

Wild Camping



AT THE EDGE MOUNTAINEERING
"Your greatest failure is not to try"



Shy away from those noisy campsites and spend a night in peace among the mountains. Pitch your tent on the shores of a mountain lake and watch the sun set behind our beautiful peaks, and watch it rise again from the warmth of your sleeping bag.

WILD CAMPING

This course is ideal for anyone who wants to extend their day walks and possibly progress to multiday expeditions in the hills and mountains and/or be aiming to complete a long-distance path.

AIMS:

By the end of this course, you will:

- Be able to select kit and equipment to spend a night in the hills and mountains of the UK in 'summer' conditions
- Be able to choose a suitable campsite
- Be able to understand the environmental impact of wild camping and camp responsibly
- Have undertaken a mini expedition into the hills and mountains

WHERE SHALL I MEET YOU?

(Details specified when booking)

COURSE TIMINGS:

Day 1: We will meet at 09:00

BRIEF ITINERARY:

09:00 Meet & Greet

Course intro & briefs

09:30 Kit check & pack

11:00 Start our day in the Hill

13:00 Stop for lunch

17:00 Reach campsite

DAY 2:

Sunrise Wake up/cook breakfast

Full mountain day

16:00 Finish, de-brief & goodbyes

Head to my FAQ page on my website for more general information

www.attheedgemountaineering.co.uk

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CONTENT:

On this course, we will cover the following:

- Two days of navigation included
- Variety of kit and equipment needed for wild camping
- Selecting and cooking food suitable for wild camping
- How to pack and carry an expedition rucksack
- How to select and set up a suitable campsite
- Leave no trace
- Environmental impacts of wild camping
- Access and laws surrounding wild camping

Prior to the course start date, I will send you an information pack which will include a kit list, buying guide and meal planner.

MORE DETAILS:

After our initial meet and greet, we will check our kit to ensure we haven't forgotten anything and that it is all suitable for Wild Camping in the conditions of the day. We will have a discussion on what kit and equipment everyone has chosen to further our understanding of what is available on today's market and its pros and cons.

After, we will pack our kit, adjust our rucksacks and plan our short route for the afternoon, looking at suitable areas to camp.

During the day, we will go through navigation training depending on the groups level and abilities.

Once at our camp site, we will set up camp and cook dinner. There will be the option to go out on a night nav.

The morning will see us cook breakfast, strike camp and continue our expedition, finishing back where we started.

WHAT IS NOT INCLUDED

You will need to provide your own:

- Expedition rucksack (60 litres)
- Tent (*3-season, suitable for UK wild camping*)
- Sleeping bag (*Mummy style, Comfort rating of 0°C*)
- Sleeping mat
- Stove & fuel
- Food

At The Edge Mountaineering **can not** provide the above equipment. However, if you are booking as a group, tents and stoves can be shared between you.

You will also need to shop for food the night before. There may be time in the morning on Day 1 to pick-up last-minute supplies.

PREVIOUS EXPERIENCE

You do not need any previous experience however some knowledge of hill walking is beneficial and fitness to spend 2 days walking in the mountains with an expedition rucksack.

MAPS/BOOKS/RESOURCES

(Specific maps will be specified when booking)

- Harvey Maps - Superwalker XT25
- Ordnance Survey Map - Explorer 1:25 000 scale
- 'Hill Walking' – Steve Long
- www.shavenraspberry.com (Navigational aids)

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