

## Mountain Awareness Day

The challenge page of the website will inform you if there is Mountain Awareness Day availability for your particular challenge and the date, time and location that it will take place.

The aim of the Mountain Awareness Day is to complement the physical fitness training that teams are undergoing with activities that focus on the navigational and safety demands of hiking in the mountains. Its also a great opportunity for a practice walk, often in the area of the challenge itself. No substitute!

This one day course is outlined below. Participants will be instructed by an experienced mountain leader with a 1:6 instructor to client ratio.

### PROGRAMME

9.00 am	Meet, introduction and split into groups.
9.15 am	Depart for full day on the hills, practical navigation & mountain training.
6.00 pm	Return to meeting point.

### CONTENT

<b>Navigation</b>	Use of map and compass Techniques to aid navigation Navigating in poor visibility: mist, fog and rain and at night Getting back on route when you are lost (Includes an opportunity to navigate along parts of the actual route used for the event)
<b>Personal comfort</b>	Surviving the challenge Personal equipment
<b>Group safety</b>	Equipment Effective leadership Group management
<b>Emergency procedures</b>	Dealing with minor problems Ensuring the safety of the rest of your team Major emergencies (hypothermia / exhaustion / injury, etc). Calling for help Mountain Rescue

## EQUIPMENT

As a participant you will need to supply your own personal equipment. You will be spending a full day out in the mountains in conditions that may be cold, wet and windy.

### **Essential:-**

Full waterproof jacket and trousers  
Warm hat and gloves  
Warm clothing (not jeans!)  
Walking boots with ankle support  
Rucksack with lunch  
Drink (2 litres)  
Personal medication  
Spare dry clothes to change into  
Compass  
Map of the area\*  
Torch

### **Desirable**

Survival bag  
First aid kit  
Spare batteries for torch

\*We'll confirm which map you need on the challenge page of the website.

## HOW TO BOOK YOUR PLACE

Please contact Natalie on 07944 803015 or email [natalie@youthadventuretrust.org.uk](mailto:natalie@youthadventuretrust.org.uk).

On the day contact for the course is **Paul Cheshire on 07768 200910.**

**< Please note that all details above are subject to change. In the case of extreme bad weather in the week prior to the event date, participants will be notified of a reschedule where possible and in the case of a cancellation on the part of the Youth Adventure Trust, the fee will be refunded >**