

HILL SKILLS

The key to getting started in hill and mountain walking.

www.summitfit.co.uk

If you do have some experience of hill walking but aren't confident about planning walks, navigating and understanding the equipment required, then a Hill Skills course is an ideal way to learn.

The Hill Skills day will consolidate skills such as navigation, planning a route, weather, equipment, emergency procedures and we will touch on geology, flora & fauna within the landscape.

EXPEDITION SKILLS

WHY

Whether you have some, or no experience in the hills at all, this course is a great foundation for developing the skills needed for safely exploring the mountains.

WHO

The course is ideal for complete novices through to some hill walking experience, looking to develop their skills.

WHEN

Generally the course will run through Spring-Autumn, as this improves our chance better conditions.

OTHER NOTES

If you need to borrow any kit, such as maps or compass, please don't hesitate to get in touch as these are available to use through the Academy.

PREREQUISITES

Whilst the course will start by covering the basics, some experience hill walking would be useful. Fitness for a days hill walking.

KIT LIST

- Waterproof jacket and trousers
- Suitable fast drying layers for walking
- Warm insulated layers
- Walking boots
- Multiple pairs of thick walking socks
- Warm hat & gloves
- Sun protection
- Day pack
- Personal first aid kit
- Dry bag(s)
- Ziplock bag for rubbish
- Silva Expedition 4 compass
- Mobile phone