

Leave No Trace Level 2 Instructor Course

Saguaro National Park Backpacking

Course Description

- Duration: 5 days
- Dates: January 29 - February 2, 2024
- Course location: Saguaro National Park, Arizona
- Route length: 15-20 miles
- Average pack weight: 35-45 pounds
- Classroom location: NOLS Southwest campus in Tucson, Arizona

Course Overview

For five days in this rich ecosystem, you will learn and teach the principles of Leave No Trace 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 who is also a Leave No Trace Level 3 Instructor.

Course Agenda (subject to change)

Day One

Course begins at 8:00 am

Orientation, gear check and pack packing

Introduction to the Level 2 Instructor Course, history of Leave No Trace, role of research in Leave No Trace

Principles of Education

Principle One: Plan Ahead and Prepare

Day Two

Eat breakfast, pack and load vehicles

Drive to Saguaro National Park and hike to first camp

Hike length: Six to seven miles

Principle Two: Travel and Camp on Durable Surfaces

Principle Three: Dispose of Waste Properly

Introduce "Action Plans"

Day Three

Layover day with focus on classes and discussions

Principle Four: Leave What You Find

Principle Five: Minimize Campfire Impacts

Principle Six: Respect Wildlife

Work on "Action Plans"

Introduction to Level 1 Instructor Course

Day Four

Travel to next camp

Hike length: Six to seven miles

Principle Seven: Be Considerate of Other Visitors

Wildland Ethics

Share and discuss "Action Plans"

Day Five

Hike to trailhead

Hike length: Six to seven miles

Course evaluations, debrief, and conclusion

Course pickup, drive back to Tucson, award diplomas, **course ends at 4:30pm**

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

Hiking Route

On this course, you will be hiking in Saguaro National Park within the Rincon Mountains. You will travel mostly on established trails, gaining approximately 3,500 feet in elevation throughout the course. During the day, you will spend time hiking to your next camp and extensive time in classes and group discussions. At night, you will sleep in tents in established campgrounds.

Please Note that this route is fairly strenuous traversing 20 miles and 3,500 feet of elevation gain. Please take care to be prepared and train for the rigors of this backpacking trip.

Weather

The Southwest can be host to extremes in temperature and weather conditions, even as the spring approaches. Though warm, mild weather is typical, participants should expect anything from sunny days to monsoon rains, snow, wind and subfreezing temperatures. Temperatures can range from nighttime lows in the 30s to daytime highs in the 80s. Please be prepared with the appropriate personal gear and layers to accommodate this variety in conditions (refer to your equipment list for guidance).

COVID-19

For more information on current NOLS COVID-19 policies, please visit:

<https://www.nols.edu/en/covid19-practices/>

Curriculum

The Leave No Trace Center for Outdoor Ethics has designated NOLS as an educational provider of Level 2 Instructor Courses. Since 1965, NOLS has been teaching wilderness skills and leadership, experience we bring to the Leave No Trace Program.

Level 2 Instructor 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. It emphasizes three components:

- Low-impact camping skills
- Wildland ethics
- Outdoor teaching techniques

Teaching Sessions

Each participant will be required to present a short (15-20 minute) class on one of the Leave No Trace principles or how it relates to a specific activity, such as 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 at leave_no_trace@nols.edu.

Environment

The Rincon Mountains in Saguaro National Park are a unique desert mountain range considered “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. While you are in Saguaro National Park, you'll hike through a variety of biotic communities that include desert scrub, desert grassland, oak woodland, pine-oak woodland, pine forest and mixed conifer forest. You'll see towering saguaro cacti, ponderosa pines and hopefully some of the abundant wildlife like coyote, white-tailed deer, the Mexican spotted owl and Gambel's quail.

The terrain can at times be steep and rugged. In most areas of the Rincons, numerous species of sharp and spiny plants are common. This is an arid area; in some cases, you may need to carry a day's worth of water as you move from one camp to the next.

Equipment

You will cook and sleep in groups of 3 to 4 and gather together as a single group for class presentations and discussions. Camping and cooking in small groups allows you more opportunities to learn and practice Leave No Trace techniques.

Personal clothing layers and gear can be brought from home or rented and/or purchased from NOLS Southwest. Please note that **NOLS Southwest does not rent or sell hiking boots or camp shoes**, but has almost everything else you need from the equipment list. Group equipment, such as stoves, shelters and cook gear, will be provided by NOLS.

Food

Food for the field portion of the course consists of bulk rations. This includes staple foods such as: rice, pasta, cheese, dried beans, dry cereals, nuts, dried fruits, granola bars and a variety of snack mixes.

If you have special dietary needs or other questions about the rations, please call NOLS Southwest at 520-749-0955 or email southwest@nols.edu.

Enrollment Forms

The following forms are available on your NOLS dashboard

<https://www.nols.edu/portal/account/> and must be completed and received by the NOLS

Leave No Trace office prior to the start of the course:

- Self-Screening Medical Form
- Dietary Questionnaire
- Insurance Form - all course participants must have some form of medical insurance
- Student Agreement

All tuition payments should be completed and enrollment forms uploaded to your dashboard.

Should you need to mail anything to NOLS, please do so at:

NOLS Expedition Admissions

ATTN: LNT

284 Lincoln Street

Lander, WY 82520

Scholarships

For information regarding Leave No Trace Center for Outdoor Ethics scholarships, please contact the Center for details at 800-332-4100.

Payment and Cancellation Policies - please read carefully!

Course tuition is **\$1250** 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 800-332-4100.

To enroll, a completed application and a \$100 non-refundable deposit are required. The balance of tuition is due 75 days prior to the course start date. For applications within 75 days of the course start date, tuition is due in full with the application. **The \$100 deposit may be waived for scholarship applicants until the scholarship amount has been determined.**

Cancellation Policy

NOLS

If you cancel or leave for any reason we will retain the non-refundable deposit or the following percentage of tuition, whichever is greater:

- Between 15 and 29 days prior to the course start date, NOLS will retain 25 percent of the course tuition
- Between 8 and 14 days prior to the course start date, NOLS will retain 50 percent of the course tuition
- Less than 8 days prior to the course start date or after the course has begun, there will be no refunds

Course transfer requests may incur a \$25 processing fee.