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|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------|
| LEL3 Programme                           |                                                                                                                                                                                                                                                                       | Course: B/LCH/14292                             |               |
| Place: Long Mynd Adventure Camp, SY6 6PT |                                                                                                                                                                                                                                                                       | Date: 10-14/08/2026                             |               |
| Day1:                                    |                                                                                                                                                                                                                                                                       | Delegate Resources                              | Tasks         |
| 09.00                                    | <b>INTRODUCTION</b><br>Medical forms<br>Safety at centre<br>Use of centre<br>Who am I? & who are you?                                                                                                                                                                 |                                                 |               |
| 09.30                                    | <b>LEADERSHIP SKILLS</b><br>1. The courses: LEL & LWL<br>2. LEL's 3 sections & our plan – Tasks 1-10 + overnight exped (Day3+4)<br>3. Remit of qualification<br>4. Skills & responsibilities of a walk leader<br>Complete your skills audit (leave last column blank) | Laptop<br><br>Laptop                            | T1<br><br>T2a |
| 10.30                                    | <b>KIT – participants'</b><br>1. rucksack weight<br>2. walking clothes - +/- of diff clothes, layering<br>3. expedition kit<br>4. rucksack: size/packing/ fitting/comparing types<br>5. kit list                                                                      | Bring your boots<br>Rucksack<br>Waterproof coat |               |
| 12.00                                    | Lunch                                                                                                                                                                                                                                                                 |                                                 |               |
| 13.00                                    | <b>Kit – leaders'/supervisors'</b><br>What you need as a leader                                                                                                                                                                                                       | Bring waterproofs, rucksacks                    |               |
| 14.00                                    | <b>Cooking safely</b> on different types of stove                                                                                                                                                                                                                     |                                                 |               |
| 16.00                                    | <b>Expedition food &amp; drink</b><br>Produce a menu<br>Minor incidents – graze, blister, burn                                                                                                                                                                        | Laptop                                          | Menu T5       |
| 17.00                                    | <b>Importance of fitness for walking</b>                                                                                                                                                                                                                              | Laptop                                          | T4            |
| 18.00                                    | Evening meal                                                                                                                                                                                                                                                          |                                                 |               |
| 19.00                                    | <b>Positive impacts of walking</b>                                                                                                                                                                                                                                    | Laptop                                          | T6            |
| 20.00                                    | Finish for day, tomorrow's agenda + times                                                                                                                                                                                                                             |                                                 |               |
| Day2:                                    |                                                                                                                                                                                                                                                                       |                                                 |               |
| 08.30                                    | <b>Map reading 1</b> (Grid References, 1:25k, using scale, contours)                                                                                                                                                                                                  |                                                 |               |
| 10.00                                    | <b>Smart navigation walk</b><br>Pacing, timing, bearings, micro nav map reading, observation                                                                                                                                                                          |                                                 |               |
| 13.00                                    | Lunch                                                                                                                                                                                                                                                                 |                                                 |               |
| 14.00                                    | <b>Map reading 2</b> (1:50k, declination, diff map makes)                                                                                                                                                                                                             |                                                 |               |
| 15.30                                    | <b>Planning - a walk 1</b><br>Route card for Day4                                                                                                                                                                                                                     | Laptop                                          | RC            |
| 18.00                                    | Evening meal                                                                                                                                                                                                                                                          |                                                 |               |
| 19.00                                    | <b>Nav – using technology</b> – trackers & OS maps/locate                                                                                                                                                                                                             | Laptop                                          | T7            |
| 20.00                                    | Finish for day, tomorrow's agenda + times                                                                                                                                                                                                                             |                                                 |               |
| Day3:                                    |                                                                                                                                                                                                                                                                       |                                                 |               |
| 08.30                                    | <b>Half day walk</b> – leading & navigating                                                                                                                                                                                                                           | Bring packed lunch                              |               |
| 15.00                                    | <b>Planning – a walk 2</b><br>Risk assessment, planning, Emergency Action Plan                                                                                                                                                                                        | Laptop                                          | T8a           |
| 16.00                                    | <b>Expedition Plan</b>                                                                                                                                                                                                                                                |                                                 | Ex PI         |
|                                          | <b>Camp risk assessment</b>                                                                                                                                                                                                                                           |                                                 | RA b          |
| 17.00                                    | Evening meal                                                                                                                                                                                                                                                          |                                                 |               |

|                                      |                                                                                                                             |                 |        |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------|--------|
| 20.00                                | <b>Choose kit &amp; pack rucksacks</b>                                                                                      | Weigh rucksacks |        |
| <b>Day4:</b>                         |                                                                                                                             |                 |        |
| 08.00                                | <b>Full day walk</b> (bring packed lunch & carry loaded rucksack)                                                           | PCE reminder    |        |
| 16.00                                | <b>Tents &amp; camping protocols</b>                                                                                        |                 |        |
| 18.00                                | Evening meal – CAMP COOKING MANAGEMENT                                                                                      |                 |        |
| 19.00                                | <b>Evaluation of walk</b>                                                                                                   |                 | Eval W |
| 20.00                                | <b>Evaluate your leading of a day walk</b>                                                                                  | Laptop          | T9     |
|                                      | Sleep in tent 1                                                                                                             |                 |        |
| <b>Day5:</b>                         |                                                                                                                             |                 |        |
| 08.00                                | <b>Evaluation of camp</b>                                                                                                   |                 | Eval C |
| 08.15                                | <b>Reflecting on your expedition performance</b><br>Fill in your sheets + evaluation sheet 2                                | Laptop          | T10    |
|                                      | <b>Complete T2 skills audit</b> – last three blue boxes                                                                     | Laptop          | T2b    |
| 08.30                                | <b>Remote supervision management</b><br>Potential hazards, supervisor plan,<br>Emergency Action Plan for lost team & injury | Laptop          | T8b+c  |
| 10.00                                | <b>Planning walks + expeditions: the law &amp; best practice</b>                                                            |                 |        |
|                                      | <b>Industry + Organisation standards</b>                                                                                    | Laptop          | T3     |
| 11.00                                | <b>Fill in participant confirmed evidence</b>                                                                               | Laptop          | PCE    |
| 12.00                                | <b>DER check through</b>                                                                                                    | Laptop          | DERs   |
| 13.30                                | <b>Your future development</b>                                                                                              |                 |        |
| 13.45                                | <b>Post course requirements</b>                                                                                             |                 |        |
| 13.30                                | Debriefs                                                                                                                    |                 |        |
| 13.45                                | Course evaluation                                                                                                           |                 |        |
| 14.00                                | Clean up                                                                                                                    |                 |        |
| 14.30                                | Depart                                                                                                                      |                 |        |
| Times are not fixed – guidance only. |                                                                                                                             |                 |        |