

## Advanced Mountain Medicine Course

Aviemore

2025 Itinerary and Kit List



### Note on Accommodation:

Plan A is to camp near to our bothies or improvised snow shelters the Cairngorms National Park. Well tested cold weather kit is essential for your safety. Instructors will check your kit prior to departure and you will have an opportunity to buy / hire additional kit as necessary. You will not be permitted to participate with inadequate equipment.

### Itinerary:

\* Provisional and may be adapted based on the needs of the group

#### Day 1:

13:00 – Arrival

Please arrive at the **The Balavoulin Pub**, 125 Grampian Rd, Aviemore PH22 1RL  
<https://maps.app.goo.gl/8U9d5k6tsW44JfpYA>

If you're arriving by car please use the **Unique Expeditions Forum** to offer lift shares to those arriving in Aviemore by train.

13:30 - Exped briefing and kit check

14:30 – you will have the opportunity to pick up extra kit in Aviemore if required

15:00 - Travel by car (lift sharing where possible) and walk into a remote bothy to spend the night. You will be given the option to stay the night in Aviemore and meet us at the bothy in the morning if you are not confident to spend two nights winter camping.

#### Day 2:

Now begins a full days advanced winter mountaineering training, including but not limited to;

- Crampon technique, roping together and practice moving on glaciated terrain, simulated crevasse crossing
- Moving on steep ground
- Crevasse rescue
- Avalanche avoidance

- Avalanche simulation, transceiver search and casualty stabilisation
- Night navigation
- Snow hole / snow cave construction
- Depending on the severity of weather we aim to sleep out on the plateau overnight with plan b to dip down to warmer sloped if the weather is not conducive

### **Day 3:**

- Advanced rescue techniques
- Safe descent with an injured casualty
- Prolonged field care
- We will aim to be back in Aviemore for a warm meal by 5:30pm

### **Kit List:**

If you've got any questions about the kit list, please get in touch via the UE Forum. Conditions in the Cairngorms National Park can be extreme. You will not be permitted to participate without suitable equipment. Multiple layers is the key to staying warm. Wool, duck or goose down and synthetic fibres work best in the cold. Avoid cotton as it saturates then freezes.

### **Essentials:-**

- thermal base layers top and bottom
- walking trousers
- waterproof trousers or salopettes
- fleece or wool jumper (or similar)
- down jacket
- shell jacket
- crampons
- B2 or B3 winter mountain boots
- wool socks (no cotton clothing will be allowed)
- gaiters
- fleece or wool scarf or buff
- wool beanie hat (that will fit under a helmet)
- helmet
- thin under gloves
- thick, warm, waterproof gloves or mittens
- we recommend hand and foot warmers for use needed

- harness - we recommend the alpine style however a normal climbing harness can be used
- day sack minimum 65 litres capable of fitting all your kit for the hill including tent/sleeping bag with loops for ice axe attachment, & waterproof cover
- dry bags to contain your emergency jackets
- tent – suitable for the Scottish winter (check out the UE forum for suitable options)
- head torch and spare batteries
- sleeping bag rated -20 minimum
- we recommend a sleeping bag liner
- bivvy bag waterproof cover
- light weight camping mat
- light weight closed-cell foam camping mat
- water bottles and thermos flask – minimum two litres
- camping stove you are familiar using and fuel. You will be put in touch with the members of your team prior to the expedition and may opt to carry just 1 or 2 stoves within your group.
- food for the duration = 2x breakfast, 2x lunch, 2x dinner and plenty of high calorie snacks (please have lunch on day 1 prior to meeting at 1pm in the pub). We recommend Expedition Foods ration packs but any food you are happy to cook yourself.
- Personal med kit - for treating cuts & blisters
- Sun tan lotion - yes, it can happen in Scotland
- Sun glasses - sounds silly until you experience snow blindness
- Ski goggles
- Emergency whistle (essential - on a string around your neck)
- Plate, mug & cutlery
- \*all emergency medical kit will be supplied

**Optional:-**

N.B. you will be provided with ice axe, ropes, karabiners, belay devices, slings, shovels, probes , ice screws etc however if you would like to bring your own to practice with that is a good idea.

A sit-mat (it can get damp)

Walking poles (personal preference)

Knife or multitool (optional)

GPS (optional)

Battery pack (optional)

Compass and map (we will provide these, but feel free to bring along if you have them already)