

Welcome to the MMC!

www.themmc.org.uk

Here are a few notes for new & prospective members to help you know what to expect and what not to expect on your first few meets. It is by no means comprehensive so if you have any further questions please have a look at the club website or ask the meet organiser or a member of the committee.

- **Safety:** Everyone should be aware of the BMC (British Mountaineering Council) participation statement which applies to all MMC activities:

"The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

- **Accommodation:** In summer we camp. You'll need your own tent, sleeping mat and sleeping bag – and if you intend to eat at the campsite (rather than in a pub or café) you'll need eating/cooking gear & food. In the colder months we stay in huts or bunk houses. You will need to bring a sleeping bag, towel and your food – but not any cooking equipment.
- **Trad Climbing:** In summer most of the UK meets focus on traditional ("trad") climbing as the main activity. Climbing outside – and especially trad climbing - is a very different and more serious game than indoor wall climbing. Experience and training that you may have from indoor walls (no matter how good your technical grade is) is *not* enough to make you a safe outdoor climber as a second or belayer let alone leader. If you want to climb outside and don't have the skills then you are strongly recommended to go on a course such as those run by the National Mountain Centre at Plas-y-Brenin – www.pyb.co.uk. It may be that you pick up some of these skills from more experienced climbers by attending meets, but it's not something that we can promise or you can expect.
- **Climbing partners** are generally sorted out either the night before a day's climbing or first thing in the morning. This is also the time to discuss what the actual climbing involves and whether or not everyone has suitable gear. If you are planning to climb as a second or belayer then you'll be expected to have the following climbing kit as a minimum: Harness, shoes, belay device, nut key and helmet. If you're climbing regularly then you really should have a half rope and a few slings & screwgates too. If you are a lead climber then you'll know what to bring anyway!
- **Other options:** There are usually a number of people on each meet who choose not to go climbing and instead go on a walk, a scramble or go mountain biking depending on the location (and weather!). Check with the meet organiser what the other options are.
- **Mountaineering:** From late autumn through to early spring the focus of the meets is mountaineering. This may involve anything from easy walks to tricky scrambles to committing mountain traverses in winter conditions. If it's cold, snowy and icy enough then some may go winter/ice climbing. You should aim to be self-sufficient and prepared for whatever you plan to do - (ie warm clothes, waterproofs, map, guidebook etc). It's a good idea to sort out a route the night before and - if you are joining another group rather than forming your own - assess for yourself the length and difficulty against your own ability.
- **Further info:** There's a lot of good detailed information already on the MMC website. Click on [LIBRARY](#) and then look at [Information](#) at the bottom of the page. Or to go direct click on this - www.themmc.org.uk/info/climbsafe.htm - The BMC also has an excellent online guide "CLIMBING OUTSIDE" which you can find on their website www.thebmc.co.uk or on this link (<http://thebmc.co.uk/Download.aspx?id=17>)

MMC Committee
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