

The Scotland Trip

Sunday 22 to Sunday 29 January 2023



- Welcome to the world of mountaineering
- Will be the first time for some of you
- But don't let that put you off
- It is amazing
- Annual Scotland Trip
- Winter Mountaineering
- UoBe Week
- Early start Sunday
- after Dilshad's the night before (tradition)
- Don't be me and have not finished packing before coming...
- Back late following Sunday

What is the Scotland Trip?



- A full week in Scotland!
- Nice bunkhouse
- Epic days
- Hopefully lots of snow and ice
- Great evenings
- Enjoying ourselves



- Playing in the snow

What will we be doing?



- Week of (hopefully) winter
 - Mountaineering
 - Climbing
 - Walking
 - Swimming
 - Igloo building
 - Socialising
 - Burns Night dinner
 - Visit a Bothy - explain
- Winter Skills Course
 - Next slide



- NONE!
- Winter Skills Course
- 2 day professional course
- with a Winter Mountain Leader
- Tom Green
- It will cost you only £50!
- Half the true price subsidized by the club (£50)
- Few questions on or attached to the sign-up form
- Why the club should give you the grant
- Sign-ups will not be so time sensitive
- Key attribute will be
 - Coming back in later years
 - as experience member/old git
 - Passing on the experience
 - Return on investment for club



Stuff to stay warm & safe

- Boots B2 or B3
 - cost
 - Second hand
 - Barely used, wrong size
 - Sold on Facebook, eBay, UKC, etc
 - More on that later
- Warm Socks
- Thermals
- Trouser
- Gaiters
- Fleeeces
- Warm hat & buff (under helmet)
- Gloves x2-3
- Full waterproofs
- Rucksack
- Down/synthetic jacket
- Head touch + spare batteries
- Ski Goggles
- Flask + Water bottles
- Survival Bag
- Dry bags/multiple tough bin bags/rubble sack
- Personal first aid kit
- Normal clothes/pyjamas

- Sleeping bag for a heated hut – might go to a Bothy or Bivi (optional) so if you have better
- **Club will provide**
- Harness
- Belay plate/carabiner
- Iced Axes
- Crampons
- Helmet

Places to look:

- Ask around
 - Family
 - Friends
 - Old ski clothes can work
- Ebay
- [UKC](#)
- [Sportpursuit](#)
- Go Outdoors (Good prices and 10% price match if you find it somewhere cheaper)
- Cotswolds (Ask committee for 15% discount code)
- TKMaxx (Just drop in regularly, they often have Craghoppers, Berghaus, and Mammut at a ridiculously low price)
- Full kit list will be shared



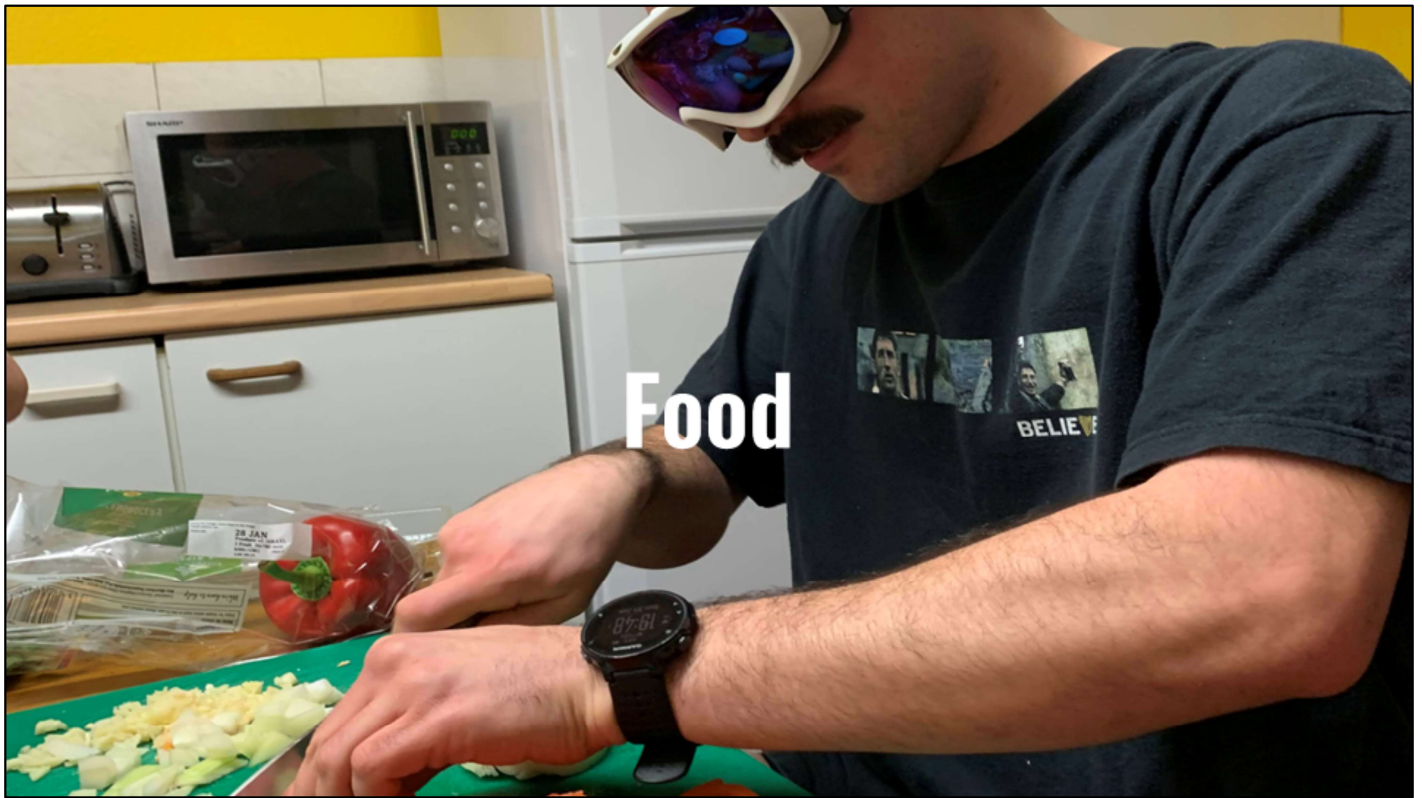
- Crampons
 - Ice axe
- Example



- Blackwater Hostel, Kinlochleven
- Near Glen Coe
- Bunkhouse
- various size rooms
- En-suite bunkrooms
- Two drying rooms
- Large fully equipped self catering kitchen



- Former Mountain Sec Teddy in a snow hole
- Former VP Nat topping out of a climb called Jakob's Ladder



Tea

- People form into
- Like minded food groups
- Cook together
- In rotation
- Wash up for each other
- Just collaborate
- It's a long week without help
- Cheaper too
- Food was amazing last year

- Other meals, whatever you want to do
- Snacks

Shopping

- Shop stop near end of journey up
- Co-op in the town
- or a shop en-route on way back from days out

What are the next steps?



- Signs up 7pm Thursday 10th Nov
- List release about 22nd Nov
- £100 deposit due 30th Nov
- Your place will be given away on the 1st Dec
- Unless you've told me directly (email ideally)
- a damn good extenuating circumstance, not an excuse
- The club has a lot of money on the line
- The biggest trip of the year financially
- Final payment mediately after January student finance
- Total including deposit will be about £220
- (£100 deposit + £120 final payment)
- Plus £50 for the Winter Skills Course

The Scrambling, Nav & Scotland Prep Trip

Friday 18th to Sunday 20th November

- Sign ups tomorrow 7pm
- Strength and Endurance Training Talk by Tom Green
- Equipment Talk
- Navigation Training
- And Scrambling



- Might happen if I have the time
- And room booking
- Else on Scrambling trip



- Rock up with your B2s
- We'll fit some crampon to them
 - Some fit better to others
- We'll tag them
- We'll keep them
- Then you'll be given them in Scotland for the week
- Return them at the end of the week
- Ice Axes and other equipment
- will also be issued in Scotland
- But you **must** state on the sign up form what you need

Scotland!

Sunday 22 to Sunday 29 January 2023

- Scotland summarised



- Any questions?

Adriana Brownlee

Trailblazing: Life, Lessons, and Growth in the Death Zone

**Next Thursday 7:30pm
Teaching and Learning Building
Lecture Theatre 2
£3 cash on the door**



- Next Thursday 7:30pm
- Adri Brownlee
- Speaking about her story
- Of climbing 10 of the 14 highest peaks
- In the world
- Attempting to be the youngest person to complete all 14 8,000m mountains
- An amazing talk in the Teaching and Learning Building Lecture Theatre 2, doors open 7:15pm
- £3 cash on the door
- Tickets online
- See social media
- Or our website

The Rick Allen Memorial Lecture

The Anatomy of a Himalayan Climbing Expedition

22nd February 2023

Former Stoa
Surgeon Rear Admiral
Andrew S Hughes



- Number of us got to meet Andy in the Alps
- This summer
- Superb story teller
- He has loads
- He's going to be tell you
- How to pull of your own Himalayan climbing expedition
- 14 expeditions under his belt
- Leader 5 of them
- Or if that doesn't interest you
- Just come for the audacious stories
- 22nd February

First British Woman to Climb Everest

Rebecca Stephens

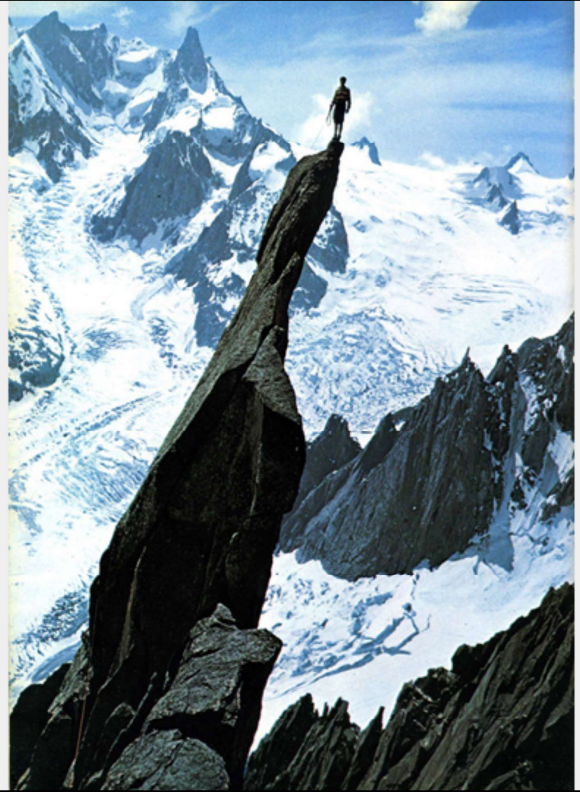
22nd March 2023



- In March we've got
- First British Woman to Climb Everest talking
- 90s
- First British woman to complete the seven summits
- As you can see cameras you took up mountains weren't great back then

UBMC x MAM Alpine Meet

Chamonix Valley, France
TBC June 2022



- Unofficial meet jointly with
- Midland Association of Mountaineers
- You've been using their huts this year.
- Going on joint meets with them
- Low House, Glan Dena
- Information Talk in January likely
- Conville course, MAM course
- Alps training weekend in the Easter Break



- The group of us on the MAM course
- Can do as much or as little of
 - Bouldering
 - Sport climbing
 - Trad climbing
 - Glacier travel
 - Alpine routes
 - And so much more
- Introduction to mountaineering
- Thank you for coming
- Psych is high?
- Sign ups these two Thursdays