

Cairngorms Expedition and Wilderness Medicine

2024 Itinerary and Kit List

Note on Accommodation:

We'll be staying at the Cairngorm Lodge Youth Hostel. You can choose from two options for accommodation. If you fancy a true wilderness experience, you can wild camp in the forest behind the hostel. Alternatively, you can choose to stay in a bunk inside. We highly recommend camping for at least one night of the trip for the most authentic experience. It's a great chance to test out your kit in cold weather, with the safety net of a warm bed inside if you get too cold.

Kit List:

If you've got any questions about the kit list, please get in touch. Scotland in January is chilly so make sure you have plenty of warm clothing. 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:-

Day pack - 30 – 40 litres with waterproof cover or liner

Waterproof jacket & trousers

Waterproof gloves (we'd recommend an inner pair, covered by a waterproof pair for warmth)

Water bottles – at least two litres

Thermal base layer - synthetic or wool, not cotton!

Head torch

Food and drinks

Personal med kit - for treating cuts & blisters

Good walking socks – wool or synthetic are best

Winter walking boots – these do not need to be the stiff kind that take a crampon, but they must be warm enough to keep your toes alive in -20°C

Gaiters

Windstopper / soft shell / fleece mid layer jacket

Spare warm jacket

Stretchy, wind proof, warm trousers

Hat

Sun tan lotion - yes, it can happen in Scotland

Sun glasses - sounds silly until you experience snow blindness

Thermal flask

Emergency whistle (essential - on a string around your neck)

Plate, mug & cutlery

*all medical kit will be supplied

Essential if you are camping:

Tent

Sleeping mat

Sleeping bag -20°C rated minimum

Camping stove with fuel

Optional:-

A sit-mat or camping chair (it can get damp)

If you have mountain kit e.g. ice axe, crampons, ropes and harnesses feel free to bring them. We will find opportunity to practice. Snow shovel (not essential, but if you have one bring it along)

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)

Ski goggles (optional)

Itinerary:

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

Day 1:

10:00 –

Please arrive at the **Cairngorm Lodge Youth Hostel** <https://goo.gl/maps/6qW11AbozG8ELYZRA>. If you're arriving by car please use the **Unique Expeditions Forum** to offer lift shares to those arriving in Aviemore by train.

If you want the full winter experience you'll have a chance to set your tents up a short walk from the hostel. A few tips – if you're worried your sleeping bag isn't warm enough, wear layers inside it including a down jacket and thick socks.

10:30 –

Welcome Briefing and Camping Etiquette

Kit inspection

12:00 –

Mountain Campcraft Tutorials and Practical's

13:00 -

Lunch (please bring packed lunches)

14:00 –

Example Medical Scenarios

Equipment Familiarity

16:00 –

Tea Break

16:30 –

Introduction to Wilderness Medical Simulation and Team Practice

19:00 –

Supper and your time is your own. If you choose the light option the hostel has a big communal kitchen to cook. If you want the full experience then getting familiar with making meals over gas in your camp is a good option.

Day 2: Meall a Bhuacaille Summit Attempt + Mountain Medicine Scenarios

06:30 –

You'll get the morning "Wake Up" call. Just enough time for breakfast, breaking camp and prepping your day bag. We'll be out all day so bring packed lunch, water and snacks.

07:30 –

Map Reading & Navigation Tutorial

Radio Communication Tutorial

08:30 –

Full Day Team Navigation Exercise & Medical Scenarios

You'll be taught basic rope work as well as mountain rescue techniques.

17:00 –

Return to the [Cairngorm Lodge Youth Hostel](#). You have time to get showered, warm, dry

18:00 –

Wilderness Medicine Stations (time allowing)

19:00 –

Games and festivities. Feel free to bring refreshments.

Day 3:

08:30 –

Wake Up Call

09:30 –

Today we will assess the weather and the feelings of the group. In the past we've used the day to practice shelter building, rope work practical's, mountaineering and glacial travel skills, avalanche drills, major trauma or mass casualty scenarios.

12:00 –

Prizes and goodbyes

13:00 –

Pack up and head home. Leave by 2pm.