LEL3 Programme		Course: *B/LCH/14885*	
Place: Long Mynd Adventure Camp, SY6 6PT		Date: 26-30/10/2026	
Day1:		Delegate Resources	Tasks
09.00	**INTRODUCTION** Medical forms Safety at centre Use of centre Who am I? & who are you?		
09.30	**LEADERSHIP SKILLS** 1. The courses: LEL & LWL 2. LEL's 3 sections & our plan – Tasks 1-10 + overnight exped (Day3+4) 3. Remit of qualification 4. Skills & responsibilities of a walk leader Complete your skills audit (leave last column blank)	Laptop Laptop	T1 T2a
10.30	**KIT – participants'** 1. rucksack weight 2. walking clothes - +/- of diff clothes, layering 3. expedition kit 4. rucksack: size/packing/ fitting/comparing types 5. kit list	Bring your boots Rucksack Waterproof coat	
12.00	Lunch		
13.00	**Kit – leaders'/supervisors'** What you need as a leader	Bring waterproofs, rucksacks	
14.00	**Cooking safely** on different types of stove		
16.00	**Expedition food & drink** Produce a menu Minor incidents – graze, blister, burn	Laptop	Menu T5
17.00	**Importance of fitness for walking**	Laptop	T4
18.00	Evening meal		
19.00	**Positive impacts of walking**	Laptop	T6
20.00	Finish for day, tomorrow's agenda + times		
Day2:			
08.30	**Map reading 1** (Grid References, 1:25k, using scale, contours)		
10.00	**Smart navigation walk** Pacing, timing, bearings, micro nav map reading, observation		
13.00	Lunch		
14.00	**Map reading 2** (1:50k, declination, diff map makes)		
15.30	**Planning - a walk 1** Route card for Day4	Laptop	RC
18.00	Evening meal		
19.00	**Nav – using technology** – trackers & OS maps/locate	Laptop	T7
20.00	Finish for day, tomorrow's agenda + times		
Day3:			
08.30	**Half day walk** – leading & navigating	Bring packed lunch	
15.00	**Planning – a walk 2** Risk assessment, planning, Emergency Action Plan	Laptop	T8a
16.00	**Expedition Plan**		Ex Pl
	Camp risk assessment		RA b
17.00	Evening meal		

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