



MOUNTAIN SKILLS WITH WILD CAMP

South Lakes



COURSE OVERVIEW

This is a 3-day mountain skills course for up to 4 people, offering a comprehensive approach to hill walking with the added experience of wild camping.

The course begins with an introductory day and a guided mountain journey where we will look at the foundational skills for hill walking and navigation. This is followed by a one-night mini expedition focused on navigation and camp-craft skills. This hands-on wild camping experience is both exciting and practical, helping you develop self-sufficiency in the hills.

SKILLS COVERED

- Mountain walking planning & preparation
- Map reading and compass use
- Navigation in poor visibility and at night
- Weather interpretation & reading synoptic charts
- Efficient walking and movement techniques
- Clothing and equipment selection
- Camp-craft and tent pitching
- Wild camping basics
- Environmental awareness and Leave No Trace
- Hazard recognition and emergency procedures

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



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MEETING DETAILS

MEETING LOCATION:

Stickle Ghyll Car Park

Great Langdale

Ambleside

LA22 9JU

Google Maps Link:  [Google Maps](#)

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

Parking info:

- This is a National Trust car park
- This is ~£8 for the day or free to NT members
- You can pay with coins
- Or you can pay by phone (wifi available at the NT hut)

MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am on day 1
- We'll share their vehicle details, to make it easy and clear for meeting them on the day.
- 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.
- Please arrive ready to go with your bags packed, ready for the day on the hill (day 1 is a normal hill day with no camping and will finish around 4pm)



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

OTHER ITEMS:

- Flask (optional)
- Water bottle
- Lunch & snacks
- Small first aid kit and/or personal medication
- Head torch + spare batteries (or spare torch) - important for night navigation
- Walking pole(s) (optional)

NAVIGATION EQUIPMENT:

- OL4 & OL6 map (1:25,000 scale)
- Or a Dorrigo Dinky+
- Map case (or make sure you have waterproof maps)
- Silva Expedition Type 4 compass
- Timing card (provided)
- Stopwatch (watches are best such as inexpensive Casio style watch)

CAMPING EQUIPMENT:

- 50-60L Rucksack
- Mountain Tent (available to hire £25 per night)
- Sleeping bag
- Sleeping mat
- Stove & fuel (gas stoves are best)
- Expedition food (dehydrated or similar)
- Bowl and cutlery
- Toiletries incl. hand sanitiser
- Trowel

OTHER USEFUL INFORMATION:

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

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 in the mountain environment and it can also be boggy and wet - so waterproof boots or waterproof socks are recommended.

30-40L Day Bag/50-60L Expedition Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE. 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.

A rucksack liner or dry-bags are best to keep kit organised and dry. 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. Please no jeans or cotton. Wool/nylon base-layers are best and soft-shell mountain trousers are quick drying.

BLOG: [Wild Camping in the Lake District: Kit, Tips, and Guidelines](#) - for more information, hints and tips regarding packing a bag, choosing equipment and heading out wild camping in the Lake District ahead of the course



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