



# Mountain Training

## Mountain Leader training course notes

### Introduction

The [Mountain Leader](#) scheme was established to promote the safe enjoyment of the hills and mountains. The scheme provides training and assessment in the technical and group management skills required by those who wish to lead groups in the mountains, hills and moorlands of the United Kingdom and Ireland, other than in winter conditions. The Mountain Leader scheme offers the opportunity to gain technical competence in leading walkers in the hills and mountains.

The Mountain Leader training course aims to develop the technical skills, judgements and areas of knowledge deemed necessary to ensure an individual is safe to work within the scope of the award. It does not provide a rock climbing qualification, nor does it cover the skills required for the planned use of a rope. This is a 6 day course (minimum of 60 hours).

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications. All Mountain Training courses are quality assured.

[Mountain Training: Our Ethos](#)  
[Learn, Lead, Inspire - Into the Hills](#)

### Register for the Mountain Leader Scheme

- You must be at least 18 years old
- You should have at least a year's worth of mountain walking experience
- You should have an interest in leading groups in the mountains
- You must be a member (club or individual) of a mountaineering council (BMC, Mountaineering Ireland, Mountaineering Scotland).
- You must create an account on our system and register for the Mountain Leader qualification (cost: £65)
- [www.mountain-training.org/register](http://www.mountain-training.org/register)

### Prerequisites for the Mountain Leader training course

Before you book onto a Mountain Leader training course;

- You must be registered on the scheme
- You must have recorded a minimum of 20 Quality Mountain Days which can have taken place at any point (pre or post registration).

**Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.**

[What is a quality mountain day?](#)



# Mountain Training

## Mountain Leader training course content

The course will cover the Mountain Leader syllabus which includes the following areas:

- Group management and the responsibilities of the group leader
- Navigation
- Access and the environment
- Hazards (including steep ground and rivers) and emergency procedures
- Equipment
- Expedition skills
- Weather
- Background knowledge

Detailed information on each of the above topics can be found in the [Mountain Leader Handbook](#), and the onus is on you to be competent in all of them by the time you come to assessment.

## Mountain Leader training with Lake District Mountaineering

### Day 1

Course introductions and Mountain Training ethos:

- Qualification pathways and scope of the scheme
- Outcomes
- Discussion of prerequisites & qualifications
- About Mountain Training, the Mountain Training Association and Mountaineering Councils

Introduction to:

- Leader responsibilities
- Equipment for the mountains
- Mountain navigation
- Access and conservation
- Background knowledge

Evening session:

- Weather and planning

### Day 2

Mountain journey and focussed QMD looking at the development of:

- Navigation 1:40,000 and 1:50,000 scale maps
- Route finding
- Environmental knowledge
- Party management and leadership styles
- Access and conservation

### Day 3

Focussed navigation day - micro navigation techniques

Reinforcement on syllabus areas:

- Navigation techniques and strategies
- Focussed navigation on 1:25,000 scale maps
- Group management
- Access, conservation, and environmental knowledge

Evening Session:

- Introduction to ropework for ML
- Tying basic knots



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## Day 4

Steep ground day looking at the introduction to and development of:

- Group management
- Leadership strategies
- Hazards in steep ground (with and without a rope)
- Emergency procedures for mountain incidents
- Water hazards
- Legal responsibilities

Evening Session:

- Packing session: Discussion of what to pack and how to pack for expedition

## Day 5

Mountain expedition and overnight wild camp. Two-day expedition looking at:

- Weather and planning
- Navigation 1:40/1:50,000
- Group management
- Camp craft and associated equipment
- Camp management, leadership and remote supervision

Evening Session

- Poor visibility/night navigation (1:25,000)

## Day 6

Walk out from camp

- Course Feedback
- Action plans towards assessment
  - Goal setting - SMART goals
  - DLOG discussion and QMD criteria
  - Consolidation discussion and expectations

Course end

## Potential outcomes

Following training, a course report will be completed. The results you can achieve are:

*Completed:* You have attended and completed the training course and met the prerequisite requirements.

*Not yet completed:* If for any reason you do not complete the required hours for a course you will receive this result. In all cases an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.

**Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Mountain Leader assessment.**

## Access to courses

Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider.

[More information can be found here](#)

## Sustainable Transport

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses.



# Mountain Training

[The BMC Community Liftshare site](#)



## Insurance

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

## Partnerships

[Mountain Training Association](#) - The Mountain Training Association is a membership community that provide members with support and development opportunities, mentoring, resources, workshops and events to help those working towards their qualification, and keep skills and knowledge current for those already qualified.

[British Mountaineering Council](#) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.



# Mountain Training

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## Course equipment

Please ensure you have the following equipment (this list is not exhaustive):

### Appropriate mountain walking clothing:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)
- Rucksack 30-40L and waterproof dry bags/liner
- Walking boots
- Warm hat
- Gloves (+spares)
- Sun hat
- Sun screen

### Navigation equipment:

- Relevant maps
  - [1:25,000 – OL4](#)
  - [1:25,000 – OL6](#)
  - [1:50,000 – Landranger 90](#)
  - [1:40,000 – Lake District](#)
- Map case
- Compass – Silva Expedition type 4
- Stopwatch

### Camping equipment:

- Expedition rucksack 50-60L
- Mountain tent
- Sleeping bag
- Sleeping mat
- Stove & fuel
- Expedition food
- Bowl & cutlery
- Toiletries & Trowel
- Hand sanitiser

### Necessary items:

- Flask
- Water bottle
- First aid kit and personal medication
- Head torch + spare batteries
- Notebook and pen

### Bring along if you have:

- Climbing helmet – LDM can provide if required
- Group shelter
- Walking / confidence rope
- Altimeter