|  |  |  |  |
| --- | --- | --- | --- |
| Location | Weather Conditions | Tutors | Time (hours) |
| Deep into the Rhinogydd Mountain Range, Near Rhinog Fawr | Wind: (NE) 15 mph  Visibility: Poor further into route  Temperature: Highs of 12C and Lows of 4C  Conditions: Overcast / Rain | Susan Porter, Hamish Wilson | All day  Date: 08/03/2017 |

|  |  |
| --- | --- |
| **What I noticed or learned about:** |  |
|  |  |
| My **self** | The second day proved more of a challenge. However most of us were ready in good timings, It was a challenge to escape from the bowl like terrain our campsite was in and push on towarrds the rest of the journey. I had noticed that my knee was beginning to feel uncomfrotable but I did not want anyone to know in case the others felt that I could not continue. I had also learnt of my own endurance, the egocentric environment played key towards this day where each others challeneges had included the attention away from fatigue and hunger. I had also noticed the value of gaitors, had I been more aware of its use rather than mocking the item, my legs couldve stayed dry from the bogs. I was prepared for all weatheirng conditions where I was able to efficiently strip off layers whent the going got hard and re aquire more layers to keep warm and dry when suited. |
| **Others** in the Group | At the first leg of the journey, one member of the group had been unprepared and unorganised, this ulitmately fustrated the group, to a point where others had to re organise his rucksack, tell him when to drink, stop, walk and amend layers. There was no attention to peoples pacings and many were seperated for parts of journey, out of physical standerds or maybe out of fustrations. However, one member was a true morale booster, offering chocolate on a continuous basis, purely the highlight of my journey |
| The **environment** around me | I still argue that the same environment around me was aesthetically pleasing. It made me realise why so many people seek to go mountaineering. I was relaxed and finally for the first time in months I had escaped my society based problems and I was able to breathe. |
| **How I felt about the challenges:** |  |
|  |  |
| **Physica**l – e.g. comfort, fitness, skill acquisition, | I am physically prepared and I feel ready for this expedition. My skill acquisition may need to be finessed but I believe that may occur throughout my expedition where I have no choice but to use difficult manouvers. Night navaigation proved useful to improve on my basic navigational skills. |
| **Mental** – understanding, problem solving, | I was able to solve problems of navigation and I personally believe I have the ability to navigate effectively. |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | I felt fustrated by certain memebrs of the group but I choose to use this as a learning reference. |