



ML REFRESHER

2 DAY - ASSESSMENT PREP COURSE

WITH WILD CAMP & NIGHT NAV



COURSE OVERVIEW

This two-day mountain workshop is designed as a comprehensive refresher for those who have already completed their Mountain Leader Training. It covers all key elements of the Mountain Leader syllabus (except rope work) and includes an overnight expedition to develop confidence and consolidate your skills.

You'll receive targeted preparation and focused, constructive feedback, making this an ideal opportunity to fine-tune your skills and address any uncertainties ahead of an assessment.

SKILLS COVERED

- Understand aims and objectives for the expedition
- Leadership in the scheme – vision, support, challenge
- Coaching and broadening of knowledge towards navigation
- Demonstrating the ML standard
- Working towards blind legs & relocation techniques
- All camp craft skills needed for a comfortable night on assessment
- Leadership at camp – nutrition, stoves and equipment
- Night navigation exercise
- Different scale maps and navigation on 1:40,000/1:50,000 (day 2)
- Environment and background knowledge
- All round syllabus points – candidate led discussions
- Debriefs, goal setting and individual feedback

[For more information visit the course page](#)



MEETING DETAILS

MEETING LOCATION:

Borrowdale YHA
Longthwaite
Keswick
CA12 5XE

Google Maps Link: [🌐 YHA Borrowdale · Longthwaite, Keswick CA12 5XE, United Kingdom](#)

What3words: [🌐 ///treaty.format.rooftop](#)

Parking info:

- The car park can be small and awkward and the road in is a little rough and bumpy
- We will take our cars to an access point or secure car park to be left overnight

MEETING INSTRUCTIONS:

- Please meet for 9:00am unless otherwise stated in email correspondence
- Your instructor will meet you inside the cafe at the YHA (located at the front as you walk in)
- We'll also their vehicle details, to make it easy and clear for meeting them on the day.
- On arrival, there will be a briefing and intro to session to outline the day's plan and itinerary
- The instructor will check for any medicals
- We will ensure everyone has the correct kit. Please follow the kit list - without the right equipment, we may not be able to proceed for safety reasons.



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KIT LISTS:

Kit lists can be found here - [KIT LISTS - LDM](#)

Please ensure you have the following equipment:

MOUNTAIN CLOTHING:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)
- Walking boots
- Warm hat
- Gloves (+spares)
- Sun hat

- Sun screen

OTHER ITEMS:

- Flask
- Water bottle
- Small first aid kit and/or personal medication
- Head torch + spare batteries
- Walking pole(s)

NAVIGATION EQUIPMENT:

- Relevant maps include:
 - 1:25,000 – OL4
 - 1:25,000 – OL6
 - Top tip: **Dorrigo Dinky+** will cover the area we use at 1:25k on one map
 - 1:40,000 BMC Harvey Map - Lake District
 - 1:50,000 Langdranger 90 (optional)
- Map case (or waterproof maps)
- Compass – **Silva Expedition type 4 is the recommended model**
- Stopwatch

CAMPING EQUIPMENT:

- Expedition rucksack 50-60L
- Mountain tent - available to hire for £25
- Sleeping baG
- Sleeping mat
- Stove & fuel
- Expedition food
- Bowl & cutlerY
- Toiletries & Trowel
- Hand sanitiser

OTHER USEFUL INFORMATION:

We can share out group equipment such as group first aid kits & group shelters.

Please bring a group shelter if you have one (4+ persons)

Please make sure you have all of your personal medication to hand and it is recommended you bring a small personal first aid kit for the expedition.

Please make sure your footwear is appropriate for the terrain we are in and adheres to the weather on the day. We will be walking off path, in rough and rocky terrain which is often wet and carrying an expedition pack; so waterproof, sturdy and supportive footwear is best.

50-60L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day/night. Please don't bring duffle bags. Recommended brands: Osprey, Lowe Alpine, Rab, Mountain Equipment, Deuter.

Please pack all kit inside the bag as best as possible; wet sleeping bags and sleeping mats are not useful and the wind can blow items off your rucksack too.

Please try to line your rucksack with a waterproof liner and pack into dry bags to keep things dry, and for organisation too. Rucksack covers are good but have limitations in high winds.

It is worth bringing hat and gloves even in the summer. The mountain conditions can be significantly different at the top with cold temperatures experienced all year round.

A waterproof jacket can be used as windproof jacket even when it's not raining.

Strictly no jeans or cotton. Wool/nylon baselayers are best and softshell mountain trousers are quick drying.

HERE IS A BLOG: PACKING AND EQUIPMENT FOR WILD CAMPING:

[🌐 Wild Camping in the Lake District: Kit, Tips, and Guidelines](#)



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