

# Winter skills in Cairngorm



G2 Outdoor  
[www.g2outdoor.co.uk](http://www.g2outdoor.co.uk)

## 2 Day programme

### Day 1:

On the hill looking at winter navigation, snow and avalanche awareness as well as the use of ice axe for self arrest and cutting steps.

All the time we will be talking about winter conditions and how to look after your selves and each other in the harsh conditions.

### Day 2:

Building on the experiences of day 1 we will look at the art of snow shelters. Either digging snow holes or the use of group shelters in winter.

We will also introduce you to the use of crampons on firmer snow and ice.

All courses are run by experienced qualified staff.

Some equipment is supplied although hard wear such as ice axes, crampons and winter boots are not. Hire can be arranged through us if needed.

Personal over night equipment such as sleeping bags and gortex bivvy bags are not.

A full equipment list will be sent out once booking is made.

## The 5 day programme

### Day 3:

Putting the skills in to practice on a journey in the hill for a full day you will get the chance to lead the group on short legs.

Lots more navigation practice and tips.

Route planning and packing for over night trips in winter.

### Day 4/5:

We will plan for an over night trip if the weather is suitable in a snow hole site or to a bothy in the mountains.

Looking at how we manage our kit and our selves in winter.

Cooking on multi fuel stoves and how to survive in the snow!

We pride ourselves on the level of our coaching. Winter skills and the environment within which we operate have risks. G2 take measures to reduce that risk. We would always recommend that you take out personal accident insurance before taking part in any adventurous activities.

Course fee  
2 day £120 and  
5 day £275

