



LEAVE NO TRACE MASTER EDUCATOR™ COURSE COURSE DESCRIPTION/TRAVEL INFORMATION/EQUIPMENT LIST

OUACHITA NATIONAL FOREST ARKANSAS

October 4 – 8, 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 a federal agency 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 10-15 miles in length with significant time spent in classes and discussions. Pack weights are approximately 35-45 pounds. Weather will probably be mild and dry with temperatures ranging from nighttime lows in the 40s to daytime highs in the 70s. Be prepared for mornings that can be very cool. Fall weather systems from the Southeast can generate severe thunderstorms and even tornadoes. Stream crossings along the route are numerous.

The course will meet at Camp Clearfork, just west of Crystal Springs, AR at 8:00 am on Monday (see travel information for directions). 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. Please note that this is an unheated classroom that can be quite chilly. Your group will stay at Camp Clearfork on Monday night.

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

The course ends Friday 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 class prepared 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> or contact the NOLS Leave No Trace office.

Environment

The Ouachita National Forest is 1,775,721 acres located in west-central Arkansas and southeast Oklahoma. The location for the course will be Caney Creek Wilderness on the southern edge of the forest. This 14,460-acre Wilderness is characterized by clear streams flowing year-round, picturesque rock outcroppings, and sharp ridges that afford outstanding panoramic views. The mixed hardwood and shortleaf pine forest will be showing fall colors in October. Caney Creek will be an excellent backdrop for learning and teaching the principles of LNT and discussing wildland ethics. The wilderness management program over the last ten years has rerouted trails sections, re-vegetated campsites, and contacted visitors in the Wilderness about LNT practices.

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 website <http://www.nols.edu/lnt/enroll.shtml> 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 Laura Nilo at the Center for details <laura@LNT.org> or 800-332-4100 x106.

- **TO ENROLL, A COMPLETED APPLICATION AND A \$100 NON-REFUNDABLE DEPOSIT 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 DEPOSIT.**
- **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**
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- **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. Monday October 4, 2010 at Camp Clearfork, just west of Crystal Springs AR.

Travel Information

By Car: For specific information on routes to Ouachita National Forest access their website at <www.fs.fed.us/oonf> or <www.arkansas.com>. Camp Clearfork is located on US Highway 270, 20 miles west of Hot Springs, Arkansas. For additional information call the forest information center at (501) 321-5202.

Camp Clearfork does not have a physical address to search an online map. However, it is just 2 miles west of Crystal Springs, a small community on Highway 270. There is a sign for Camp Clearfork on the left side of the road. If you pass this, 200 yards later you will see a sign for Charlton Recreation Area. You will be able to turn around there and head back to Camp Clearfork

By Plane: If you plan on flying, Little Rock has a full service airport. It is 70 miles from Little Rock to Camp Clearfork.

Lodging

On Sunday and Monday night you may stay at Camp Clearfork. The camp has cabins with beds, a full service kitchen and restrooms with showers. The cost is included in your tuition. Please remember that you will be responsible for your meals Sunday evening and Monday morning.

Showers

Showers are available at Camp Clearfork. **Please bring your own towel.**

Storage

You will be able to store vehicles and personal belongings not taken into the field at Camp Clearfork.

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 (chemical, if you prefer a water filter please bring your own)
- 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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