



National Outdoor Leadership School India

Course Description – Trip Leader Course

Minimum Age: 18 years.

Course Size: 10- 12 students and 2 Instructors

Course Area: Kumaun/Garhwal Himalaya

NOLS India has developed a 21-day **Trip Leader Course** in true NOLS expedition style that offers additional emphasis on outdoor teaching techniques. This course is designed to develop outdoor skills and leadership; it offers a comprehensive experience in the methods and philosophy of NOLS.

The course begins and ends at Ranikhet. On Day 1 your instructors will review your clothing and equipment and assist you with any needed items. The day will include packing food and organizing the group equipment of tents, stoves and cook gear. The next day you will travel by jeeps to the roadhead. From then on it will be a self-contained expedition, where a positive attitude towards group dynamics and safety will ensure the success of the course.

Initially, the classes will cover the basics of camping, cooking, stove use, map reading, “Leave No Trace” techniques and sanitation, all fundamental skills for living comfortably and sensibly in the outdoors. During the course, you will live with two or three other students in a “cook group”. These small groups help you disperse your impacts on the land and enable you to master the art of backcountry cooking and living. In typical NOLS style, each “cook group” will cook their own food for the duration of the course.

As the course progresses, you will take part in formal, informal classes and discussions that will include natural history, land management, cultural issues, wilderness ethics, leadership, expedition behavior and outdoor teaching techniques. Each student is expected to teach at least one class and will benefit from critique by their colleagues and instructors.

Come prepared for long hard days and challenging terrain. Your backpack will be heavy, weighing up to 20 kilos. During the course you may cross rivers, walk on teetering boulders and sweat your way up high mountain passes. You may travel over steep slopes of snow, loose rock and exposed mountain trails. Prudent route selection and adherence to NOLS safety practices will minimize risks from the dangers of moving water, falling rock, falls on steep terrain, avalanches, altitude and harsh weather. You will be trekking in a remote area, far away from amenities like telephone, ambulances and hospitals. For these reasons, evacuation is difficult and may take several days.

Identifying and managing mountain hazards will be a constant theme of the instruction. Managing risks and assuming responsibility for yourself and your colleagues will help make this course a healthy and rewarding experience.

During the course, there will be opportunities for ongoing critique. At the end, there is a more formal evaluation process. Each student is provided with a written evaluation by their instructors and the students in turn, get to evaluate their instructors and the program. Upon the successful completion of the course, each student receives a NOLS diploma.