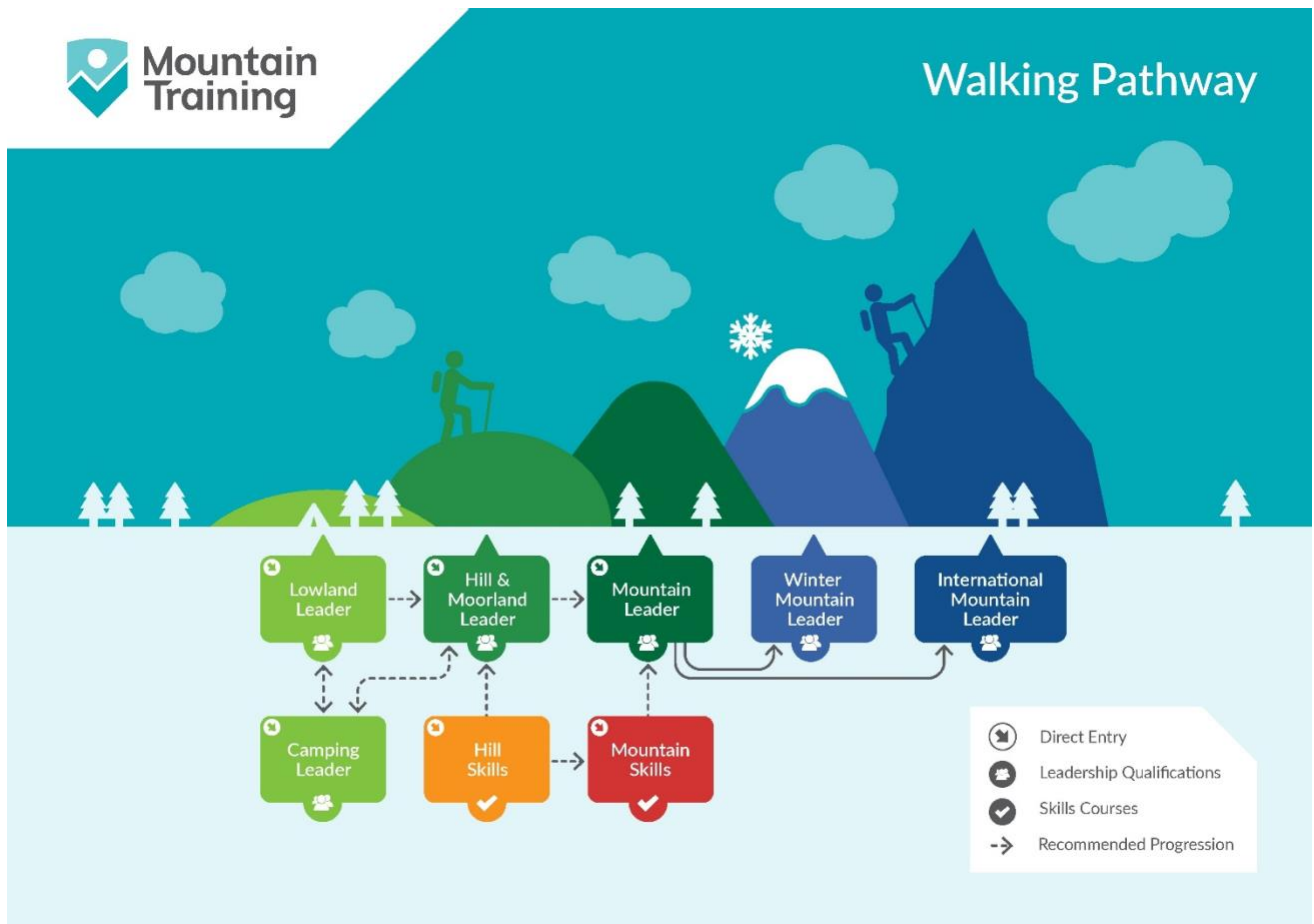
Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider.

[More information can be found here](#)

Sustainable Transport

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses.

[The BMC Community Liftshare site](#)



Insurance

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

Partnerships

[Mountain Training Association](#) - The Mountain Training Association is a membership community that provide members with support and development opportunities, mentoring, resources, workshops and events to help those working towards their qualification, and keep skills and knowledge current for those already qualified.

[British Mountaineering Council](#) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.

Scroll down for full kit lists.



Course equipment

Please ensure you have the following equipment (this list is not exhaustive):

Appropriate mountain walking clothing:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)
- Rucksack 30-40L and waterproof dry bags/liner
- Walking boots
- Warm hat
- Gloves (+spares)
- Sun hat
- Sun screen

Navigation equipment:

- Relevant maps
- [1:25,000 – OL4](#),
- [1:25,000 – OL6](#),
- [1:50,000 – Landranger 90](#) or [1:40,000 – Lake District](#)
- Map case
- Compass – Silva Expedition type 4
- Stopwatch

Camping equipment:

- Expedition rucksack 50-60L
- Mountain tent (we have some for hire)
- Sleeping bag
- Sleeping mat
- Stove & fuel
- Expedition food
- Bowl & cutlery
- Toiletries & Trowel
- Hand sanitiser

Necessary items:

- Flask
- Water bottle
- First aid kit and personal medication
- Head torch + spare batteries
- Notebook and pen

Bring along if you have:

- Climbing helmet – LDM can provide if required
- Group shelter
- Walking / confidence rope – can be provided
- Altimeter