



LAKE DISTRICT
MOUNTAINEERING

TRAD CLIMBING: IMPROVERS



COURSE OVERVIEW

The Trad Improvers course offers a deeper dive into trad climbing, focusing on technical skills like rope work, gear placement, belaying, and anchor building. It is for trad climbers looking to deepen their skills - especially in gear trust, anchor building, safe seconding, and independent climbing - building toward becoming a competent and self-reliant climber.

SKILLS COVERED

- Gear placement
- Anchor building and equalisation
- Rope management
- Belaying (leader and second)
- Abseiling techniques
- Climbing movement and technique
- Route reading and outdoor tactics
- Building towards independent seconding

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



WWW.LAKEDISTRICTMOUNTAINEERING.CO.UK | INFO@LAKEDISTRICTMOUNTAINEERING.CO.UK

MEETING DETAILS

MEETING LOCATION:

Stickle Ghyll Car Park
Great Langdale
Ambleside
LA22 9JU

Google Maps Link: [@ Stickle Ghyll Car Park · Ambleside LA22 9JU, United Kingdom](#)

What3words: [@ ///elevates.closes.develops](#)

Parking info:

- This is a National Trust car park and is free to members
- It is around £8 all day and you can pay by phone (non-members)
- There is wifi at the NT hut so you can pay via the app
- There are toilet facilities at this car park

MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am
- On arrival, there will be a briefing 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.
- We will provide your equipment and set you up for the day
- Please arrive ready to go with your bags packed, ready for the day on the hill



WWW.LAKEDISTRICTMOUNTAINEERING.CO.UK | INFO@LAKEDISTRICTMOUNTAINEERING.CO.UK

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)
- Rucksack 30-40L
- Warm hat & gloves

OTHER ITEMS:

- Flask (optional)
- Water bottle
- Lunch & snacks
- Small first aid kit and/or personal medication
- Walking pole(s) (optional)

CLIMBING EQUIPMENT:

- Helmet*
- Harness*
- Rock Shoes (we do not provide these)
- Belay plate & Karabiner*
- STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

OTHER USEFUL INFORMATION:

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

Please make sure you have all of your personal medication to hand on your person if needed and let the instructor know if you are carrying medication.

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 in rough and rocky terrain to approach the crags - so sturdy walking trainers or walking boots are necessary.

30-40L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day. Please don't bring duffle bags. Recommended brands: Osprey, Lowe Alpine, Rab, Mountain Equipment, Deuter.

LDM can provide harnesses and helmets but feel free to bring your own if you wish to use them. Please let us know if you wish to borrow these items.

We also provide all ropes and hardware but feel free to bring any equipment you may have if you want to use it for your course.

Rock shoes - we do not provide these. They will need to be your own shoes and they need to be comfortable.

We recommend models like the Boreal Joker or La Sportiva Tarantula. Most people use whatever shoes they climb with indoors.

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

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

