

MOUNTAIN SAFETY COURSE

Snowdonia – Capel Curig

Sat 22nd – Sun 23rd May 2010

We are very pleased that you have decided to join our Mountain Safety Course.

We try to keep the amount of time spent on course administration to a minimum so we can concentrate on developing the quality of the courses themselves. Therefore we intend the following document to contain all the information you need before the course. Having said that if we have omitted any detail or you need some other assistance do feel free to give us a ring on 0845 293 7296 or email admin@fieldskills.com.

We look forward to seeing you in Snowdonia.

Staff

Deborah Laugharne will be the course leader. Should you need to get in touch on the day then please contact her directly on 07787510869.

Debbie is a full member of the Association of Mountaineering Instructors and holds the Mountaineering Instructor Award. She has extensive UK outdoor education experience, from personal rock climbing tuition to technical advice for Further Education Colleges and the Scout Association. In 1993 she high altitude mountaineering and since then has led numerous expeditions to Venezuela, Bolivia, Peru, Ecuador, Nepal and India.

What to expect

The aim of the course is to give you a feel for remote mountain expeditions so you will be carrying a rucksack with all your kit including tents, cookers, food etc. We will be out in whatever weather May in Snowdonia may throw at you so you should come armed with some good waterproofs, warm clothes and a sense of humour. We will be based at the centre for some of the time to cover some more formalised teaching but much of the learning will take place in a flexible environment on the hill.

Terms and conditions

We draw attention to some key elements from our terms and conditions:

“Clients are reminded of the importance of operating within their abilities and informing Fieldskills of any medical or other issues which may affect their active participation.”

“Clients should also understand that all outdoor activities are potentially hazardous and that they are obligated to agree to abide by safe practice as instructed. We also recommend that clients consider personal accident insurance if appropriate”

Course content and timetable

Below is a rough outline of the timetable for the course. As with all outdoor courses the exact timings will be flexible dependant on weather etc but the timetable will give you an outline of the topics we will cover.

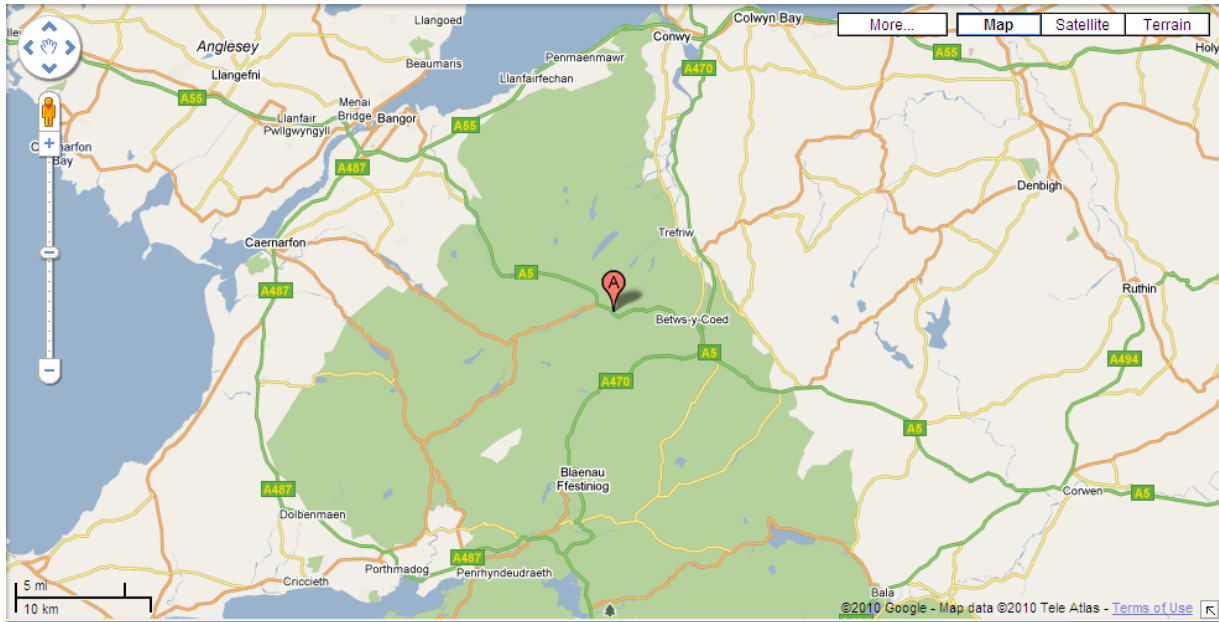
As you will see from the timetable the course is quite packed. Therefore please arrive in good time. Coffee and tea will be available from 10.00.

DAY 1 – Sat 22 nd May		
		Approx Timing
Intros – medical forms and admin		10.00 - 10.15
Expedition Planning	Environmental issues	10.15 - 10.45
	Personal and Group Equipment	10.45 - 11.15
	Route Planning/ intro to navigation	11.15 - 11.45
Break		11.45 - 12.00
Depart for Expedition -		12.00 - 16.00
<i>{During the afternoon the following topics will be discussed}</i>		
	Practical Navigation	
	Route Selection and Managing Steep Ground	
	Water Hazards	
	Exposure and common medical scenarios	
Selection of Camp Site -		16.00 - 19.00
<i>{At the camp site the following issues will be covered}</i>		
	Management of Wild Camp	
	Nutrition	
	Group Management	
	Lost Procedures	
	Night Navigation	22.00 - 23.00
DAY 2 – Sun 23 rd May		
Return to base	Kit clear up	08.00 - 09.00
	Review of expedition	09.00 - 09.30
Lectures and Presentations	Altitude issues	13.00 - 13.30
	Health and hygiene	13.30 - 14.00
	Other expedition Issues - snow and ice, rock fall etc	14.00 - 15.00
Depart		15.30 - 16.00

Transport / Venue

The course will be based at the Tyn-y-Coed Inn:
Capel Curig
Conwy
LL24 0EE

The centre is on the main A5 trunk road as shown on the map on the next page:



Kit to bring

The course is a combination of lecture based teaching and hands on practical sessions. You will be outside from approximately Sat lunch time to Sunday lunch time so please bring adequate clothing (waterproofs and fleece) and suitable outdoor boots. The course will be based around a mini-expedition so you need to provide and carry with you equipment to camp overnight in the mountains. You will need to bring your own camping equipment – a suggested kit list is show below.

- Small light weight tent.
- Rucksack – minimum 65 litres.
- Sleeping bag.
- Sleeping mat.
- Waterproof jacket and trousers.
- Warm outdoor clothing – layers are recommended.
- Head torch.
- Lightweight camping stove.
- Pot to cook in and eat out of.
- Mug.
- Spoon.
- Compass.
- Matches.
- Toilet paper.
- Water bottles (at least sufficient to carry 2 litres of water).
- Pen knife.
- Brillo pad.

We do not have a large stock of spare equipment but if you do not have any of the above items or are concerned about what you have please get in touch and we will try to help out where we can.

Food

You will need to bring food for the weekend. Remember that from Saturday lunch time to Sunday lunch time we will be out on the hill – so most of your meals will be eaten on the hill and have to be cooked on your camping stove. So we'd recommend you bring dried, lightweight food – pasta and pesto for dinner with pittas for lunch is a personal favourite!

Accommodation

For those who want to arrive on the Friday night there are a variety of hotels, B&Bs and campsites etc in the Capel Curig area.

I hope this answers any questions you may have but don't hesitate to contact us if there is anything else.