



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 Scotland or the Lake District, 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

9:30am or 10am - Meet to discuss the expedition and also check through the gear. We will always start from a village where there will be overnight parking available (with facilities).

10:30am - 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 an 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 the village, 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 the village, 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

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 and long-sleeved T-shirt to sleep in

Food & Water

- 1-litre water bottle
- Camp meals (see appendix below)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Brew kit (instant coffee, hot chocolate, teabags etc)
- Stove, gas canister, 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
- Insect repellent & deodorant
- Toilet roll
- Small First Aid kit for personal use, plus any medications you may take
- 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, phone etc...

PROVIDED KIT

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

- Lightweight backpacking tent (1 or 2 person tents)
- Self-inflating sleeping mat
- Stove & gas canister (*this stove will only boil water, and is not suitable to cook in*)
- Waterproof rucksack dry-bag
- Backpacking rucksack
- Head-torch
- Walking boots
- Waterproof outdoor clothing (jacket, over-trousers, gloves)

WHAT'S NOT PROVIDED

- 3-season sleeping bag (*with a temperature comfort rating of between 0 and -5 C*)
- Personal walking clothing and equipment (*such as base layers, fleeces, trekking poles etc*)
- Spoon & mug
- Brew Kit (*tea, coffee, drinks etc*)
- Camp food (see appendix)

Your fully packed rucksack will weigh between 12 - 15kg, including all camping gear, food and water.

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 Cumbria is a tolerated tradition as long as it is undertaken responsibly and you respect and protect the environment. Wild camping is permitted in Scotland as long as you follow the Scottish Outdoor Access Code.
- Camp high amongst the mountains (*ideally above 600m*) 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 essential.
- 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 a water filter
- 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, expedition rucksack, dry-bag*
- ✓ Cooking equipment - *stove and gas*
- ✓ Outdoor clothing and kit, 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).
- 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 camping equipment, sleeping bag, rucksack, walking boots, waterproof clothing, personal walking clothes, outdoor equipment and food/drinks 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 filter, 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.

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

ANY QUESTIONS?

info@teamwalking.co.uk / 07711 264019

APPENDIX - CAMP FOOD

We will provide you with a stove and gas canister (*if required*). Please provide your own eating utensils (mug and spoon). As food tastes are quite personal and many people have allergies, intolerances or dislikes, then please provide your own expedition food and drinks.

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 (boil-in-the-bag) or just requires hot water to rehydrate (dehydrated meals). 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.*

Here's a great website to get your food from: <https://basecampfood.com>

Lunch ideas

- Dried pasta lunches in a packet or small plastic container (such as Mug Shots, Pot Noodles etc)
- Heinz cup-a-soup sachets
- Mini cheeses
- Mini pitta bread
- John West 'Tuna Light Lunch Salads' (these can be stored at ambient temperatures)
- Dried fruit such as banana chips, dried apricots, dried mango, sultanas etc

Evening meal ideas

- Dehydrated meals are the best option (weight saving) by manufacturers such as Summit to Eat, Firepot, Adventure Food, Real Turmat or 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

Drinks ideas

- Half a dozen tea bags, instant coffee sachets, 'real coffee' bags, Hot Chocolate or Ovaltine sachets
- Berocca tablets are a good idea to give flavour to your boiled mountain stream water (use one per day).
- Milk sachets or small cartons of UHT milk, or a small bag of dried milk powder.

PLUS snacks, such as malt loaf, muesli bars, chocolate bars, chocolate raisins etc.