



KATHRYN JAMES - MOUNTAIN EXPERTISE
INSTRUCTION & GUIDING

Examples of practise of key skills for walking

Navigation

- Use a variety of different scales of map 1:40k, 1:50k & 1:25k
- Navigate in different weather conditions - sunny, windy, poor visibility, darkness, rain
- Measure distances on the map and taking bearings accurately with and without gloves on
- Walk on a bearing in a variety of conditions
- Relocation skills
- Pacing and timing
- Contour interpretation - go to different landscapes

Rope work

- Anchor selection in different venues - when ever you stop for a snack near some boulders do a quick look around and decide which would work as an anchor
- Size, Solid, Shape, Sharp - a robust check system for checking and anchor
- Belay with rucksack on
- Different diameter ropes how do they handle?
- Abseils - south African or classic which works when
- Anchor, Belayer, Climber all in line and tight rope

Leadership

- How would you manage a group of Create a list of different groups types and work out what may need to be different to manage different groups
- When do you need to use different leadership styles - practise this out on the hill

Environment

- Go out with a book or app to help you identify
- Attend a workshop or online learning
- Watch films or documentaries

Camping & Expedition skills

- Go out exploring, camping in different conditions and different locations
- Try out different tents, stoves or style of expedition (bothy, bivi)
- Hygiene plan - how will it work at different venues
- What food works?