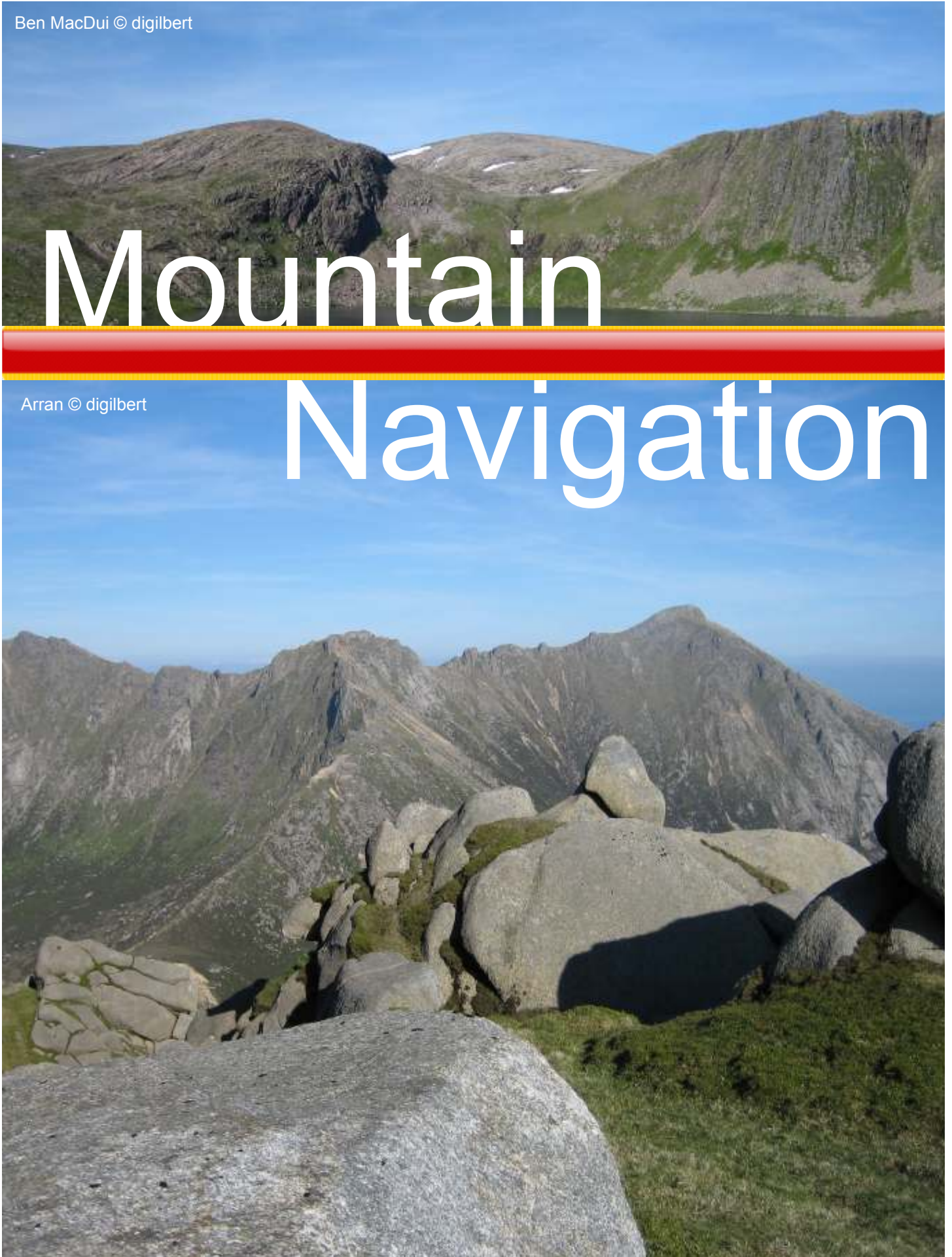


Ben MacDui © digilbert

# Mountain

Arran © digilbert

# Navigation



Inversion © digilbert



The west coast © digilbert



*“For me an adventure is something that I can take an active part in but that I don’t have total control over” Peter Croft*

### Introduction

Probably the most important skill required for someone wishing to venture into the mountains. Whether you are a climber, mountaineer, or walker, the ability to navigate is essential for safe travel in the hills.

### The Course

This is a 2 day course which will introduce the skills required to navigate around the mountains safely and efficiently. We will spend the entire course using the conventional tools of map and compass in an outdoor setting. The first day will be at lower elevations where we can look at the fundamental navigation skills before putting these into practice in a mountain setting on day 2.

This course is based in the Cairngorm National Park.

We will meet you early on the Saturday morning and the course will finish on Sunday evening.

### Ratio:

This course is run with a 1:6 ratio.

### Dates

We are available from May – October.

### Price

£190.00 per person. This course requires a minimum of 3 people to run.

This price includes instruction only.

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



## Equipment

### Waterproofs

You will require waterproof jacket & trousers. Essential to keep the wind and rain out and the warmth in. Trousers with at least a half leg zip will ensure that they can be put on over boots.

### Clothes

I recommend the layering system so that you can easily regulate your temperature depending on what the weather is doing. I tend to wear a thermal base layer along with a mid layer thin fleece and a secondary fleece. Any kind of wicking fabric is recommended and cotton is to be avoided at all costs. Trousers which can dry out fast are a bonus.

I also carry a thin pair of gloves and a woolly hat with even the best weather forecasts. A sun hat is a good idea too on those hot & sunny days.

### Spare Clothes

Apart from clothes that I'll be wearing throughout the day, I'll always 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 have a spare pair of big gloves with me.

### Rucksack

Roughly 30 litre will be adequate 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](http://www.deutergb.co.uk).



Everything in your rucksack wants to remain dry so a waterproof liner is a good idea. I'm a big fan of Exped's Fold Dry bags. Failing this, lots of plastic bags will also work.

### 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 1 litre water bottle should provide enough liquid and/or a flask depending on personal preference.

### Walking boots

There is a huge array of walking boots on the market. The most important feature is comfort in my opinion. I highly recommend scarpa boots. [www.scarpa.co.uk](http://www.scarpa.co.uk).



An Teallach © digilbert



First Aid	Any personal medication and a small first aid kit to deal with common problems such as blister, sunburn and insect bites.
Head torch	A small head torch with spare batteries. Either Halogen or strong LED's are the best.
Navigation tools	For mainland UK navigation, I always use Ordnance Survey maps, scale 1:50,000. Silva compasses are the best in my opinion.
Emergency kit	A cheap orange plastic emergency bivouac bag which can live in the bottom of your rucksack. A little whistle is good for attracting attention and weighs nothing.



Eastern Cairngorms © digilbert