



## WINTER SKILLS LAKE DISTRICT 1 DAY COURSE



# COURSE OVERVIEW

This winter mountain skills course is designed to prepare you for safe and confident travel in the hills during the most challenging season. While we aim to operate in snow and ice, changing conditions in the Lake District mean this can't be guaranteed.

The focus is on mountain preparedness - understanding what to pack, how to stay safe in rain, wind, snow, or ice, and how to manage yourself and your equipment in winter conditions.

If snow and ice are present, we'll cover essential skills such as ice axe and crampon use, bootwork, and self-arrest techniques. We often use the Helvellyn area, including Striding Edge, Swirral Edge, and the Red Tarn headwall, for practical training in varied terrain.

# SKILLS COVERED

- Winter clothing, boots, and equipment selection
- Packing and preparing for a winter day in the mountains
- Correct fitting and use of crampons and ice axe
- Safe movement on snow and icy terrain
- Ice axe techniques including step cutting and self-arrest
- Crampon techniques for different slope angles
- Navigation with map and compass
- Introduction to avalanche awareness and safe route choice
- Emergency procedures, including use of group shelters
- Recognising and managing cold-related conditions (e.g. hypothermia)
- Calling and communicating with Mountain Rescue
- Mountain decision-making and risk m

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



# MEETING DETAILS

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## MEETING LOCATION:

Ullswater Information Centre (car park)  
Beckside Car Park,  
Glenridding,  
Penrith  
CA11 0PA

### Google Maps Link:

[@ Ullswater Information Centre · Beckside Car Park, Glenridding, Penrith CA11 0PA, United Kingdom](#)

What3words: [@ ///lecturing.skate.gambles](#)

### Parking info:

- The car park is a LDNP car park and costs around £8 all day
- There are lay-bys before you enter the car park, which at this time of year are free (you have to early)
- We may take one or two vehicles up the track to the Helvellyn YHA (TBD on the day)

## MEETING INSTRUCTIONS:

- Please meet your instructor for 8:30am (unless otherwise stated in email)
- We will meet in the car park and we will provide vehicle details for the your guide
- 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 hire equipment
- 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 - Down or Primaloft jacket)
- Warm hat
- Gloves (+spares)
- Sun hat or cap (you never know!)
- Sun screen - still important in winter with snow on the ground - there is UV reflection
- Rucksack (40L ish)

## OTHER ITEMS:

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

## NAVIGATION EQUIPMENT:

- Relevant maps include:
  - [1:25,000 OS Map - OL5](#)
  - [1:40,00 - BMC Harvey Map - Lake District](#)
    - You can bring both or either map
- Map case (or waterproof maps) - recommended as the 'waterproof' maps sometimes don't have waterproof ink. Laminated maps are waterproof.
- Compass - Silva Expedition type 4 is the recommended model
- Timing card (provided)
- Stopwatch (watches are best like Casio style watch, attached to your rucksack strap so you can access/see it)

## WINTER EQUIPMENT:

- B2\* or B3 boots
- C2 Crampons\*
- Walking/Mountaineering Ice Axe

## TECHNICAL EQUIPMENT:

- Helmet\*
- Harness\* (likely not needed)

STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

## OTHER USEFUL INFORMATION:

The guide will be carrying all safety equipment for the day. This includes a first aid kit, group/emergency shelter and map and compass.

Winter mountaineering boots should be rigid and for mountaineering rated to B2 minimum. B3 boots are also fine but generally heavier - B2 boots can be rented from LDM (B1 boots are often not rigid enough, and are more a summer scrambling boot)

Please make sure crampons are compatible with your boots (we can advise) - crampons can be rented from LDM

We recommend the Petzl Sum'tec ice axe if looking to buy

40-45L 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. Any items that don't fit inside won't be able to come on the hill - they will get blown off by the wind (this includes all extra technical kit - crampons, helmets etc)

Ice axes are the only thing stored on the outside of the rucksack using the clipper slots

Silva Expedition 4 compass are what is recommended. It has all measuring scales for all maps, a long baseplate and is reliable.

We recommend a minimum of three pairs of gloves, as they get wet in the snow. At least one pair should be thick and warm for higher elevations.

Gore-Tex Pro or Paramo waterproof clothing is recommended - we can advise. This is your armour against the winter conditions.

Strictly no jeans and no cotton.

Ski Goggles are essential, as the wind will blow the snow into your eyes.

LDM can provide helmets, which we wear when operating in crampons but feel free to bring your own if you wish to use them.

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

BLOG: [⊕ Hints & tips, equipment and kit recommendations for winter mountaineering and climbing](#)



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