**Intro to Hill Skills Course: Peak District, 26-28th April 2024**

**Meet**: Venue – Castleton YHA, Friday at 7pm

**Food: evening food** tbc

**Lunch –** bring a packed lunch for both days, plenty of snacks for the day, at least 1 litre water and extra thermos/cold drinks as desired.

We will have various short stops throughout the day, although possibly not a proper long lunch break.

**Course Content**

**Planning** – how to successfully plan a walk in the mountains in the UK or Ireland.  
  
**Walking skills**– what things should you consider while out walking and what can make life easier (pace, nutrition, movement skills, steep ground etc.).  
  
**Clothing and equipment**– being suitably dressed and equipped can make the difference between a great day out and a complete disaster. Finding the right kit to suit you.   
  
**Weather** – how it affects the mountains and your day out**.**

**Navigation in the mountains**– everything from selecting a compass and using a map to navigation in poor visibility.  
  
**Environmental knowledge**– how to minimise your impact on the hill, information on good practice and useful organisations.  
  
**Hazards and emergency procedures in the mountains**– how to respond to any hazards you encounter and what to do in an emergency.

**Outline**

**Friday evening -**  Getting to know each other, course content, hope and fears.

**Saturday** –Will involve looking at navigation techniques on the hills, Planning to go to the hills, movement skills, equipment and nutrition. OS Maps & Basic navigation techniques

**Sunday**– We will plan a walk of our choosing, taking into account terrain, timings and path choices

Sat & Sun days will start at 9am and finish between 4 and 5 depending on our route. We will be out in any weather, including the rain and wind, and we will be moving quite slowly discussing course content, so please dress warm.

Below is a list of suggested equipment. Don’t worry if you don’t have it all – let us know and we can arrange it. But you will need your own walking footwear and full waterproofs.

**Contact us:**

Your Instructor will be: Cat 07954326550

If you have any questions or worries please give me a call.