

EXPEDITION SKILLS

Gain the confidence to plan an overnight expedition into the mountains.

www.summitfit.co.uk

The Expedition Skills course expands upon our Hill Skills day and incorporates the process of planning an overnight expedition in the mountains. We will discuss subjects such as navigation, weather, equipment, route planning, camp planning, night navigation, food and food preparation and local geology and flora and fauna.

EXPEDITION SKILLS

WHY

The mountains become a very different place at night, and place demands on a new set of skills, this course aims to develop those skills.

WHO

This course is ideal for anyone wanting to extend their usual day walks to a multi-day, self supported expedition.

WHEN

Generally the course will run through Spring-Autumn, as this improves our chance of more camp friendly weather.

OTHER NOTES

The fee includes a two day course, as well as equipment hire for the duration of your course if needed.

This is a two-day course and includes a wild camping expedition. We are also able to supply kit such as tents for the expedition if it is needed.

PREREQUISITES

Whilst the course will start by covering the basics, some experience hill walking would be useful. Fitness for two days walking, as well as carrying a heavy bag, will be needed.

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
- Headtorch and spare
- Expedition rucksack (approx 65-70ltr)
- Personal first aid kit
- Basic toiletries
- Sleeping mat
- Sleeping bag
- Tent appropriate for UK weather
- Expedition food
- Small camping stove, pan, fuel, and spoon
- Dry bag(s)
- Ziplock bag for rubbish
- Small digging trowel
- Silva Expedition 4 compass
- Mobile phone