



- LAKE DISTRICT -  
**MOUNTAINEERING**

## **WINTER SKILLS FOR HILL WALKERS SCOTLAND**

[info@lakedistrictmountaineering.co.uk](mailto:info@lakedistrictmountaineering.co.uk)



### **Meeting Location:**

We will look to arrange to meet the evening before your course start date, this will be to issue any kit if you are hiring equipment from LDM. This will be disclosed nearer to the time and will be central to Aviemore.

Day 1 meeting location is in the Explorer Cafe, located on the upper floor of Tiso Outdoor in the centre of Aviemore.

Explorer Cafe - Tiso Outdoor  
Retail Park - Santa Claus Drive  
Aviemore  
Postcode: PH22 1RH

What 3 Words: ///:relish.mixture.cutlets

<https://maps.app.goo.gl/EgwytLVNwMZJzaqH8>

Any subsequent days will meet at the CairnGorm Ski Centre car park unless otherwise arranged

<https://maps.app.goo.gl/TPRTSJBPsr4stq6E8>

### **Meeting:**

Your instructor will be waiting for you in the location detailed above. Please make your way into the cafe to meet your instructor.

On arrival, there will be a briefing where the instructor will discuss the plan for the day & introduce the itinerary for the course. There will be a presentation looking at avalanche awareness and weather forecasts during the course introductions.

The instructor will clarify any medical conditions and make sure everybody has the appropriate kit - please adhere to kit lists as without the correct equipment we may not be able to take you into the mountains for safety reasons.

## Course Outline

This Winter Mountain Skills Course is designed to equip participants with the skills and knowledge needed to navigate and thrive in the winter mountains. This means equipping you with the knowledge to be safe in snow and ice environments. It emphasises practical application, builds understanding of mountain preparedness and dealing with emergencies on the hill.

The course will focus on winter equipment, its uses and practical application along side avalanche knowledge and route planning for winter environments.

The second day of the course is there for a mountain journey to be undertaken and hopefully tick off a winter Munro. A journey may include gaining the summit of Cairn Gorm, Ben Macdui or a traverse of the Norther Corries, allowing all of our skills and practical knowledge to be refined and practiced.

## Skills Covered

### **Gear and Equipment**

Essential winter clothing, footwear, and equipment for cold environments.

Proper fitting of crampons, use of ice axes, and other winter-specific gear if appropriate to conditions

### **Navigation Essentials**

Map reading and compass skills for effective navigation in poor weather

Understanding snow-covered terrain and its effect on navigation

### **Route Planning and Avalanche Awareness**

Identifying potential avalanche terrain and safe route selection.

Introduction to basic avalanche awareness and safety protocols.

### **Snow and Ice Techniques**

Safe movement on snow-covered slopes, including ascending and descending.

Use of crampons, ice axes, and other winter-specific equipment.

(all conditions dependent)

### **Emergencies on the hill**

Techniques for insulating and staying warm in a winter environment.

Emergency Procedures and group shelters

How to call Mountain Rescue

## **Kit List:**

Kit lists can be found here: <https://www.lakedistrictmountaineering.co.uk/kit-lists>

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
- \*B-rated winter boots (b1 or b2)
- Warm hat
- Gloves (+spares)
- Ski goggles

### **Winter specific kit:**

\*Crampons - e.g Grivel G12 (can be hired)

\*Ice axe - e.g DMM Spire (50-60cm) (can be hired)

\*Helmet

### **Navigation equipment:**

Relevant if you wish to bring them along but we can supply map and compass

- \*1:50,000 – Landranger sheet 36
- Map case
- \*Compass – Silva Expedition type 4
- Stopwatch

### **Other necessary items:**

- Flask
- Water bottle
- Small first aid kit and/or personal medication
- Head torch + spare batteries (or spare torch)

\*can be hired/rented from LDM

### Other useful information...

Please make sure you have all of your personal medication to hand on your person if needed.

Winter mountaineering boots should be rigid and rated to B1/B2 standard. Please make sure crampons are compatible with your boots and your ice axes are designed for walking and not for climbing (we can advise)

30-40L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day. Please don't bring duffle bags. Any items that don't fit inside won't be able to come on the hill - they will get blown off by the wind.

Silva Expedition 4 compass are what is recommended. It has all measuring scales for all maps, a long baseplate and is reliable.

We recommend a minimum of three pairs of gloves, as they get wet in the snow. At least one pair should be thick and warm for higher elevations.

Gore-Tex Pro waterproofs are recommended - we can advise. This is your armour against the conditions.

No jeans and no cotton.

Ski Goggles are essential, as the wind will blow the snow into your eyes.

Please get in touch if you have any questions.  
LDM are looking forward to meeting you soon!

### Contact Details:

Email: [info@lakedistrictmountaineering.co.uk](mailto:info@lakedistrictmountaineering.co.uk)

WhatsApp: 07458353048

Website: [www.lakedistrictmountaineering.co.uk](http://www.lakedistrictmountaineering.co.uk)

**Thank you for your booking**

