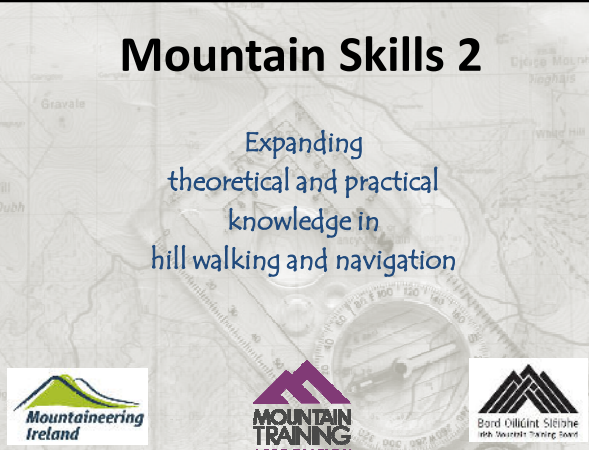





Mountain Skills 2


Expanding theoretical and practical knowledge in hill walking and navigation



Personal Equipment

DAY TRIP	OVERNIGHT
<p>Personal kit</p> <ul style="list-style-type: none"> • Rucksack • Emergency bivouac bag • Waterproof jacket • Waterproof trousers • Map • Compass • Torch plus spare battery and bulb • Walking boots • Gaiters (not required in hot, dry conditions) • Drink • Lunch • Whistle • Hat + gloves • 1 Warm glove (for wet conditions) • 1 Spare warm layer (in fleece/wool top, for example) • Spare food • Personal first aid and sanitary supplies • Sunglasses and sun cream <p>Group kit</p> <ul style="list-style-type: none"> • Group first aid • Group shelter • Spare map and compass • Spare fleece or similar warm layer • Walkie-talkie (for repairs) • Spare hat • Spare gloves • Spare socks • Spare food • Warm drink or stove • Rope (if mountainous terrain) • Small repair kit • Mobile phone - turned off for savings 	<p>Personal</p> <ul style="list-style-type: none"> • Sleeping bag • Insulating mat • Spoon, knife, fork • Large mug • Bowl • Beer kit • Food • Spare clothing • Spare socks <p>Possibly shared</p> <ul style="list-style-type: none"> • Tent • Water container • Water filter (where pollution is a potential problem) • Snow and pants • Fuel • Lighter/matches (in case of damage to or many users) • Spare lighter • Transistor radio - for weather forecast




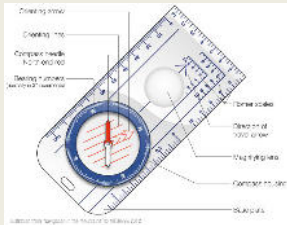
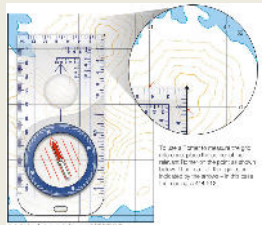
Weekend Program

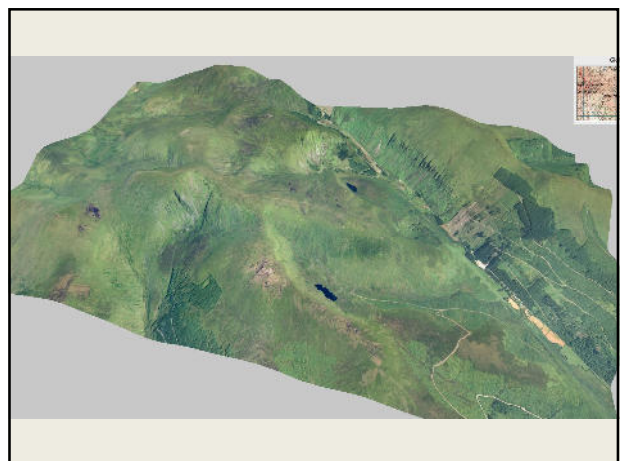
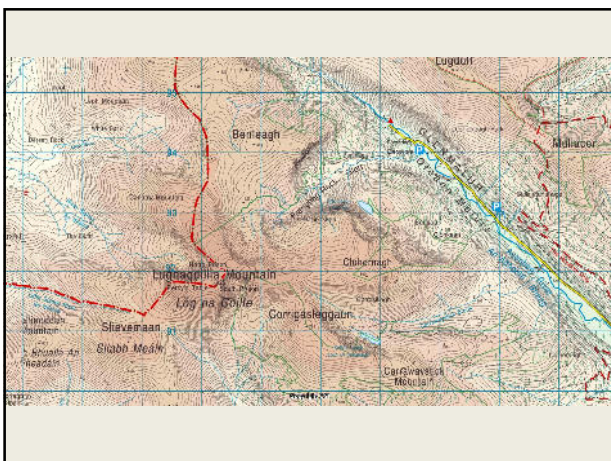
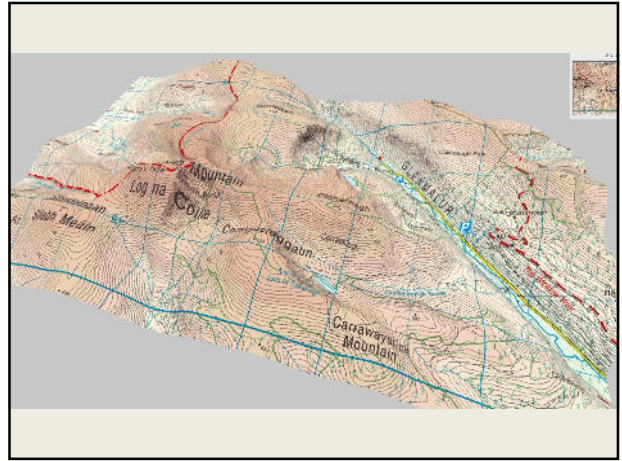
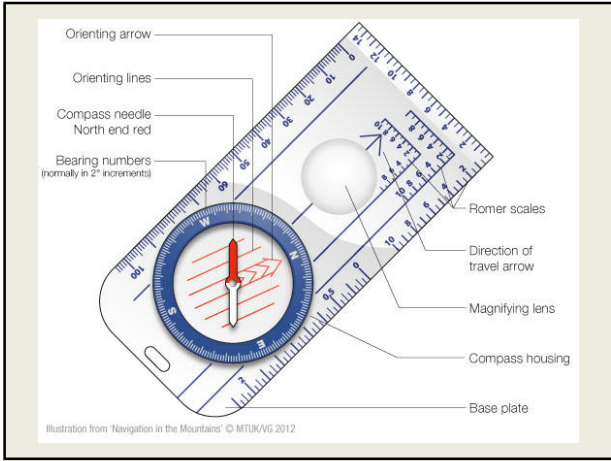
- Saturday – 9.30am to 9.00pm approx
- Overview of the mountain skills syllabus
- Talks on: Mountain Hypothermia, Routes, MRT
- Table work – revise grid references, bearings.
- Hill walk – Day into Night
- Sunday – 9.30 am to 4.00pm approx.
- Outdoors, Compass, Walking on a Bearing,
- Steep ground & Route Planning, Debrief, Log Book & Certs...

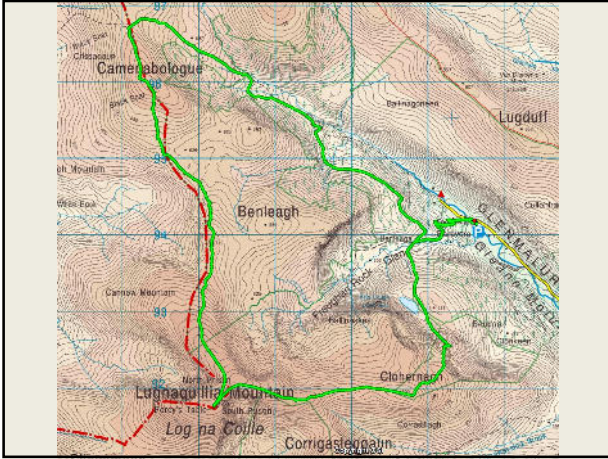


The Tools: Map – Compass - Romer



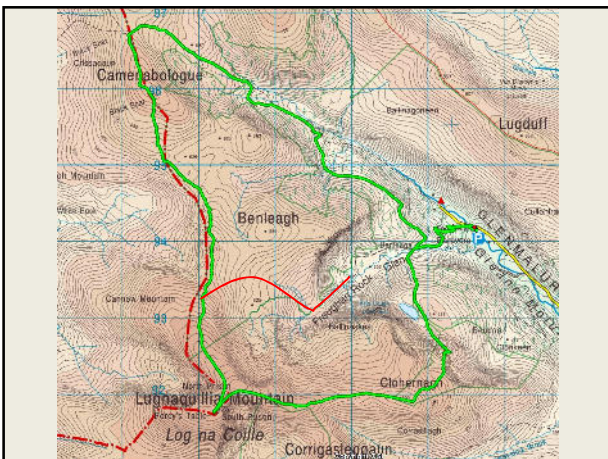







Taking Bearings

- 1 – Travelling from A to B
- 2 – Line up compass in direction of travel from A to B (ignore compass needle)
- 3 – Rotate Compass housing so the orientation lines match up with the grid lines ensuring orientation arrow is pointing to the top / north on map
your bearing is the number at the black line in the housing
- 4 – Add 5 for magnetic variation, Hold compass square to your body and rotate until the red needle lines up with the red orientation arrow.
you are now facing in the direction of travel.



Sighting a bearing