

Winter 2012

MOUNTAINEERING

"death is a gift. without it life has no value" Bruce Lee



"Thanks for a fab day.." Peter Ellis

DI GILBERT MOUNTAINEERING

has been providing mountaineering instruction and guiding worldwide since 1993.

Scotland's mountains have a world famous reputation. Names such as Ben Nevis, Liathach, Ben Alder, Lochnagar and Cairngorm can send shudders down spines and produce sweat on palms.

During this coming winter season, Di Gilbert Mountaineering will be providing courses in an Introduction to winter mountaineering.

Scottish winter mountaineering, probably the most rewarding of all the winter dimensions. The freedom to move fast, cover greatest distances and travel on some of Scotland's most rewarding ridges and traverses.

These are courses aimed specifically at winter hill walkers who wish to progress onto more steeper and technical terrain.

These courses last 2 days and are normally run over a weekend.

Day one will be based in the Cairngorm National Park. We decide where the best weather and the best conditions are before making the final decision where to go on Day 2.

Please contact Di Gilbert directly if you have any questions, if you are unsure if this course is suitable for you or any other enquiries.



The Cairngorm National Park features the highest, coldest and snowiest plateau in the UK. It is also home to 5 of the 6 highest mountains - Ben MacDhui, Braeriach, Cairn Toul, Sgor an Lochain Uaine, and Cairngorm.

SCOTLAND

CLIMBING MOUNTAIN WALKING SKI MOUNTAIN EERING



"thanks for the
fantastic company..."
Ian Shand

During this coming Scottish winter season, Di Gilbert Mountaineering will be offering 3 basic instructional courses for you to choose between.

Di will also be providing Ski Mountaineering Courses.

HILL WALKING

MOUNTAINEERING

CLIMBING

SKI MOUNTAINEERING

For more information about all of these course, visit

WWW.DIGILBERT.CO.UK

SCOTLAND '12



Is this the course for you?

Do you already have some winter experience but want to venture onto some more 'interesting' terrain?

This is the course for you.

Basic information

Where

The introduction to winter mountaineering courses start off in the Northern Cairngorms. We will then travel to where the best conditions and weather are for the second day.

Who can come

Anyone who has winter hill walking experience will be able to attend. This is to ensure that participants are familiar with the use of crampons and ice and have previous knowledge on Scotland's winter season.

Why will it help me

Everyone at some stage in their mountain development needs a helping hand. Somethings are best learnt by reading, somethings are best learnt by doing.

By attending this course, Di will help you learn some specific skills related to travel over mountaineering terrain.

What will we look at

During the 2 days we will cover skills such as:

- revision of ice axe and crampon techniques
- use of the harness and rope
- basic technical equipment
- avalanche awareness
- safe route choice
- decision making

We will look at these techniques as we travel through the mountains.

How do I apply

Complete on of our online booking forms and send to Di Gilbert.

Once you receive confirmation from Di you will be sent final details.



"I wanted to say thank you..."
Stephen Bishop



If you prefer, Di Gilbert Mountaineering can deliver this course at a venue of your choice. This might include the West, Central or North West Highlands. Just drop Di an email with your specific requirements.



Dates

Saturday 4th - Sunday 5th February 2012.
If these dates are not suitable for yourself, please do not hesitate in contacting us.

Cost

£200.00 per person
This price is for instruction only.
You can hire crampons and/or ice axe from Di Gilbert Mountaineering for a small fee.

Accommodation

Accommodation can be arranged in either Bunkhouse, B&B or Hotel depending on your personal preference.

Equipment

You will be required to provide all you own personal equipment. Any group equipment will be provided by Di Gilbert Mountaineering.

Ratio

We pride ourselves with working with small groups. The maximum ratio we work to is 1:2 on this course.

This course requires 2 people to run.



	SCARPA	GRIVEL	DEUTER	EDELRID	OUTDOOR RESEARCH
Di Gilbert is very proud to be associated with some of the best market leaders around today.	have over 50 years experience of making the world's finest mountain boots.	are considered to be one of the world's best brand names in mountaineering equipment.	have over 110 years of rucksack innovation behind them.	believe the basic principles for responsible production of high performance products are quality and safety.	products are Designed by Adventure and every day they work to make their gear reflect the adventures for which they are designed.

EQUIPMENT LIST

Introduction to winter mountaineering

Waterproofs

You will require waterproof jacket and trousers. Essential to keep the wind and precipitation out and the warmth in. I prefer a hard wearing set of waterproofs that will cope with the rigours of Scotland's winter season. Trousers with at least a half length leg zip will ensure that they can be put on over boots.

Clothes

Do not underestimate Scotland's winter climate. I recommend the layering system so that you can easily regulate your temperature depending on what the weather is doing and how hard the conditions are at the time. I tend to wear a thermal top, a mid layer fleece and a toasty warm fleece. I will be able to regulate easily to prevent any sweating. I'm a fan of power stretch trousers which always have kept me warm in the harshest of environments.

Hats and gloves have a habit of either flying away or getting wet so I always carry a few pairs with me. At least one pair of thin gloves that I will walk in with and then a big pair for near the summits - make sure that you can actually do things wearing these. I'm also a fan of the 'buff' which can be pulled over my face when its blowing a hooley.

Spare clothes

Apart from the clothes that I'll expect to wear during the day, I'll carry an extra layer with me. I'm a big fan of the synthetic 'belay jacket' which is a lightweight jacket that can be worn over all my clothes. If you don't have one of these, an extra fleece will suffice. I'll also carry a spare pair of big gloves.

Rucksack

Roughly 40 - 45 litres will be fine for this course. You want to be able to comfortably get all your kit inside. I like simplistic designs with a good size pocket in the lid. I highly recommend www.deutergb.co.uk.

Food & drink

Like any engine, your body needs fuel to perform at its best. Lots of small items that can be munched on throughout the day are ideal. A one litre water bottle should provide enough liquid and/or a flask depending on personal preference.

Walking boots

A good pair of 4 season winter boots are essential for any type of winter activity. I highly recommend www.scarpa.co.uk. If you have 'floppy' boots you will not be able to use your boot effectively as a tool.

Gaiters

Quite a good idea in winter since it stops your boots getting filled with snow.

Ski goggles

Essential for Scotland's winter. Make sure that the vents are covered up with foam or they will just fill up with spindrift.

Personal first aid

Any personal medication and a small first aid kit to deal with common problems.

Head torch

A small head torch with spare batteries. Either Halogen or strong LED's are the

Map & compass

OS Sheet 36, 1:50,000 and a compass - I use a Silva Type 4. Don't forget a map case if you're not using laminated maps.



"..a massive
"thank you" for a
great week..."
Dean Gartley

I prefer the orblieb cases. We will provide maps for the second day.

Crampons

Most definitely nothing less than a set of 12 point crampons that are compatible with your boots. Make sure that they are easy to put on and that you can adjust them easily wearing big gloves. These can be hired from Di Gilbert for a small fee.

Mountaineering axe

Not wanting to get into the great ice axe length debate, basically an axe between 50 - 60 cm should suffice, preferably with a leash that can be removed easily. This can be hired from Di Gilbert for a small fee.

Emergency kit

A cheap orange plastic emergency bivouac bag which can live in the bottom of your rucksack. A little whistle for attracting attention and weighs nothing.

Climbing helmet

This will be provided for use during the course if indicated on the booking form.

Climbing harness

Makes things a lot easier. This will be provided for use during the course if indicated on the booking form.



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