



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

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

Location: Seattle, WA & San Juan Islands, WA

Date: September 14-18, 2009

### **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 National Outdoor Leadership School (NOLS) Instructor/LNT Master Educator and a co-instructor, also a LNT Master Educator.

Sea kayaking distances are short to moderate and on the established Cascadia Marine Water Trail. Sea kayaking routes are approximately 5-10 nautical miles in length with significant time spent in classes and discussions. Weather will be variable with temperatures ranging from nighttime lows in the 30's to daytime highs in the 70's. Precipitation is possible any time of year.

On September 14th, the day your course begins, we will meet participants before breakfast at 7:00 a.m. at both of the following locations in Mount Vernon, WA the DAYS INN and the BEST WESTERN/COTTONTREE INN. Directions are included at the end of this document. 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.

The course will travel to camp at Washington Park, Anacortes, WA. The backcountry portion of the course begins Tuesday morning with the next three nights spent in the field. The group will paddle to Cypress Island, Camp on West side of Cypress Is. NOLS will provide transportation to and from the course.

The course ends following the group's return to the NOLS facilities in Conway Friday afternoon. There will be time to clean equipment, complete evaluations, and award diplomas. Participants will depart the NOLS Facilities by 4:30pm for Mount Vernon.

### **Curriculum**

The Leave No Trace Center for Outdoor Ethics has designated NOLS as a educational provider 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 minute) class on one of the LNT principles and how it relates to sea kayaking. 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](http://www.LNT.org)> or contact the NOLS Leave No Trace office.

### **Environment**

Located about 80 miles north of Seattle, the San Juan Islands are a prime destination for paddlers. There are approximately 172 islands in all with the four largest and most populated being San Juan, Orcas, Lopez, and Shaw. Some of the smaller islands are privately owned. The islands are the remaining mountaintops of a receding continent and are generally quite fertile, hilly, and full of wildlife. At 2409 feet, Mount Constitution on Orcas is the highest point and features a stunning panoramic view of the area.

### **Food and Equipment**

You will cook 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. 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, meats, tofu, 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 and LNT websites 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 <[laura@LNT.org](mailto:laura@LNT.org)> or 800-332-4100

- **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 – subject to change**

#### **DAY ONE**

Course begins @ 7:00 AM  
 Introduction to the Master Educator Course, history of LNT, role of research in LNT  
 Principles of Education  
 Principle One: Plan Ahead and Prepare  
 Travel to Anacortes

#### **DAY TWO**

Breakfast, launch and paddle to first camp  
 Set up 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  
 Paddle 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  
 Paddle 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  
 Paddle back, award diplomas, course ends

### **TRAVEL AND LOGISTICS**

### **Start Time and Location**

The course will be meeting @ 7:00 AM on Monday, September 14th at the Mount Vernon DAYS INN and BEST WESTERN/COTTONTREE INN

### **Storage**

You will be able to store personal belongings not taken into the field at the NOLS PNW facilities. Parking will be available for unused vehicles near the NOLS PNW facilities.

### **In Case of Emergency**

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

## **EQUIPMENT LIST**

### **GROUP EQUIPMENT (provided by NOLS)**

shelters - 3-4 tents or tarps  
cook stoves and fuel  
cook pots and fry pans  
cooking utensils  
trowels  
bulk water containers  
water disinfectant (chemical, if you prefer a water filter please bring your own)  
first aid kits  
repair kits  
maps

### **KAYAKING GEAR provided by NOLS**

**Touring/Sea Kayak**  
**Paddle**  
**PFD**

### **Kayak Clothing**

**Paddle jackets – Rentable from NOLS**

### **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. No cotton is to be worn when on the water. 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.

**Heavy duty storm jacket and bibs**

#### **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. Again, no cotton is to be worn while on the water.

**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**

**Kayaking Shoes** – appropriate footwear for kayaking.

**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.

### **SLEEPING GEAR**

**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**

**Neck warmer**

**Fleece or wool gloves**

**Paddling 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.

**Water Bottle(s)**

**Sunglasses**

**Lip Balm and Sunscreen**

**Insect Repellent**

**Toilet Articles** - toothbrush, toothpaste, comb, brush, skin lotion, hygiene products.

**Bandanna**

**Watch**

**Flashlight or Headlamp**

**Pocket Knife**

**Notebook and pen/pencil**

**Camera/Film**

**Collapsible Umbrella**

**Thermos**

## **TRAVEL & LOGISTICS**

We look forward to meeting you at the start of your course and hope the following information will help you get here with a minimum of difficulty and expense. The Pacific Northwest Branch headquarters is located in the rural town of Conway, 60 miles north of Seattle. Plan to arrive in Washington State the day before your course begins and make your way to nearby Mount Vernon.

### **Meeting Time and Location**

On September 14<sup>th</sup>, the day your course begins, we will meet students before breakfast at **7:00 a.m.** at both of the following locations:

DAYS INN

2009 Riverside Drive

Mount Vernon, WA 98273

360-424-4141 or 800-329-7466

BEST WESTERN/COTTONTREE INN

2300 Market Place

Mount Vernon, WA 98273

360-428-5678

If you have any problems on arrival day, you will be able to inform us at NOLS - Pacific Northwest, telephone: 360-445-6657.

### **Airport Shuttle Services**

Bellair Charter Airporter Shuttle (866-253-5247 or 360-380-8800 or [www.airporter.com](http://www.airporter.com)) offers van service from Seattle-Tacoma Airport to the CottonTree Inn in Mount Vernon for approximately \$30 one way or \$50 round trip. It is a 1-block walk to the Days Inn from the CottonTree Inn. There also may be additional charges for extra volume baggage. Reservations are necessary. The first northbound Airporter departs SEATAC at 6:00 AM and the last northbound Airporter departs SEATAC at 11:30 PM.

### **Automobile**

Excellent highways serve our area so getting to the meeting location is easy. From Interstate-5, take the College Way exit (#227) for Mount Vernon. Head east on College Way to Riverside Drive (second set of lights). Turn left onto Riverside Drive, heading north. The CottonTree Inn is about 1/2 mile down on left. We will meet you at the CottonTree Inn. Please do not come to the NOLS headquarters since our staff will be involved with course preparations. If you wish to park your vehicle at NOLS Headquarters while you are on your course, you may follow us there after we meet in Mount Vernon.

## **COURSE FORMAT**

After breakfast we will spend the morning getting acquainted, checking personal gear, issuing NOLS group equipment and food, and storing extra baggage. If you have driven, you can park your car at the branch for the duration of the course. After lunch, we will drive to the road head in a NOLS van. Since the first day is very busy with course equipment organization, any personal business should be attended to before the meeting time.

Your group will be transported back to the Best Western Cottontree on the last day of the course. This final day is spent on evaluations, cleaning, and de-issuing group equipment. Everything should be completed by 4:30 PM and you will be free to catch the shuttle to SeaTac Airport by then.

### **Telephone**

You will be out of telephone contact for the duration of your expedition. We have a pay telephone, 360-445-6666, for students' use while you are at the Pacific Northwest headquarters. Please do not plan to carry a cellular telephone onto the sailboats. NOLS will provide the necessary emergency communication via VHF radio.

### **Typical Travel Expenses After Arriving in Seattle**

Bring spending money for travel, meals, and lodging before and after your course. Additional expenses may also include phone calls and items of a personal nature.

- \$ 60 Meals while traveling before and after course.
- \$ 58 Travel to and from SEATAC Airport and meeting location.
- \$160 Motel fee before and after course.
- \$ 10 Telephone calls.

Refer to the EQUIPMENT LIST for an estimate of expenses that you may incur in properly outfitting for your course. Acceptable payment methods are cash, personal check, traveler's checks, VISA or MasterCard.

### **Storage of Luggage and Valuables, Student Parking**

Extra baggage and vehicles may be stored at the Pacific Northwest headquarters for the duration of your course. Valuables can be checked into the safe. Cars will be parked in an unfenced parking lot and keys left with NOLS. Although due care will be taken, NOLS assumes no liability for baggage, valuables, or vehicles while stored at the NOLS headquarters or elsewhere. It may be possible for you to obtain personal insurance to cover such risks if desired.

### **NOLS Administrative Headquarters**

All tuition payments and enrollment forms should be sent to: NOLS Professional Training / LNT, 284 Lincoln Street, Lander, WY 82520. Questions concerning course content, enrollment, college credit, etc. should be directed to the above address, handled by telephone between 8:00 AM & 4:00 PM MST, Monday through Friday at 307-335-2220 or by email at [lnl@nols.edu](mailto:lnl@nols.edu).