

MTA WORKSHOP

2 DAY REFRESHER (WILD CAMP & NIGHT NAV)

info@lakedistrictmountaineering.co.uk



Meeting Location:

Borrowdale YHA

Postcode: CA12 5XE

Grid ref: NY254 142

What 3 Words: ///:treaty.format.rooftop

<https://maps.app.goo.gl/PLUVj9igxxexbNfY7>

Directions:

From Keswick, take the B5289 (Borrowdale Pass) down the valley. This road will drive you alongside Derwent Water. As you drive down the valley you will pass the Borrowdale Hotel, keep driving along the road, past Grange and the Bowderstone car park until you come to the village of Rosthwaite.

As you leave this village you will pass the turn for Stonethwaite (on the left), opposite this junction you see a very narrow road to the right hand side.

Turn right here and follow the YHA sign, following the road and cross the bridge - the YHA is opposite.

Meeting:

Your instructor will be waiting for you in the location detailed above

We will provide you with their vehicle details so you can identify them easily but it is best to meet inside the YHA cafe.

On arrival, there will be a briefing where the instructor will discuss the plan for the day & introduce the itinerary.

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.

We will access the mountains from Seathwaite, so a short drive will be required. We can leave cars in Seatoller and car share, or at the bottom of the valley in Seathwaite.

COURSE OUTLINE

This workshop offers two days in the mountains and covers all syllabus aspects of the ML. We will head out for an overnight camp and complete a mini expedition. The perfect refresher for those that have completed an ML training course.

SKILLS COVERED

- Understand aims and objectives for the expedition
- Leadership in the scheme – vision, support, challenge
- Coaching and broadening of knowledge towards navigation
- Demonstrating the ML standard
- Working towards blind legs & relocation techniques
- All Camp craft skills needed for a comfortable night on assessment
- Leadership at camp – nutrition, stoves and equipment
- Night navigation exercise
- Ropework and steep ground covered on day 2
- Environment and background knowledge
- All round syllabus points – candidate led discussions
- Debriefs, goal setting and individual feedback

WORKSHOP PROVIDER CREDENTIALS

Workshop provider: Sam Marsland (WMCI & ML course director)

WHAT HAPPENS AFTER THE EVENT

Your CPD record - If you attend this event it counts as CPD, your CPD point/s will automatically be added to your record in due course - you will not need to add it yourself. You will need to supply your MTA number to the provider (us) so we can add you to the records on CMS.

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
- 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
- 1:40,000 – Lake District
- Map case
- Compass – Silva Expedition type 4
- Stopwatch

Camping equipment:

- Expedition rucksack 50-60L
- Mountain tent
- Sleeping bag
- Sleeping mat
- Stove & fuel
- Expedition food
- Bowl & cutlery
- Toiletries & Trowel
- Hand sanitiser

Other necessary items:

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

Bring along if you have:

- Group shelter
- Walking/confidence rope – LDM can provide
- Altimeter

Other useful information...

We can share out group equipment such as first aid kits, group shelters, ropes. Please make sure you have all of your personal medication to hand on your person if needed.

Please make sure your footwear is appropriate for the terrain we are in and adheres to the weather on the day. We will be walking off path, in rough and rocky terrain which is often wet and carrying an expedition pack; so waterproof, sturdy and supportive footwear is best.

50-60L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day/night. Please don't bring duffle bags. Recommended brands: Osprey, Lowe Alpine, Rab, Mountain Equipment, Deuter.

Please pack all kit inside the bag as best as possible; wet sleeping bags and sleeping mats are not useful and the wind can blow items off your rucksack too.

It is worth bringing hat and gloves even in the summer. The mountain conditions can be significantly different at the top with cold temperatures experienced all year round.

A waterproof jacket can be used as windproof jacket even when it's not raining.

Please no jeans or cotton. Wool/nylon baselayers are best and softshell mountain trousers are quick drying.

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

Contact Details:

Email: info@lakedistrictmountaineering.co.uk

WhatsApp: 07458353048

Website: www.lakedistrictmountaineering.co.uk

Thank you for your booking

