



HILL WALKING & CLIMBING, LAKE DISTRICT 25th – 28th MAY 2018

All activities are provided under the rules and regulations of the Scout and Guide Associations for joint adventurous activities.

You are advised to read "[Safety on Mountains](#)" available from the [BMC](#)

Venue National Trust Campsite,
Great Langdale, LA22 9JU

Departure Friday 25th at 18.00

Return Monday 28th at ~ 21.00

Rendezvous *Hopehill* Campsite, Meopham

Transport Minibusses

Accommodation Camping

Catering Self-catering

Age Limit 14+

Available Places 32 – first come, first served

Cost £45

Trip Organiser Neil Pickford

email events@theimc.org.uk

Mobile phone number 07590 675591

Postal Address IMC, c/o 10 Lodge Raod,
Tonbridge, Kent TN9 1JA

Application closing date Monday 14th May 2018

Confirmation email by Friday 18th May 2018

Base will be at Great Langdale camp site in the heart of the Lake District national park. The location provides superb hill walking, scrambling and climbing opportunities as well as access to the central fells, including Scafell Pike.

If there is enough interest we will also be offering the opportunity to wild camp in the hills over the weekend. Please indicate on the application form if you would like to wild camp.

This trip is being run in conjunction with the County Climbing Team who will arrange the climbing at nearby crags. You may choose to spend the whole weekend climbing but the idea is for people to have a go at both climbing and walking. There may well be an opportunity for evening climbing sessions, weather permitting of course.

Please indicate your preferred activities on the application form. These can be altered during the trip but we need an idea of how much equipment will be required before we leave.

**Climbing equipment will be supplied. You are welcome to bring your own but it will be checked for suitability by the team.*

Suggest equipment list

A more comprehensive kit list will be provided with your confirmation email

Suitable walking boots Rucksack ~ min 35 ltr with liner

Waterproof jacket with hood Water bottle – 1 ltr minimum

Waterproof trousers Hot drink flask

Base layer(s) Personal First Aid kit

Jumper or fleece + spares Personal medication

Walking trousers Map (in case) and compass

Hat and gloves Head torch + spare batteries

Underwear + spares Survival bag and whistle

Sleeping bag + pillow Emergency rations

Wash kit, towel, sleepwear Packed lunch for 3 days

Change of casual clothes Food (or money) for 2 journeys

Tent, sleeping bag and mat Stove & cooking facilities

**Climbing equipment*

It is essential for all the participants' safety that everyone has the correct items of personal equipment and clothing and behaves appropriately. The weekend may be wet, windy and cold. Your personal equipment will be checked before going on the hill and anyone without the correct equipment may be refused permission to go onto the hills.

Please see the [IMC Gear Guide](#) for a more kit information or contact the organiser if you are still unsure.