



LEAVE NO TRACE MASTER EDUCATOR™ COURSE

COURSE DESCRIPTION / TRAVEL INFORMATION / EQUIPMENT LIST

Location: Conway, WA & San Juan Islands, WA

Date: September 13-17, 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 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 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 lows in the 30's to daytime highs in the 70's. Precipitation is possible any time of year.

Curriculum

The Leave No Trace Center for Outdoor Ethics has designated NOLS 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

Please remember that this is a very packed LNT course and not a sea kayaking skills course. That is not to say that some sea kayak tips and ideas won't be shared but the primary focus will be the LNT masters course curriculum. However, NOLS instructors are consummate educators with a passion for sharing knowledge so you could easily draw out a lot of extra lessons and tips about sea kayaking from your instructors during free times but you would need to take the initiative if that was a desire of yours.

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> 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. The course will be in the vicinity of **Cypress Island** which is one of the least developed of the Islands. The Washington State Department of Natural Resources manages about 4,800 acres (19 km²) of the island and leaves the island in a natural state. Cypress is heavily forested and has a system of trails linking various parts of the island and there may be an opportunity for a hike to catch the panoramic views from Eagle Cliff.

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 <sarah@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 pickup up 7:00 AM
 Coffee and snack 7:30am
 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

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 purification (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

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® 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.
Paddle Jacket – kayak specific waterproof shell. Can be rented from NOLS (\$12).

LOWER-BODY CLOTHING

Two insulating layers - 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 nylon athletic shorts. These do not serve as an insulating layer.

FOOTWEAR

Kayaking footwear – rubber boots work well keeping feet warm and dry.
Camp shoes - sneakers or lightweight running shoes to wear around camp.
Socks - 75 to 100% wool, Avoid cotton blends.

SLEEPING GEAR

Sleeping Bag - synthetic bag with a minimum temperature rating of 30 degrees

Sleeping Pad - Thermarest® or closed-cell foam at least 3/8" thick.

Sleeping Bag Stuffsack - compression stuff sacks are recommended

MISCELLANEOUS CLOTHING

Sun hat

Fleece or Wool hat

Fleece or wool gloves

Padding gloves

MISCELLANEOUS PERSONAL GEAR

Waterproof bag liners - plastic trash compactor bags are sturdy and work well.

Personal Eating Utensils - 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 13th, the day your course begins, we will meet participants at **7:00am** 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

2300 Market Place

Mount Vernon, WA 98273

(360) 428-5678

You will be transported to the NOLS Base where a light breakfast will be provided.

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) offers van service from Seattle-Tacoma Airport to Mount Vernon for approximately \$30 one way or \$50 round trip. There 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 Logistics

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 4:30pm. It is not uncommon for groups to want to go out for dinner together but that will be up to you. However, getting a later shuttle will allow you to keep this as an option.

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 into the field. NOLS will provide the necessary emergency communication via VHF radio or satellite phone.

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 Int@nols.edu.