



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

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

NOLS Southwest  
Galiuros Wilderness Tucson, AZ  
March 11 to 15, 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.

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. Weather can be unpredictable, even as spring comes to the Southwest. Temperatures can range from nighttime lows in the 40's to daytime highs in the 80's. Rain and high winds are possible any time of year.

#### **Curriculum**

The Leave No Trace Center for Outdoor Ethics has designated NOLS as an 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 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](http://www.LNT.org)> or contact the NOLS Leave No Trace office.

### **Environment**

You'll hike through one of the many mountain ranges called "sky islands," a name that comes from the fact that these ranges are isolated pockets of alpine vegetation and lush forests surrounded by barren desert basins. Here you'll hike through ponderosa pine, oak and Manzanita while looking out over stark deserts below.

### **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 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 Sarah Folzenlogen at the Center for details <[sarah@LNT.org](mailto: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 ONLY 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 @ 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 road head and hike to first night's camp

#### **DAY TWO**

- Breakfast, break camp, pack up, and evaluate impact. Travel to second 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 third 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 fourth 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.
- Course Evaluations.
- Final thoughts.
- Travel out, award diplomas, course ends at 1PM.

## **TRAVEL AND LOGISTICS**

### **Start Time and Location**

Your course will begin at the Comfort Suites on March, 11<sup>th</sup>, 2010. Your instructors will meet you in the lobby at 7 a.m. After a brief hello they will transport you to the Southwest branch facility to begin the day's activities. Given the early start to the day we advise students to arrive in Tucson the night before the start date of their course.

Your group will stay at the NOLS facilities until after lunch before heading to the trailhead that afternoon.

The course ends on the afternoon of March 15<sup>th</sup>. To allow time for cleaning equipment, completing evaluations and awarding diplomas, plan to depart the NOLS facility no earlier than 3:00 p.m. If you plan on flying to Tucson, please schedule your departure flight for the day after the course ends.

### *Pre and Post Course Lodging*

Special room rates have been arranged for NOLS students at the Comfort Suites. Please call the Comfort Suites directly for the latest NOLS price information. Tucson is a popular tourist destination and room availability may be limited. Please make room reservations as early as possible.

Comfort Suites-Catalina Foothills  
7007 East Tanque Verde Road  
Tucson, AZ 85701  
(520) 298-2300 - you must mention NOLS to get discounted rates  
[www.choicehotels.com](http://www.choicehotels.com)

The Comfort Suites is the closest motel to the NOLS facility and has stores and restaurants conveniently located within walking distance. If you choose to stay some place other than the Comfort Suites, you must make arrangements to meet the NOLS representative in front of the Comfort Suites at the correct time on the starting date of your course. Look for our welcome sign in the lobby for any last minute instructions. We recommend that you contact other members of your course and make arrangements to share your hotel room to help reduce the cost. If you are interested in doing so, please contact the Leave No Trace office.

### **Airport Shuttle**

Arizona Stagecoach, (520) 889-1000 or <http://www.azstagecoach.com>, runs a commercial shuttle to the Comfort Suites. Look for their customer service desk in the lower level of airport. Please contact shuttle for current rates.

### **Camping Options:**

#### *Molino Basin Campground (USFS):*

Location: Northeast of Tucson, between mile markers 5 and 6 on the Catalina Highway.  
Access: Take the Catalina Highway off Tanque Verde Road in Tucson. Drive 4.2 miles to the Forest boundary and continue 5.7 miles to the campground. All campsites are adjacent to paved roads and are accessible by two-wheel drive low-clearance vehicles, such as the family sedan.

Fees: \$10.00 per night per vehicle.

#### *Gordon Hirabayashi Campground (USFS):*

Location: Northeast of Tucson, just beyond mile marker 7 on the Catalina Highway. Take the Catalina Highway off Tanque Verde Road in Tucson. Drive 4.2 miles to the Forest boundary and continue approximately 7 miles to the campground. As you go up the mountain, the campground entrance is on your left.

Fees: \$10.00 per night per vehicle.

### **Lodging**

Accommodations are plentiful in Tucson with motels, bed and breakfasts, hostels and campgrounds. More information is available from <http://www.ci.tucson.az.us/> We encourage you to stay at the Comfort Suites if possible.

### **Showers**

Showers are available at NOLS Southwest.

### **Storage**

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

### **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, Sweater, or Puffy Jacket** - any secondary layer of 100 to 200 wt. polar fleece or a down or synthetic puffy jacket.
- **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, fleece pants, or puffy 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. If you are used to hiking in trail runners that is also acceptable. (Packs generally weigh 35-40 lbs.).
- **Camp Shoes** - lightweight running shoes or crocs to wear around camp. This should be a second pair of shoes.
- **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 15 degrees.
- **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**

#### **CONTACT INFORMATION**

NOLS Leave No Trace  
NOLS International Headquarters  
284 Lincoln Street Lander WY 82520  
Phone: 800-710-NOLS x2220  
Fax: 307-332-8811  
E-mail: LNT@nols.edu