**Mountain Skills**

Mountain Training’s two day [Mountain Skills](https://www.mountain-training.org/personal-skills/hill-and-mountain-skills/mountain-skills) course is your key to getting started exploring mountainous terrain. As such there is a requirement that you have some experience of hill walking prior to attending the course and also have a reasonable level of fitness. If you do have some experience of mountain walking but would like to gain confidence in planning walks, navigating and understanding the equipment required the Mountain Skills course is an ideal way to develop your skills.

[Hill & Mountain Skills handbook](https://www.mountain-training.org/media/scjn1g2k/hill-mountain-skills-course-syllabi.pdf).

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications. All Mountain Training courses are quality assured.

[Mountain Training: Our Ethos](https://www.youtube.com/watch?v=PzqVFu7N-RA)

**How to book onto a course**

To attend a Mountain Skills course, you will need to be at least 10 years old.

We will register you with Mountain Training prior to the course so you can be credited with attendance. If you’ve already got an account on Mountain Training’s Candidate website, please share your ID number with us on booking.

**Digital logbook (DLOG)**

Once you have been registered onto the scheme you will have access to an account with Mountain Training which includes a digital logbook (DLOG). Here you can start logging personal walking days it’s a great way of storing all of your outdoor experience in one place.

If you need help connecting to your account, information can be found here: [Connect with your account](https://www.mountain-training.org/personal-skills/connect-with-your-account)

If you have any questions about adding entries: [DLOG FAQs](http://www.mountain-training.org/faqs/cms-and-dlog)

# **Mountain Skills - course content**

# The Mountain Skills syllabus covers the following aspects:

1. Planning

2. Walking Skills

3. Clothing and Equipment

4. Weather

5. Navigation in the Mountains

6. Environmental Knowledge

7. Hazards and Emergency Procedures in the Mountains

**Access to courses**

Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider. [More information can be found here](https://www.mountain-training.org/help/resources/support-for-people-with-additional-needs)

**Sustainable Transport**

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses. [The BMC Community Liftshare site](https://thebmc.co.uk/bmcs-launches-lift-share-site)



**Partnerships**[Cotswold Outdoors and their partner brand Snow & Rock](https://www.cotswoldoutdoor.com/our-partners/mt-skills-courses.html) are the “Official Skills Partner” of the Mountain Training skills courses. They promote our skills schemes to a wide audience as well as support participants with kit advice (follow link above) and a 15% discount instore and online.

[British Mountaineering Council](https://www.thebmc.co.uk/en) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.

**Insurance**

Mountain Training recommends you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.