



Adult Leadership Expedition

Adventure • Sustainability • Leadership
Pacific Northwest

BACKPACKING & WHITEWATER 25-DAY

TUITION: \$5,125

AGES: 19–27

HIGHLIGHTS:

- ▶ Wilderness First Responder (WFR) certification
- ▶ Leave No Trace (LNT) trainer certification
- ▶ Earn up to 6 credits traveling the backcountry
- ▶ Gain experience in wilderness travel, risk management, environmental studies, and backcountry navigation

WHY TAKE THIS COURSE?

- ▶ Develop Whitewater Rafting, Kayaking, and Backpacking skills
- ▶ Advance your knowledge of environmental sustainability, outdoor skills, and leadership – while learning in the Pacific Northwest's wild, beautiful places
- ▶ Acquire the skills needed to travel to pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Deschutes River
- ▶ Three Sisters Wilderness
- ▶ Willamette National Forest
- ▶ Central Oregon

TRIP INCLUDES:

- ▶ All lodging & transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE Field Instructors
- ▶ All meals, admissions, and gratuities
- ▶ Shuttle to/from PDX airport (if driving, contact NCOAE for drop-off/pick-up locations)

** NCOAE recommends students bring a small amount of spending money for extra snacks and souvenirs.*

 **NCOAE** The National Center for
OUTDOOR & ADVENTURE
EDUCATION

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for more info.

For complete itinerary details, see reverse side ▶

PACIFIC NORTHWEST – ADULT LEADERSHIP EXPEDITION

ITINERARY *(Subject to change)*

- ▶ **Day 1: After a morning airport pickup, we'll drive to our basecamp in Maupin, OR.** You'll meet the other participants, then begin with an orientation. Topics covered include menu planning, gear selection, trip planning and how to 'pack out' for group expedition travel in remote wilderness areas.
- ▶ **Days 2–6: Wilderness First Responder training.** The next five days of your training are spent at The National Center for Outdoor & Adventure Education's (NCOAE) west coast campus in Maupin, Oregon where you will complete the Wilderness First Responder training portion of your course.
- ▶ **Day 7: Put-in on the Deschutes River.** The real fun begins when your group hits the water! You'll paddle to your campsite, then learn the basics of site selection and NCOAE's 'First 48' — the most important skills you'll need to know for wilderness travel, including shelters, backcountry kitchen, water purification, and lightning protocol. Then, enjoy dinner and s'mores before lights out after our first day of expeditionary travel.
- ▶ **Days 8–10: Multi-day Whitewater Trip.** Practice your paddling skills and study the basics of river ecology, as you travel along an iconic Oregon river. Learn about river dynamics, swift water rescue, and fundamental paddling strokes, as you raft or kayak downstream. You'll camp along the river each night and learn backcountry camping skills, including knots, plant and animal identification, and stove use. Your whitewater camping trip continues as you learn how to read the currents of the river and help guide a raft through Class III and IV rapids.
- ▶ **Days 11–12: Re-supply.** Head into town for dinner out and explore local attractions. Spend time relaxing and preparing for the next leg of your course.
- ▶ **Day 13–18: Multi-day Backpacking Trip.** The next several days will be spent in the Willamette National Forest and Three Sisters Wilderness. Explore the backcountry, as you ford rivers, explore crater lakes, and hike through alpine meadows while learning to manage the risks in these environments. Weather can vary drastically in this temperate rain forest – learn to endure it and enjoy it with grace and style.

The landscape and wildlife will provide a dramatic canvas for your learning experience. You may see black bears, white-tailed deer, majestic hawks, soaring eagles and other wildlife during your trek. Learn skills through NCOAE's Curriculum, as you practice leadership skills, the principles of Leave No Trace, map and compass navigation, plant and animal identification, & backcountry cooking -- while preparing and eating wonderful food we prepare ourselves.

You may even get the chance to apply your new skills in the last few days of the course with a "graduation climb" up a mountain peak.
- ▶ **Day 19: Solo Experience.** Any outdoor course would be incomplete without a solo experience to allow time for processing. During your solo, you'll have time to reflect and enjoy a solitude only found in wilderness. An NCOAE solo experience is a rite of passage that sets you up for success as you contemplate re-entering the 'real world'.
- ▶ **Day 20: Re-supply.** Return to basecamp to rest and finalize logistics for final leg of your trip.
- ▶ **Days 21–23: Your adventure will culminate with a multi-day raft camping trip on the John Day,** the longest free-flowing river in Oregon. Paddle through colorful canyons and broad valleys, offering great camping, hiking, and spectacular views. Enjoy calm-water boating punctuated with occasional rapids.
- ▶ **Day 24: After a hearty breakfast, you'll paddle a short distance to the takeout.** Your group will return to the NCOAE's basecamp to clean-up, then enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 25: Closing Circle and departure.** We'll come together one last time to celebrate our individual and group accomplishments during a one-of-a-kind closing circle. Then, after good-byes depart Portland, OR for home.