



# TRAD CLIMBING

## LEARN TO LEAD

North Lakes



## COURSE OVERVIEW

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Learn to Lead Trad is a progression course for climbers ready to step up to leading traditional routes. You'll refine your gear placements, build safe and solid anchors, and lead with greater confidence and control. This course also focuses on developing your head game - building the mental resilience, focus, and decision-making skills essential for leading safely on the sharp end.

## SKILLS COVERED

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- Placing and assessing traditional protection on lead (nuts, cams, hexes)
- Building secure, equalised anchors and belay systems
- Managing stances and changeovers for block leading and swinging leads
- Efficient rope management and clipping techniques
- Managing rope drag and extending runners
- Lead climbing movement and route-reading on real rock
- Dynamic risk assessing and decision-making while leading
- Understanding fall potential and lead fall dynamics
- Developing psychological strategies and managing fear on the sharp end
- Belaying a lead climber and bringing up a second

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



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# MEETING DETAILS

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## MEETING LOCATION:

Keswick Climbing Wall

Goosewell Farm

Castlerigg

CA12 4RN

**Google Maps Link:**  [Google Maps](#)

**What3words:** [///acquaint.paces.rush](#)

## Parking info:

- The car park at the climbing is the meeting location
- We meet here as it is convenient and opens up lots of venues that we select on the day, depending on weather
- We can care share from this location
- Cars can be left safely at the Castlerigg lay-bys just outside of the climbing wall car park
- There is a cafe at this location, and sometimes we use for course introductions

## MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am unless stated otherwise
- On arrival, there will be a briefing to outline the day's plan and itinerary.
- The instructor will check for any updated 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



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# KIT LISTS:

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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

## 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 a windproof jacket even when it's not raining.

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

A belay device, nut key and spare karabiner are good items to own beforehand.

