

Hill Skills

Syllabus

1. Planning

- 1.1 Overview of the hill and moorland walking areas of the UK and Ireland.
- 1.2 Use of walking guidebooks and online resources.
- 1.3 Route planning.
- 1.4 Health and fitness considerations for hill walking.

2. Walking skills

- 2.1 Walking techniques and additional equipment.
- 2.2 Managing pace for a day walk.
- 2.3 Nutritional considerations for hill walking.
- 2.4 Movement skills over undulating or loose terrain.

3. Clothing and equipment

- 3.1 Hill clothing overview.
- 3.2 Footwear selection.
- 3.3 Equipment selection and functions.
- 3.4 Seasonal differences in clothing and equipment selection.

4. Weather

- 4.1 The effect of weather in the hills.
- 4.2 Obtaining an appropriate weather forecast.
- 4.3 The effect of weather on route planning.

5. Navigation in the hills

- 5.1 Introduction to different maps and scales.
- 5.2 Introduction to basic map features and symbols.
- 5.3 Measurement of distance on maps.
- 5.4 Calculating walking time.
- 5.5 Use of grid references.
- 5.6 Introduction to pacing and timing.
- 5.7 Strategies for navigation a planned route.
- 5.8 Compass selection and features.
- 5.9 Methods of relocating
- 5.10 Introduction of basic use of GPS.

6. Environmental knowledge

- 6.1 The impact of humans in hill areas.
- 6.2 The upland environment.
- 6.3 Environmental considerations when walking.
- 6.4 Good practice associated with hill walking.
- 6.5 The role of different organisations related to hill walking.

7. Hazards and emergency procedures in the hills

- 7.1 Identifying potential hazards in hill areas.
- 7.2 Managing risk while hill walking.
- 7.3 Common hill walking incidents.
- 7.4 How to call for help in a hill area.
- 7.5 The role of search and rescue teams.

Mountain Skills

Syllabus

1. Planning

- 1.1 Overview of the mountain walking areas of the UK and Ireland.
- 1.2 Use of walking guidebooks and online resources.
- 1.3 Route planning.
- 1.4 Health and fitness considerations for mountain walking.

2. Walking skills

- 2.1 Walking techniques and additional equipment.
- 2.2 Managing pace for a day walk.
- 2.3 Nutritional considerations for mountain walking.
- 2.4 Movement skills over steep or loose terrain.

3. Clothing and equipment

- 3.1 Mountain clothing overview.
- 3.2 Footwear selection for mountain terrain.
- 3.3 Equipment selection and functions.
- 3.4 Seasonal differences in clothing and equipment selection.
- 3.5 Additional emergency equipment.

4. Weather

- 4.1 The effect of weather in the mountains.
- 4.2 Obtaining a mountain area weather forecast.
- 4.3 The effect of weather on mountain route planning.

5. Navigation in the mountains
 - 5.1 Introduction to different maps and scales.
 - 5.2 Map features and symbols.
 - 5.3 Measurement of distance on maps.
 - 5.4 Calculating walking time in mountainous terrain.
 - 5.5 Use of grid references.
 - 5.6 Pacing and timing in mountainous terrain.
 - 5.7 Basic use of GPS in mountain areas.
 - 5.8 Methods of relocating in mountainous terrain.
 - 5.9 Compass selection and features.
 - 5.10 Poor visibility navigation strategies.
6. Environmental knowledge
 - 6.1 The impact of humans in mountain areas.
 - 6.2 The mountain environment.
 - 6.3 Environmental considerations when mountain walking.
 - 6.4 Good practice associated with mountain walking.
 - 6.5 The role of different organisations related to mountain walking.
7. Hazards and emergency procedures in the mountains
 - 7.1 Identifying potential hazards in mountain areas.
 - 7.2 Managing risk while mountain walking.
 - 7.3 Common mountain walking incidents.
 - 7.4 How to call for help in a mountain area.
 - 7.5 The role of mountain rescue teams.