



SCOTTISH STUDENT WINTER SKILLS WEEKEND

COURSE DATES: Friday 16 – Sunday 18 January 2026

COURSE AIMS

The course will cover the basic skills required for venturing into the UK mountains under winter conditions. The aim is to prepare you to be able to climb the Munros under winter conditions or find your way safely to and from more technical climbs. The course is NOT a climbing course and NO ropework will be covered. Also included will be practical and theory sessions to help you make sound judgements about the avalanche hazard, weather, and equipment needed (as well as the skills to use it effectively). We cannot guarantee sufficient snow to cover all aspects that we would like to, but we will offer relevant training and you are guaranteed some individual tuition. The courses are only open to those 18 years of age and older who are a member of a club affiliated with Mountaineering Scotland.

COURSE DESCRIPTION

The programme is flexible with your instructor basing the two days around the topics below, taking into account individual needs and aims, weather etc.

Technical sessions will include the use of an ice axe for walking, cutting steps, and self-arrest; use of crampons in ascent/descent; emergency shelters may also be covered.

Time will also be given to the equally important skills of avalanche awareness, route choice and winter navigation. There is **no** overnight snowholing expedition.

Evening sessions will include avalanche awareness and navigation skills talks.

MAPS

We will be operating in the Northern Cairngorms, south from Glenmore Lodge to Ben MacDui, west to the Lairig Ghru and east to Strath Nethy. Bring an **O.S. map sheet 36** 1:50,000 scale (or an O.S. or Harvey 1:25,000 map). Alternatively, if you have access to digital mapping you may be able to printout maps of these areas. Bring a map case - having a waterproof map or map case is essential.

Maps, a compass (Silva type 4 recommended) and batteries can be purchased from the Glenmore Lodge shop or you can make use of your member discounts at various online retailers (www.mountaineering.scot/members/members-benefits/your-discounts/shopping).

EQUIPMENT

Please read the kit list and bring your own equipment - good winter mountain boots, crampons, ice axe, waterproofs, rucksack etc - where possible. If required Glenmore Lodge can supply all equipment **excluding** basic warm clothing, hats and gloves, compass, map, headtorch, ski goggles and flask for hot drinks.

You will be walking off paths and at times on hard snow slopes - soft leather boots or walking shoes will not be appropriate. Winter boots (B1, B2 or B3 rated winter mountaineering boots that are compatible with your crampons) are what is required, not normal summer boots.

Check out the following links for more details on which boots are suitable for our winter courses:
www.mountaineering.scot/activities/mountaineering/winter-mountaineering/getting-started/boots

www.youtube.com/watch?v=6E8Kq1JQ-vw

Finally, ski goggles (ideally with clear lenses) are a particularly useful item in the hills in winter - however we **do not supply them**.

What you do need to bring is your own basic hill clothing i.e. hat, **at least 2 pairs** of substantial winter gloves or mitts, fleece, warm mountain trousers, thermos etc. Although we provide you with one towel for the weekend, you may like to bring an extra, particularly if you intend to use the small pool or climbing wall.

GENERAL INFORMATION

Friday - Arrival Day

You may arrive anytime on Friday evening, however rooms are usually available from 1500hrs.

No dinner meal is provided on the first evening. There are alternative places to eat in and around Aviemore before arriving at Glenmore Lodge.

Equipment is available from the stores from 1800 – 2100hrs and it will save time during the following morning if you draw any items you need on the Friday evening.

Saturday - First full day of training

Breakfast is from 0730 - 0815hrs. The stores will be open again at 0830hrs on the Saturday morning and there will be a welcome address from Glenmore Lodge and Mountaineering Scotland at 0900hrs in the Lecture Theatre.

Sunday - Second full day of training (last course day)

The course will end around 1600hrs and rooms should be vacated by 0900hrs. Tea and cake is available from 1630hrs onwards. There is no evening meal on the Sunday night.

Packed lunches are issued both days; ensure you bring a thermos flask and / or water bottle.

INSURANCE

As an affiliated student club member, you are covered by up to £20m third party liability insurance as part of your membership. This covers you for claims made by a third party e.g. if you injure someone else or damage their property, but does not cover personal accident i.e. if you injure yourself or you have to cancel at short notice due to injury or illness. This type of personal cover may be included in home insurance or other policies, or you may wish to take out additional travel/holiday cover.

You should note that many travel insurance policies exclude cover for certain sporting activities, so you should carefully check the terms of any proposed insurance policy to ensure that it meets your requirements.

Climbing Wall and Pool

There is a climbing wall on site that will be accessible for use, but paperwork needs to be completed in advance. See following link [Climbing Wall | Glenmore Lodge](#) You will need to bring your own harnesses and shoes, plus sign in and

out at reception. There is also a very small pool which can be used. There needs to be a minimum of 2 people at a time for safety reasons, as there is no lifeguard monitoring. Please enquire at reception.