

Leave No Trace Level 2 Instructor Course

Adirondack Backpacking

Course Description

- Duration: 5 days
- Dates: There are 2 course option dates. The first course is June 8 - 12, 2024 and the second course is August 20 - 24, 2024
- Course location: Adirondack State Park
- Route length: 15-20 miles
- Average pack weight: 35-45 pounds
- Classroom location: NOLS Northeast campus, Gabriels, NY

Course Overview

For five days in the stunning Adirondack Mountains, you will learn and teach the principles of Leave No Trace and discuss wilderness 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 trailhead 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 Material

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 the NOLS Northeast campus, award diplomas, course ends at 4:30pm

*NOLS Northeast reserves the right to make changes to course area locations or routes due to unforeseen circumstances and/or other unusual situations.

Hiking Route

On this course, you will be hiking in Adirondack State Park, near or in the High Peaks Wilderness. Throughout the week, you will travel mostly on established trails, gaining approximately 4,000-8,000 feet in elevation. 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 or lean-tos.

Weather

Mountain weather is unpredictable. September temperatures in the Adirondacks may range from chilly to sweltering. Thunderstorms are common, and cool, cloudy weather may persist for days. Courses may experience sleet and rain, or long stretches of sun

and blue skies. Please be prepared with the appropriate personal gear and layers to accommodate this variety in conditions.

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 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 lnt@nols.edu

Environment

Travel in the mountains can be tough. Often you'll be hiking on muddy, steep trails or off-trail bushwhacking through thick forests. Wilderness travel is tough, but it's worth it when you see just how much you can accomplish. For the duration of your course, you'll be miles from the amenities of civilization. All NOLS instructors maintain wilderness medicine certifications and are equipped with well-stocked first aid kits to provide care in the event of an emergency.

New York, and the Adirondacks in particular, is home to black bears. On all courses, travel and camping practices will emphasize bear risk management and awareness.

Depending on your course's route, you may be in territory that demands rigorous practices on a daily basis. Some examples include never leaving food in tents, using bear-proof canisters to carry food, hanging food each night, meticulously maintaining cleanliness at the cooking sites, and carrying bear-deterrent pepper spray.

Managing risks and assuming responsibility for yourself and your peers will help make your expedition in these wild and beautiful mountains healthy and fun.

COVID-19

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

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

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 Northeast. Please note that NOLS Northeast 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, cook gear, and first aid supplies 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 food allergies, please notify your Admissions Officer as soon as possible.**

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 \$1250.00 and includes a one-year individual membership to Leave No Trace, instruction, group equipment, meals and educational materials. Partial scholarships are available through Leave No Trace. Please contact LNT for details at 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

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.