

The background of the slide features three light blue silhouettes of hikers walking in a line from left to right. The hiker on the left is carrying a large backpack, the middle hiker is also carrying a backpack, and the hiker on the right is carrying a large pack. The silhouettes are semi-transparent and set against a light orange background.

# **The Mountains are for Everyone**

**Hillwalking Adventure Skill**  
**General Guidance Stages 1 to 9**

# Hill Walking Adventure Skills

- **Key Elements**

- Part of the Larger 'ONE' programme roll out
- A 9 Stage Scheme from first steps on the hills to international Mountaineering Experience
- Dovetailed into the BOS Mountain Skills, Mountain Leader Scheme post stage 7
- Incorporating a 2 down assessment protocol

# Hill Walking Stage 1

- I can pack my rucksack for a day hike.
- I know what to wear and what extras I need to bring on a hike.
- I know what food to bring on a hike.
- I know how to behave safely while hiking.
- I can read a simple map.
- I can point out and name the main features of a map.
- I can be responsible for myself while we are hiking.
- I can recognise the main distress signals.
- I know about the Buddy system.
- I understand why I should follow directions from an instructor.
- I have attended at least 2 hikes

# Stage 1 Key Elements

- Hikes should be in open countryside and involve sections of off path walking, but keeping the leave no trace principles
- Recommended endurance minimum of 3 hours and 6 km with minimal height gain (50m to 100m)

# Hill Walking Stage 2

- I know what gear I need depending on the weather.
- I know why you bring certain foods and drinks on hikes.
- I can point out the main parts of the compass.
- I know how to get help if someone is hurt.
- I can point out the different symbols and colours on a map and I know what they mean.
- I can be responsible member of my team while we are hiking.
- I can get a weather forecast.
- I have attended at least 3 hikes, in addition to those for stage 1

# Stage 2 Key Elements

- The main parts of a compass are not North South East and West, at this stage need to understand the direction of travel arrow, and the north pointing arrow and the spot to read the bearing
- The candidate should produce a 2 day forecast and be able to explain it
- Endurance should be 4 hours / 8 Km

# Hill Walking Stage 3

- I know how to treat simple cuts and scratches.
- I know why you bring certain clothing on hikes.
- I know the main principles of "Leave No Trace".
- I know how to cross boggy ground.
- I know how and when to use the main distress signals.
- I can use a compass to find direction.
- I can point out the features of a map.
- I can be responsible for myself and aware of my surroundings while hiking.
- I can follow a route on an orienteering map.
- I have attended at least 3 hiking activities in addition to those at stage 1 & 2 and been on the top of a mountain.

# Stage 3 key elements

- Preference is that the LNT is instructed by someone who has been on an LNT awareness session so they have a clear understanding of the principles
- Candidate needs to be able to take a bearing from a 1:50,000 OS series map and be able to follow the bearing
- Candidate needs to understand a OS map including scale, contour lines and grid system
- Endurance should be 5 hours / 10km



# Hill Walking Stage 4

- I know how to pack a rucksack for weekend hikes.
- I can care for all my personal hiking equipment.
- I know what team equipment to bring and why
- I know how to treat simple sprains and blisters.
- I know the different emergency services that are available and how and when to call them
- I can follow our route on a map and find the main points using a compass.
- I can be responsible for younger members of my team while we are hiking.
- I have led a leg of a hike.
- I have attended 3 hikes in addition to those for stages 1,2&3 including an overnight (between two days hill walking - this need not be camping)

# Stage 4 Main Elements

- Introduction of a two day event
- Must have lead a leg of a hike including navigation and group management
- Endurance day should be 5 hours / 10km including each day of the two day event, but does not require the carrying of an expedition pack i.e., overnight bag pay be portered to overnight location

# Hill Walking Stage 5

- I know the potential dangers of weather on hikes.
- I know how to pack a rucksack for a hill walking expedition.
- I know when to cross a river and some different methods for crossing.
- I know all about the "Leave No Trace" principles.
- I know the main principles of navigating using a map and compass.
- I can complete and use a route card.
- I can be an active member of my team while hiking
- I have taken part in three hikes in addition to those for stages 1,2,3 & 4
- I have taken part in a two night hike in the mountains, based out of one campsite.
- I have written a log for at least two of these activities (it is preferable that all hill walks are logged from stage 5 onwards as 30 must be recorded to complete stage 7)

# Stage 5 Main Elements

- Step change in the introduction of a two night camping event based out of one wild campsite. Candidates need to hike in with expedition pack not be driven in. The hike in / out should be a minimum of 1 hour / 2km from the drop point. There should be a full circuit route of 5 hours / 10 km done with day pack on the middle day.
- As a lot of MPC / Sionnach events have a moving camp this can be allowed in fulfilment of the requirement as it supersedes the requirements for stage 5 but a separate event must be attended for stage 6
- There is a physical carrying and endurance element at this stage
- River crossing are very dangerous so use guidance notes in the stage 5 training pack
- It is preferable that the LNT training is given by a qualified LNT trainer to ensure a full understanding of LNT on the mountains

# Hill Walking Stage 6

- I know the causes of how to recognize and treat hypothermia, hyperthermia, sunstroke, dehydration and asthma, or anything medical relevant to my team.
- I know the limitations of my team.
- I know the limitations of the compass and other navigation tools.
- I can use a compass and map to find my position.
- I know what Group emergency equipment we should carry, and how to use it.
- I can be responsible for myself and my team while hiking.
- I can plan and lead a hike.
- I have taken part in at least 6 hiking activities, 4 of which should be over 800m. These hikes must be in addition to those in stages 1 through 5 but the 800m may be read as either absolute height or height gain
- I have taken part in a 2 night hike in the mountains, including a low and high camp.
- I have written logs for all of these activities.

# Stage 6 main Elements

- Two Night Expedition with full rucksack and moving campsites
- Be able to self locate with map and compass
- Plan a lead a hike of 5 hours / 10km to include navigation legs
- 4 Hikes with 800m height gain / or 800m absolute height

# Hill Walking Stage 7

- I can organise the transport required for an activity
- I can budget for team hikes.
- I know how to assess risk and be aware of group safety.
- I know how to deal with mountain hazards. I can plan escape routes.
- I can plan escape routes.
- I can navigate at night, in poor visibility, and do micro-navigation. (The standard for this is set at 'Mountain Skills' level)
- I have taken planned and led one hike without a Scouter.
- I have participated in at least 5 hikes between 800m and 1,300m and one over 1,300m. These hikes must be in addition to those in stages 1 through 6 but the heights may be read as either absolute height or height gain
- I have taken part in an unaccompanied but supervised 2 night hike in the mountains including a low and high camp
- I have written logs for all of these activities.
- I have a logbook detailing at least 30 hikes and expeditions that I have undertaken.

# Stage 7 main elements

- MS Standard of navigation – night nav to large features, tops cols river junctions etc.
- Escape route planning
- 1 hike with either absolute height of 1300m (Scotland) or 1300m height gain (Major day)
- 30 logged hikes, (ideal different routes in numerous areas in different weather)
- Lead 2 night unaccompanied expedition with 2 camps



# Hill Walking Stage 8

- I have an outdoor First Aid certificate.
- I know how to safeguard others on steep ground.
- I know how to use a rope on difficult terrain.
- I can set up a simple belay.
- I can lead a hiking adventure .
- I know the procedure to be followed in the event of an accident.
- I have taken part in at least 6 Hill walking adventures over 1000m and one over 2250m. These are in addition to those logged up to stage . The 1000m may be read as absolute height or height gain by the 2250m must be absolute height and logged as part of a 'quality mountain day'
- I can take responsibility for our Group on a hiking adventure.
- I have taken part in an unaccompanied but supervised 2 night hike in the mountains outside the Island of Ireland
- I have written logs for all of these activities.

# Stage 8 main elements

- Outdoor First aid cert – REC3 Same as ML
- Securing steep round and lowering on rope (ML1 Training)
- Have been above 2250m on a quality mountain day (minimum 5 hours endurance)
- 2 night unaccompanied activity outside Ireland

# Hill Walking Stage 9

- I know what equipment is required for various types of Hill walking expeditions, and the correct use and care of this equipment
- I can navigate accurately and safely over the Irish mountains in any type of weather, and at night. (The standard set for this is 'Mountain Leader' Level)
- I can assess risk and take appropriate action to ensure safety
- I can practice basic winter mountaineering skills.
- I can create an exciting expedition while catering for everyone's needs.
- I can budget, prepare and manage every aspect of the expedition.
- I have a logbook detailing at least 20 hikes and expeditions that I have undertaken since stage 7.
- I have taken part in an expedition to 3250m.
- I can be responsible for others in various situations on the mountains.

# Stage 9 main elements

- ML standard of Navigation
- Expedition to over 3250m
- Winter training (3 days)

