

# Course Description

## Spring Semester in the Southwest

### Features of This Course:

- Backpacking, rock climbing, canoeing and independent student expedition
- Group Size: up to 16 Students / 3-5 Instructors
- Average Age: 20
- Minimum Age: 17
- Average Pack Weight: 45-50 pounds
- Elevations of 2,500 - 10,700 ft.
- Wilderness First Aid (WFA) Certification from Wilderness Medicine Institute of NOLS

### The Expedition

This semester spent in the outdoors involves 88 days camping out, exploring the Southwest, developing skills, making friends, pushing yourself and having fun. National Outdoor Leadership School (NOLS) Semesters in the Southwest are divided into sections that will take you from the canyons of the Rio Grande to the Ponderosa Pine forests of the Gila Wilderness. You will find yourself jamming your hands and feet into granite cracks and using a compass to find your way in the vast wilderness. Along with natural history, you'll discover the desert's rich human history and have plenty of time to travel through the areas inhabited by these ancient cultures. In this land of frequent sun, you'll also be able to learn the skills—backpacking, climbing and canoeing—and get to finish the semester with a student expedition, the highlight of the semester for many students.

The semester is comprised of four different sections, in addition to a Wilderness First Aid (WFA) course. These sections, which last from two to four weeks, include backpacking, rock climbing, canoeing and a backpacking student expedition. Between each section, the course will either pass through NOLS Southwest's facility or stop at a campground in Texas, Arizona, New Mexico or California. Each semester section will end with student evaluations.

The launch point for your expedition, NOLS Southwest, is located on ten beautiful acres dotted with Saguaros and close to national forest land. From here, you'll watch raptors soaring above, listen to coyotes howling at night, and enjoy the famous desert sunsets. NOLS Southwest is a small facility, with tight-knit and friendly staff, who live and work at the facility and enjoy being part of the students' experience. Many are former NOLS semester graduates, creating a comfortable, supportive atmosphere with excellent personalized service.

### Wilderness First Aid Section

The semester curriculum starts off with a Wilderness First Aid (WFA) course that focuses on first aid training specifically applicable to wilderness situations. Staff from the Wilderness Medicine Institute of NOLS will teach this course. Fast-paced and hands-on, this 2½-day course covers a wide range of wilderness medicine topics for people who travel and work in the outdoors. This course is pre-approved by such organizations as the American Camping Association, the US Forest Service, the US Coast Guard and other governmental agencies. Those with previous wilderness medicine training may also use this WFA course for recertification. We recertify current cards from the following organizations only: WMI of NOLS, SOLO and WMA.

### Backpacking Section

Your first section will be backpacking. During this section you'll practice outdoor living skills, wilderness travel techniques, minimum-impact camping, leadership, and teamwork. Water can be scarce and it may be necessary to carry it from camp to camp. As the section progresses, longer hiking days, off-trail travel and navigation and experimenting with the opportunity to lead your peers will challenge you. These challenges become rewarding as you learn the art of living comfortably in the wilderness. When you are not hiking, you'll spend time learning about the natural world, human history, astronomy, or backcountry baking.

This hiking section will take place in the Galiuros and Santa Teresa Wilderness of Arizona. You will hike through two of the many mountain ranges called sky islands. This name comes from the fact that these ranges are isolated pockets of alpine vegetation and lush forests surrounded by barren desert basins. Here, you will hike through ponderosa pine, oak, and manzanita while looking out over stark deserts below.

## **Canoe Section**

The towering canyon walls of the Rio Grande provide your introduction to canoeing skills and river travel. Traveling the river in canoes will give you an opportunity to experience wilderness travel on water. The river section launches from Big Bend National Park and the take-out is more than 100 miles and two weeks downstream. This section of the Rio Grande flows in a gradual progression from flat water to occasional class II or III rapids. Depending on student abilities, some of these rapids will be run in canoes, while the more difficult stretches will be portaged. Portaging around rapids is a normal and useful canoeing skill. You should expect the vast majority of travel to be on flat water along this winding desert river.

This Chihuahuan desert region is rich in both human and natural history. Land-based explorations of side canyons and the Chihuahuan desert are integral elements of this section. Classes will include water risk management, river dynamics, scouting and river rescue. There may be potential for a “solo,” discussed below, on this section.

## **Rock Climbing Section**

Up to twenty-four days of your semester will be spent on the climbing section. This time is spent exploring Cochise Stronghold, one of the best climbing areas in the country. The focus of the section is developing responsible, competent and confident climbers. You'll concentrate on a series of skills that begin with basic risk management and movement on rock, rope handling, and knot tying and then progress to belaying, top-roping, multi-pitch climbing, rappelling, anchors, and protection placement. Each student has the opportunity to progress at his or her own speed. The instructors emphasize developing a responsible, positive attitude toward climbing that will help you build upon your own natural abilities. If students are ready, there may be opportunities to practice lead climbing. NOLS has set standards by which we evaluate each student's readiness and ability before allowing them to lead climb.

Our emphasis on leadership will continue during this section in the form of personal leadership. You'll be encouraged to set appropriate goals and to work hard to accomplish those goals, whether it's learning how to place protection, setting up a top-rope anchor, or even learning to lead climb. It's up to your efforts whether you accomplish these goals.

During non-climbing days you might be resting your muscles, but you'll likely stay active learning cliff rescue techniques around base camp, bird watching or going for a hike among the many granite domes.

Other popular activities on this section, either before or after climbing, are stretching, yoga and jogging with other students or instructors. You'll also learn how to base camp in style and when you're ready to go on a climbing road trip after your course, you'll have all the skills you need to live well.

## **Independent Student Expedition**

The final section of your southwest semester will be focused on running your own student-led expedition in the Gila Wilderness. Before heading into the field, your semester group will have the opportunity to plan your hiking rations, gear and route. This component is unique to southwest semesters and allows you to put to use all of the skills you have learned on your course. Student expeditions will last anywhere from three to seven days and the instructors may be up to 24 hours away from the student expeditions. The Gila hiking section is an exciting adventure spent exploring the first federally designated wilderness area in the United States. This is home to an unusual diversity of plants and animals that range from desert-adapted species to those more commonly found in northern latitudes. The human history of the Gila dates back thousands of years, to the time when it was the home of the Mogollon civilization. Evidence of these prehistoric cultures can be found while traveling through the area. The Gila also served as a refuge for Geronimo and his band of Apaches. A highlight for many students on this section is the opportunity to soak in hot springs along the Middle Fork of the Gila River.

## **Student Independence**

On all NOLS courses, students will be independent (unaccompanied by instructors) at various times. This will include time in and around camp such as while cooking or performing camp chores. Instructors may allow students to travel away from camp. Away from the field, students often have independent unsupervised time, usually in town, before and after their course starts or between sections of semesters.

## Independent Student Group Travel

An emphasis of this course is the development of skills that permit you to be self-sufficient in remote backcountry areas. Our teaching progression for accomplishing this is carefully planned and executed. Initially, travel groups, usually of four to six students, will include an instructor who will teach travel skills and leadership. Gradually, as you gain proficiency, the instructors will allow you to take on more responsibility and make more of the decisions. When you have demonstrated the necessary competency to the instructors, you may travel in student-led groups without instructors for a day at a time as you hike from camp to camp. We call this daily independent student travel and it is an effective educational tool. It allows you to practice travel skills and leadership and gives you responsibility for the outcome while still having indirect supervision by instructors and the benefit of the NOLS support systems.

This course may culminate in an Independent Student Expedition. After successful practice with daily independent student travel and if your instructors think your group is ready, the instructors will help you divide into student expedition groups (usually three to six students each). With instructor oversight, each group will then select a leader and carefully plan and execute a multi-day independent student-led expedition. This part of the course builds on the skills you've learned and practiced and allows you to travel without instructors for typically three to seven days. Students are aware of where the instructors and the other student groups are planning to travel and camp. Each Student Expedition group will carry an emergency locator beacon that when activated in the event of a serious emergency will initiate a response from local search and rescue agencies. The instructors, with a satellite phone, may be up to 24 hours away from the students. Our students often say the student expedition was the highlight of their course.

## Solos

On this course you may have an opportunity to do a solo when you spend a day and night alone. There is no hiking during the solo. Many people find this experience a good way to reflect on the course and immerse themselves in the environment.

## Course Format

The transitions between sections are kept as short as possible to allow us to maximize our time in the wilderness. The bulk of your time in-town will be spent reorganizing gear, meeting new instructors, and doing personal laundry or other errands. This is the time when mail is received, telephones and internet are accessible, and you may even bask in a little free time.

Typically, different instructors work each section in order to have the most qualified staff for a particular skill area. One instructor, a course proctor, will remain with the group for the entire semester. This instructor is the key liaison between you and the NOLS community and will provide consistency between sections.

While you are in the field, you'll live with two or three other students in a cook group. These small groups help disperse the impact on the land and enable you to master the art of backcountry cooking and living. You'll also travel in small groups, usually of four to six. Initially, these groups will include an instructor, but later in your course—once you know the intricacies of map reading, route finding, and hazard evaluation—students often travel in small groups on their own. NOLS is a school and in addition to the practical experiential learning activities there will be formal sit-down classes presented during the day or in the evening.

NOLS Southwest reserves the right to make changes to course area locations due to unforeseen circumstances such as forest fires, permit restrictions and/or other unusual circumstances.

## Weather and Other Challenges

The Southwest can be host to extremes in temperature and weather conditions. **Though warm, mild weather is typical, students should expect anything from monsoon rains and extreme heat, to snow, wind and subfreezing temperatures.** During the months of January and February subfreezing temperatures are common, especially at night. Please make sure you are bringing the appropriate gear from our equipment list to help you keep warm in these conditions. Sometimes these weather changes occur in a matter of minutes, other times storms or cold temperatures can last for days. There will be times when you are cold, wet and tired, but you'll learn to manage these situations. You might even find yourself smiling while you do. In time, your personal adaptation to varied conditions will help you understand and appreciate the remarkable flora and fauna that make the Southwest such a special environment.

All areas you will be travelling in are rugged desert mountain ranges characterized by deeply incised canyons, steep slopes, rocky terrain and shear cliffs. Travel in the backcountry can at times be exclusively off-trail, requiring constant attention to

route finding. The rock is loose and easily breakable adding to the challenge of hiking. While in the backcountry, we will be far from roads and telephones. In the event of an accident or illness, it may take several days to get to a medical facility.

The Southwest is home to rattlesnakes and other potentially harmful insects and reptiles. Various species of cactus and other plants with sharp spines make it a challenge to avoid becoming a human pincushion. An important part of the curriculum is learning to identify these hazards in order to reduce the chance of injury.

Water is the life-blood of the desert. Your hiking routes are typically designed to go from one water-source to another. These water sources are either mountain streams, man-made “tanks”, or naturally occurring pools found deep in the clefts of the rocks. Often it is many miles between water sources and it may be necessary to carry a day’s supply of water between camps. The Southwest has been experiencing drought conditions for the past few years. If water shortages dictate a change, the location might be moved to another wilderness area for the backcountry portion of this course.

### **Risk Management**

Identifying and managing the hazards of moving water, falling and rolling rocks, weather, animals, and steep terrain will be a constant theme in our instruction. The consistent practice of risk management techniques and assumption of responsibility for yourself and other group members will help make your expedition in these wild, beautiful, and untrammled mountains and wilderness areas healthy and enjoyable.

### **Physical Challenge and Fitness**

Physical challenge is not necessarily a goal for a NOLS course but they are physically demanding. Each section of your NOLS course will offer different levels and types of physical challenge. For more information, please see the Physical Conditioning page of your enrollment packet.

Physical challenges of the semester include backpacking both on and off trail in steep rugged terrain. Spring courses in the Galiuros and Gila may take you through waist-deep snow. All Gila hiking routes include numerous river crossings that are done by wading through ankle to waist-deep moving water. Rock climbing is taught on vertical cliffs and the approaches are often over steep rocky terrain. On the Rio Grande, you will be paddling for many hours a day and there may be times where you will need to portage your canoes, and gear, for up to a mile to avoid larger rapids. In all the areas traveled during the semester, numerous species of sharp spiny plants are common. Rattlesnakes and scorpions are some of the potentially harmful animals, which students will learn to recognize and avoid.

### **Group Living**

The semester is long—nearly three months. One challenge which is difficult to explain, but is perhaps the most important to the experience, is the challenge of living, working and learning with the same people day in and day out. You'll become very close to your fellow expedition members and perhaps some long lasting friendships will be formed. Expedition Behavior, the ability to get along with the other members of the group and function as a team, is a vital component of the NOLS curriculum and the semester experience. This aspect of the course will be a continuing theme throughout the semester.

### **Personal Electronics**

A key element to a NOLS education is time spent in wilderness. The benefits of this include being closer to nature, time away from society and civilization, and being in an environment where natural forces predominate and students have the opportunity to develop good judgment and practice self-reliance. NOLS does not permit students to use personal cell or satellite phones or other communication devices including personal locator beacons (e.g. SPOT), while in the field. Additionally, students are not permitted to take personal music players (iPods, MP3 players, CD players, etc). Instructors will be carrying sufficient communication equipment (usually a satellite phone) to handle any emergencies that may arise.

### **Drug and Alcohol Policy**

The use of any type of illegal drugs, alcohol or tobacco is strictly forbidden during your course – this includes during the time in town between your sections for the duration of your course. The alcohol policy applies to all students. **Students in violation of the drug and alcohol policy will be expelled from their course. No second chances are given.**



## Course Objectives

Each course is unique due to variables such as route, group dynamics, fitness levels and environmental conditions. Working with these variables, it is our intent to see each student accomplish the following outcomes:

### Risk Management, Judgment and Decision Making

NOLS teaches wilderness users to practice responsible habits that promote the health and well being of self and others. Each student is expected to:

- Demonstrate a developing knowledge of the hazards in mountain, desert and river environments.
- Recognize and minimize risk to self and others.
- Understand emergency procedures for the environment.
- Demonstrate competent first aid skills.
- Use developing experience and judgment to implement sound decisions and follow them through to completion.

### Leadership and Teamwork

Students are exposed to the theory and practice of outdoor leadership, teamwork and expedition behavior. At NOLS, expedition behavior involves commitment to the group, a positive attitude and cooperation to achieve goals. Each student is expected to:

- Influence the group in a positive way and support a positive learning environment.
  - Work effectively as a member of a team.
  - Communicate clearly, actively listen and state personal opinions with clarity.
  - Accurately identify personal strengths, skills and areas for growth in developing outdoor leadership styles.
  - Take responsibility for learning through setting and attaining personal goals.
  - Appropriately manage conflict.
  - Use abilities and initiative in a leadership role with peers.
  - Use appropriate situational decision making skills.

### Outdoor Skills

At NOLS, our students learn to live and travel in the wilderness within a framework of personal well being and care of the environment. Each student is expected to:

- Live comfortably in mountain, desert and river environments, including the ability to camp, cook and dress for varied conditions with minimum impact.
- Travel competently in mountainous, desert or river terrain using off-trail navigation, hazard evaluation, backpacking and river-crossing techniques.
- Experience basic rock climbing and canoeing techniques.
- Demonstrate ability to be organized and efficient with gear.
- Consistently arrive prepared for daily events.
- Demonstrate responsible use and care of personal and group equipment.

### Environmental Studies

Students develop awareness of how to apply minimum-impact ideas to their lives after the course. Each student is expected to:

- Practice sound *Leave No Trace* camping and travel skills.
- Use basic observation and interpretive skills to demonstrate an understanding and respect for the natural world.
- Understand the history, facts and potential solutions to relevant environmental issues.
- Demonstrate basic knowledge and respect for local and ancient southwest cultures.
- Understand basic organization and responsibilities of land management agencies.

**As a result of the course, we expect our students to be responsible, competent, wilderness travelers and leaders.**

