



2 or 3-day **Wild Camping** mountain expeditions *Lake District & Scotland*

with Mark Reid
author of 'The Inn Way' and Mountain Leader

Expedition Overview

Experience the wild splendour and solitude of the mountains with a **wild camping mountain expedition**. Spend the day walking across the mountains then overnight amongst the majestic mountains and wake up at sunrise to enjoy a breakfast experience like never before!

OUTLINE ITINERARY

2 or 3-day wild camping expeditions in the Lake District or Scotland, with an overnight wild camp beside a mountain lake or beneath a summit. The routes will be based upon classic 'horseshoe' walks and take in some of Britain's most iconic mountain landscapes.

Day 1

10am - Meet at to discuss the expedition and also check through the gear. We will always start from a village where there will be overnight parking available.

11am - set off on our walk up onto the mountains, taking in classic routes and breath-taking summits, with plenty of rest stops as well as environmental and navigation coaching.

6pm - Set up camp and have dinner, followed by a evening walk to a nearby peak (optional).

9pm - retire to your tent

Day 2

7am - Breakfast and break down camp.

9am - Continue walk across the mountains.

3pm - Finish back at a pub or cafe for a drink and bite to eat, then head home *(2-day expedition)*

(3-day expedition)

5pm - Set up camp and have dinner, followed by a evening walk to a nearby peak (optional).

9pm - retire to your tent

Day 3

7am - Breakfast and break down camp.

9am - Continue walk across the mountains.

3pm - Finish back at a pub or cafe for a drink and bite to eat, then head home.

NB: *The precise route and overall itinerary of the expedition will be determined on the day given weather and ground conditions, as well as the needs of the group. The itinerary outlined above is designed to give you an idea of what may be involved. The very nature of a mountain wild camping expedition requires flexibility whilst out in the mountains to ensure a safe and enjoyable experience for everyone.*

WHAT TO WEAR & BRING WITH YOU

We can provide items marked with an asterix * (see below)

What to wear

- DO** wear synthetic fibres, such as polyester or nylon etc
- DON'T** wear cotton, especially jeans

- Base layer - long-sleeved T-shirt
- Mid layer - mid weight fleece *
- Outer shell - waterproof/breathable coat and over-trousers *
- Walking boots - these must be waterproof with good ankle support and sturdy soles
- Walking trousers
- Suitable hat and waterproof gloves *

What to carry in your rucksack

- Your rucksack must have a capacity of at least 60 litres *

Clothing

- Sunhat & sunscreen
- Warm hat & spare gloves *
- Spare warm fleece or down/synthetic insulated jacket *
- Spare socks, underwear and base layer (T-shirt)
- Thermal leggings ('long johns') and thermal long-sleeved T-shirt to sleep in

Food & Water

- 2 x 1-litre water bottles
- Camp meals (see appendix below)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Brew kit *
- Stove, gas canister, pan, spoon & mug *

Camp gear

- Backpacking tent *
- Self-inflating sleeping mat *
- Sleeping bag - please provide your own 3-season sleeping bag with a comfort rating of between 0 and -5 C
- Waterproof rucksack bag (also double up as a pillow) *

Sundries

- Toothbrush & small tube of toothpaste
- Alcohol-based hand gel (to clean your hands)
- Insect repellent & deodorant
- Toilet roll & box of matches
- Iron Oxide hand warmer bags – *for your gloves and foot of your sleeping bag*
- Head-torch *
- Plastic bags – *for your rubbish and smelly socks!*
- Hip flask, iPod, camera etc...
- Medications (if applicable)

PROVIDED KIT

We can provide the following items (unless you would like to use your own kit). We will call you after you have made your booking to discuss what kit you would like to borrow.

- 1 or 2-person lightweight backpacking tent
- Self-inflating sleeping mat
- Stove, gas canister, pan, spoon & mug
- Waterproof rucksack bag
- Brew Kit (*tea, coffee, drinks etc*)
- Backpacking rucksack
- Head-torch
- Waterproof outdoor jacket (sizes S - XL)
- Waterproof over-trousers (sizes S - XL)
- Berghaus fleece (sizes S - XL)
- Waterproof gloves (sizes S - XL)

WHAT'S NOT PROVIDED

- Walking boots
- 3-season sleeping bag (with a temperature comfort rating of between 0 and -5 C)
- Personal walking clothing and equipment (such as trekking poles, base layers, hip-flask etc)
- Camp food (see appendix)

Your fully packed rucksack should weigh between 12 - 15kg, including all camping gear, food and water. *Please allow 4 kg for tent, sleeping mat, cooking equipment and brew kit.*

DO's and DON'Ts

- In England and Wales, all land is privately owned and landowner permission is required to camp on private land. Wild camping high amongst the mountains of Snowdonia and Cumbria is a tolerated tradition as long as it is undertaken responsibly and you respect and protect the environment. Wild camping is permitted on certain areas of common land on Dartmoor, and it is also permitted in Scotland as long as you follow the Scottish Outdoor Access Code.
- Camp high amongst the mountains as unobtrusively as possible, away from paths and popular areas.
- Small group sizes. Arrive late, leave early and stay only for one night.
- Leave no trace. Take ALL rubbish out with you. No fires. Protect and respect the environment.
- Personal hygiene - it is important to observe good personal hygiene when walking in the mountains, in particular hand washing. Regular hand washing in streams is important, without the use of soap as this will harm the stream ecosystem. Alcohol-based hand gels are a good idea, but use sparingly.
- Toilet – go to the loo at least 50 metres away from the campsite, water sources and footpaths. All other sanitary items must be bagged up and taken out
- Water out of fast-flowing, clear mountain streams is fine to drink as long as it has been boiled first or sterilised using Chlorine Diox tablets
- Never cook inside the tent. If it's raining then cook just outside the porch of the tent with the tent door open and you nice and dry inside. Tent fabric is flammable and stoves give off carbon monoxide.
- Staying warm and dry is really important. Think about what you wear and take carefully. If you get cold in the night, then put your dry clothes on, including a hat and gloves.
- Travel light. Pack and weigh your rucksack, then un-pack it and see what items are absolutely necessary and what isn't. The lighter your rucksack the better. Don't be tempted to take "luxury" items with you, as you won't use them and they'll weigh you down.

WHAT'S INCLUDED

- ✓ 2 or 3 day wild camping expedition in the Mountains with Mark Reid (Mountain Leader)
- ✓ Camping kit - *lightweight tent, sleep-mat, waterproof clothing, rucksack, head-torch etc*
- ✓ Cooking equipment - *stove, pan, mug, spork*
- ✓ Brew Kit - *tea, coffee, sugar, milk, hot chocolate, Horlicks etc*
- ✓ Head-torch
- ✓ Use of our Berghaus gear if required
- ✓ TeamWalking Loyalty Reward scheme *

Please note:

- Multi-day mountain expeditions and wild camping takes you into remote and mountainous areas, with the potential for adverse weather conditions. The walks will include uneven ground, rough and mountainous terrain, stream crossings as well as a number of steep ascents and descents. We will also be camping overnight in a tent in the mountains!
- A good level of fitness is required as you will be walking across mountainous terrain carrying a rucksack with your overnight gear, equipment and food (this rucksack will weigh approx. 12 - 15kg). *You can significantly reduce the weight of your rucksack by sharing a tent and some kit.*
- We will walk approximately 10 - 13 km (6 to 8 miles) per day, although this will vary with each expedition according to weather conditions, pace of the group, terrain etc.
- There will be plenty of rest stops throughout the day, as well as 30-mins for lunch.
- You will need to provide your own walking boots, sleeping bag, personal walking clothes and equipment as well as food for the expedition.
- Please provide your own travel to and from the meeting point, as well as any accommodation before and after the event.
- Mark Reid will carry a group first aid kit, water purification tablets, mobile phone, spare batteries and other emergency equipment.
- **Our courses are suitable for all ages.** Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.
- * Loyalty Reward issued at the event

**Final details of this expedition will be sent to you
approximately 2 weeks prior to the event**

ANY QUESTIONS?

info@teamwalking.co.uk / 01423 871750 / 07711 264019

APPENDIX

CAMP FOOD

We will provide you with a stove, gas canister, 'brew kit', cooking and eating utensils (mug and a 'spork'). As food tastes are quite personal and many people have allergies, intolerances or dislikes, then please provide your own expedition food.

You will need to bring:

2-day expedition

Lunch x 2
Evening meal x 1
Breakfast x 1
Snack food

3-day expedition

Lunch x 3
Evening meal x 2
Breakfast x 2
Snack food

SUGGESTED FOOD TO BRING

Look for low weight, high energy (calorie) food that is either ready to eat (after re-heating in its packaging; i.e. boil-in-the-bag) or just requires hot water to rehydrate. Ideally, you will be able to eat the prepared food out of a mug or straight out of the bag or packaging. Avoid bulky or easily damaged packaging, as well as food that requires cooking or complex preparation, and you don't want any washing up! *The following items are suggestions only, not a complete list.*

Lunch ideas

- Dried pasta lunches in a packet or small plastic container (such as Mug Shots, Pot Noodles etc)
- Heinz 'squeeze & stir' soup sachets
- Dried 'cup-a-soups'
- Mini cheeses
- Mini pitta bread
- John West 'Tuna Light Lunch Salads' (these can be stored at ambient temperatures)
- Fruit, such as apples, bananas etc

Evening meal ideas

- Boil-in-the-bag ready meals by manufacturers such as Adventure Food, Wayfarer, Look What We Found or Beyond the Beaten Track OR dehydrated meals (weight saving) by manufacturers such as Mountain House and Expedition Foods, which are surprisingly tasty.
- Boil-in-the-bag rice (a 62.5g bag will serve 1 person) or easy to prepare couscous or instant noodles that just requires boiling water
- Pitta bread or wraps
- Puddings – ready to eat custard or rice pudding in a pot, muesli bars, dried fruit, chocolate bars etc

Breakfast ideas

- Instant porridge pot
- Dried fruit
- Breakfast cereal bars

PLUS snacks, such as malt loaf, muesli bars, chocolate bars, dried fruit, chocolate raisins etc. Berocca tablets are a good idea to give flavour to your boiled mountain stream water (use one per day).