



## **LEAVE NO TRACE MASTER EDUCATOR™ COURSE**

### **COURSE DESCRIPTION/TRAVEL INFORMATION/EQUIPMENT LIST**

SHENANDOAH NATIONAL PARK VA

April 18 – 22, 2010

#### **COURSE DESCRIPTION**

During 5 days in this rich ecosystem, you will learn and teach the principles of Leave No Trace (LNT) and discuss wildland ethics. Your group will be a mixture of federal agency personnel, outdoor educators, guides and outfitters, outdoor retailers and private individuals. Courses are instructed by a NOLS Instructor/LNT Master Educator and an outdoor educator co-instructor, also an LNT Master Educator.

Hiking distances are short to moderate and mostly on established trails, though some portions of the route may be off-trail. Hiking routes are approximately 10-20 miles in length with significant time spent in classes and discussions. Pack weights are approximately 35-45 pounds. During this time of year, weather is extremely variable with temperatures ranging from nighttime lows in the 30's to daytime highs in the 80's. Snowfall may continue through the month of April and showers/thunderstorms can also occur. Course participants should monitor weather conditions and forecasts prior to arrival.

The course will meet at the Pinnacles Research Station in Shenandoah National Park at 8:00 am Sunday. The first day is spent in an indoor classroom and includes discussion of the history of the LNT program, an introduction to the LNT principles and final preparation for traveling in the backcountry. Your group will stay in the Pinnacles R.S. off Skyline Drive on Sunday night.

The backcountry portion of the course begins Monday morning with the next three nights spent in the field.

The course ends Thursday afternoon. To allow time for cleaning equipment, completing evaluations and awarding diplomas plan to depart no earlier than 2:00 p.m.

#### **Curriculum**

The Leave No Trace Center for Outdoor Ethics has designated NOLS and the Appalachian Mountain Club (AMC), Landmark Learning, Wilderness Education Association and Ninemile Forest Service Training Center as the principal educational providers of Master Educator Courses. NOLS brings over 40 years of experience teaching wilderness skills and leadership to the LNT Program.

Master Educator courses are informative, practical, hands-on and fun. You will learn skills and teaching techniques through lectures, skits and discussions in a spectacular outdoor setting. The course is designed for people who actively teach others outdoor skills or provide recreation information to the public and emphasizes three components:

- low-impact camping skills
- wildland ethics
- outdoor teaching techniques

### **Teaching Session**

Each participant will be required to present a short (15-20 min.) class on one of the LNT principles or how it relates to a specific activity, e.g., rock climbing or mountain biking. The class can be skills oriented or theoretical in content. Although some preparation time will be available once the course has begun, plan on having your presentation completed before arriving at the course location. If you have questions regarding class presentations please refer to the teaching information on the LNT website <[www.LNT.org](http://www.LNT.org)> or contact the NOLS Leave No Trace office.

### **Environment**

Shenandoah NP is an eastern deciduous forest. The park follows the heights and hollows of the Blue Ridge Mountains. Most of the trail you will follow is within Shenandoah's designated Wilderness— a place for physical and mental challenge, opportunity for solitude, and ultimate land preservation. With families residing in the park just 70 years ago, the interplay of cultural and natural history is a source of exploration and contemplation.

Wildlife is often observed – white tailed deer abound, and black bear precautions are necessary. Butterflies often adorn sweaty backpacks, and snakes sun themselves along streams and in potential campsites. Biting insects – mosquitoes, gnats and ticks – are a force to be reckoned with.

### **Food and Equipment**

You will cook, travel and sleep in smaller groups of 3-4 and be together as a single group for class presentations and discussions. Camping in small groups allows participants more opportunities to learn and practice Leave No Trace techniques. Group equipment, such as stoves, shelters and cook gear will be provided by NOLS and/or the course host (refer to equipment list for details on personal equipment). Food for the field portion of the course consists of typical NOLS rations including rice, pasta, grains and cereals and a variety of snack foods. Dry staples are supplemented with fresh fruits, vegetables, nuts and cheeses. If you have special dietary needs please notify the NOLS Leave No Trace office.

### **Enrollment Forms**

The following forms are available on the NOLS' LNT website <http://www.nols.edu/lnt> and must be completed and received by the NOLS Leave No Trace office prior to the start of the course:

- Course Application
- Self-Screening medical form - **including cardiac screening section**

- Insurance Form - all course participants must have some form of medical insurance
- Acknowledgement of Risk and Release form

**Payment and Cancellation Policies - PLEASE READ CAREFULLY!**

Course tuition is **\$830** and includes a one-year individual membership to Leave No Trace, instruction, group equipment, meals and educational materials. Partial scholarships are available through the Leave No Trace Center for Outdoor Ethics. Please contact the Center for details <sarah@LNT.org> or 800-332-4100

**TO ENROLL, A COMPLETED APPLICATION AND A \$100 NON-REFUNDABLE APPLICATION FEE ARE REQUIRED.**

**THE BALANCE OF TUITION IS DUE 45 DAYS PRIOR TO THE COURSE START DATE.**

**IF YOU CANCEL YOUR ENROLLMENT ON A COURSE FOR ANY REASON, YOU WILL RECEIVE A REFUND AS SPECIFIED BELOW:**

**PRIOR TO 45 DAYS BEFORE THE COURSE STARTING DATE, NOLS WILL RETAIN THE \$100 APPLICATION FEE.**

**BETWEEN 30-44 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 25% OF THE COURSE TUITION.**

**BETWEEN 15-29 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 50% OF THE COURSE TUITION.**

**LESS THAN 15 DAYS PRIOR TO THE COURSE STARTING DATE, AND ONCE THE COURSE HAS BEGUN, THERE WILL BE NO REFUNDS.**

**If you transfer from one course to another:**

- **45 or more days prior to the course starting date, there will be a \$25 processing fee**
- **44 days or fewer prior to the course starting date, regular cancellation policies will apply.**

**SAMPLE COURSE AGENDA**

**DAY ONE**

- Course begins @ 8:00 am.
- Introduction to the Master Educator Course, history of LNT, role of research in LNT
- Principles of Education
- Principle One: Plan Ahead and Prepare

## **DAY TWO**

- Breakfast, packing, shuttle to trailhead/put-in, travel to first camp.
- Principle Two: Travel and Camp on Durable Surfaces.
- Principle Three: Dispose of Waste Properly.
- Introduce "Action Plans".

## **DAY THREE**

- Breakfast, break camp, pack up, and evaluate impact. Travel to second camp.
- Principle Four: Leave What You Find
- Principle Five: Minimize Campfire Impacts
- Principle Six: Respect Wildlife
- Work on "Action Plans".
- Introduction to Trainer Course Material

## **DAY FOUR**

- Breakfast, break camp, pack up, and evaluate impact. Travel to third camp.
- Principle Seven: Be Considerate of Other Visitors.
- Wildland Ethics
- Share and discuss "Action Plans".

## **DAY FIVE**

- Breakfast, break camp, pack up, and evaluate impact.
- How to run a Leave No Trace Trainer course.
- Course Evaluations.
- Final thoughts.
- Travel out, award diplomas, course ends.

## **TRAVEL AND LOGISTICS**

### **Start Time and Location**

The course will meet @ 8:00 a.m. at the Pinnacles Research Station in Shenandoah National Park VA.

### **Travel Information**

- By Car: the Pinnacles Research Station is located between mile posts 37 and 38 on the Skyline Drive in Shenandoah National Park, Virginia. You may enter Skyline Drive at any one of four locations: from the north via US Hwy 340 at Front Royal Virginia (mile post 1), via US Hwy 211 at Thornton Gap (mile post 32), via US Hwy 33 at Swift Run Gap (mile post 66), or from the south end via Interstate 64/US Hwy 250 at Rockfish Gap (mile post 105).

Pinnacles Research Station is approximately .6 mile south of the Pinnacles Picnic Grounds. From the nearest park entrance on US Hwy 211 at Thornton Gap (mile post 32), head south on the Skyline Drive towards Skyland Resort. After passing the Pinnacles Picnic Area, slow down and look for an unmarked gravel road on the right. While the road is marked by a Do Not Enter sign, turn off Skyline Drive and travel to the station at the end of the road.

- By Plane: There are two airports which are similar in proximity to Shenandoah National Park; Washington Dulles in DC or Charlottesville VA. Both are served by a number of commercial airlines and are approximately a 1.5-hour drive from the Park.

### **Lodging**

Lodging for Saturday and Sunday night is available at Pinnacles Research Station at no cost. Beds are available in the cabin, but be prepared to spend the night in your sleeping bag and pad. In addition, accommodations are plentiful in Luray VA, approximately a 20-minute drive from Thornton Gap. For more information on lodging in Luray visit < <http://www.us-parks.com/lodging/va/luray-lodging.html> >.

### **Showers**

Showers are not available at Pinnacles R.S.

### **Storage**

You will be able to store vehicles at Pinnacles R.S. Personal belongings not taken into the field may also be stored inside the Pinnacles cabin.

### **In Case of Emergency**

Contact NOLS Headquarters in Lander WY @ 800-710-NOLS.

## **EQUIPMENT LIST**

### **GROUP EQUIPMENT (provided by NOLS and course host)**

- shelters - 3-4 tents or tarps
- cook stoves and fuel
- cook pots and frypans
- cooking utensils
- trowels
- bulk water containers
- water disinfection
- first aid kits
- repair kits
- maps

### **PERSONAL EQUIPMENT (provided by participant)**

#### **UPPER BODY CLOTHING**

- **2 - 3 insulating layers for the upper body.** These garments should fit comfortably over each other so they can be worn simultaneously. Cotton fabrics should be avoided since they have little insulation value when wet. Synthetic fabrics such as Patagonia Capilene® or Extend® are preferred.
- **Fleece Pullover or Sweater** - any secondary layer of 100 to 200 wt. polar fleece.
- **Synthetic or Cotton T-shirt** - to wear on warm days. Lightweight polyester or Coolmax® is encouraged because it dries more quickly than cotton.

- **Wind Shirt** - Nylon wind shell, preferably with a hood, (not waterproof) that fits comfortably over all upper-body layers. Gore-Tex is acceptable.
- **Rain Parka** - Gore-Tex or other laminates are recommended. Coated nylon or waterproof breathable jackets and parkas are acceptable. Ponchos are unacceptable.

### **LOWER-BODY CLOTHING**

- **Two insulating layers** that should fit comfortably over each other and underneath wind or rain pants. These should be light or medium weight base layer (long underwear) bottoms and either an expedition weight bottom or fleece pants.
- **Rain pants** - coated nylon or Gore-Tex rain pants. Gore-Tex pants may double as rain/wind pants.
- **Wind pants** - nylon shell pants.
- **Shorts** - lightweight cotton or nylon athletic shorts. These do not serve as an insulating layer.

### **FOOTWEAR**

- **Hiking Boots** - lightweight lugged-sole hiking boots that provide sturdy ankle support. (Packs generally weigh 35-40 lbs.).
- **Camp Shoes** - sneakers or lightweight running shoes to wear around camp.
- **Socks** - 75 to 100% wool, Merino wool, heavy rag type or synthetic/wool blends. Avoid cotton blends.
- **Gaiters** - not required but strongly recommended. Gaiters with double closure (i.e. both zippers and snaps) or 2" velcro.

### **BACKPACKS/SLEEPING GEAR**

- **Backpack** - Internal frame packs should have a volume of at least 5000 cubic inches. External frame packs should have a volume of at least 3500 cubic inches.
- **Sleeping Bag** - Down or synthetic bags with a minimum temperature rating of 30 degrees (depending on course location).
- **Sleeping Pad** - Thermarest® or closed-cell foam at least 3/8" thick.
- **Sleeping Bag Stuffsack** - compression stuff sacks are recommended for internal frame packs, and oversized stuff sacks are recommended for external frame packs.

### **MISCELLANEOUS CLOTHING**

- **Sun hat**
- **Fleece or Wool hat**
- **Mosquito headnet**
- **Neckwarmer**
- **Fleece or wool gloves**

### **MISCELLANEOUS PERSONAL GEAR**

- **Waterproof bag liners** - plastic trash compactor bags are sturdy and work well.
- **Personal Eating Utensils** - 1 each, cup bowl and spoon.
- **Disposable lighter or matches**
- **Water Bottle(s)**
- **Sunglasses**
- **Lip Balm and Sunscreen**
- **Insect Repellent**

- **Toilet Articles** - toothbrush, toothpaste, comb, brush, skin lotion, etc.
- **Bandanna**
- **Watch**
- **Flashlight or Headlamp**
- **Pocket Knife**
- **Notebook and pen/pencil**
- **Camera/Film**

### **CONTACT INFORMATION**

NOLS Leave No Trace  
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