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| Location  | Weather Conditions | Tutors | Time (hours) |
| Cader Idris | Wind: (W) 14mphVisibility: PoorTemperature: Highs of 6$°$C and Lows of 0$°$CConditions: Snow and Rain  | Fiona Nicolles,Dr. Mark Leather | 6 hoursDate: 05/03/2017 |

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| **What I noticed or learned about:** |  |
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| My **self** | This was the second day of the residential, our group decided to train and prepare for the expedition on the Mountain Cader Idris. The weather was formidable on the summit, so it was a good decision not to summit the mountain, it had allowed us however to focus on our steep walking techniques and pacing, at the same tie I had noticed and anticipated how I may feel on the expedition. To seek shelter from the snow we required a group shelter. Although this was essentially a thin plastic sheet, its use is extremely dynamic where it can be used as additional waterproofing for the rucksack, a ground sheet for the tent and a piece of essential saftey kit. Another thing that I had noticed was the my interpretation of the land. When leadeing the group up steep terrain my judgement was correct and my foot placements were seeking firm ground with little thought. However, this was only Summer Mountain Training, but it was still a learning point that will prove valuable for possible Winter Mountain Training.  |
| **Others** in the Group | I had seen who I may want to go on the expedition with, those who are effiecitient and physically capapble, I do not want to make this expedition an easy challenge. So observing my group peers was essential. I had noticed that one member of the group had already began to fustrate others in the group by his lack of competence and self sufficence. He did not want to take on steep terrain and for me who would not eb suitable in my group. However, if he does become apart of my group it may be useful to use him as a learning reference for potential expeditions where I may be leading inexperienced groups up similar mountains. At the same time, I believe the group as a whole co-operated in a good manner and morale was high. Something that I would like to keep throughout my expedition. |
| The **environment** around me | The 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:** |  |
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| **Physica**l – e.g. comfort, fitness, skill acquisition,  | I am physically prepared and I feel readty 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. |
| **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 had felt fustrated by the decision of not to summit, I feel that as a potential mountain leader, I need to experience te worst possible conditions. |