



Outdoor Educator

# NORTH CAROLINA 31-DAY

## COURSE HIGHLIGHTS:

- ▶ Wilderness First Responder (WFR) certification
- ▶ Leave No Trace training
- ▶ Theory of adventure education
- ▶ Training in NCOAE's core curriculum

## WHY TAKE THIS COURSE?

- ▶ To further your knowledge and development as an outdoor educator/field instructor.
- ▶ Discover in just 31 days whether outdoor and wilderness education is the career path best suited to you.
- ▶ Acquire skills for an exciting job that takes you to pristine destinations in the great outdoors instead of an office cubicle.

## WHERE YOU'LL BE:

- ▶ North Carolina beaches
- ▶ Pisgah National Forest
- ▶ Linville Gorge Wilderness
- ▶ Black Balsam Knob
- ▶ Shinning Rock Wilderness



The National Center for  
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ADVENTURE  
EDUCATION**

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*For complete itinerary details, see reverse side ▶*

# OUTDOOR EDUCATOR — NORTH CAROLINA ITINERARY *(Subject to change)*

- ▶ **Days 1 – 2: Orientation and packing.** The first two days of your training are spent at The National Center for Outdoor & Adventure Education (NCOAE) in Wilmington, North Carolina. There, you'll meet your fellow students and prepare for a successful backcountry experience. Topics covered in these first few days include menu planning and how to 'pack out' for group and expedition travel in wilderness, along with activities aimed at orientating participants to one another and NCOAE.
- ▶ **Days 3 – 7: Basic camp craft, rock climbing, NCOAE curriculum, Leave No Trace training** Days three through seven of your 31-day instructor training take you on a journey through NCOAE's 'First 48' — the most important hard and soft skills you'll need to know and understand in order to successfully navigate your first 48 hours leading an outdoor education-focused experience in wilderness. Topics covered here include site selection, shelters, backcountry kitchens and cooking, lightening protocol, Leave No Trace (LNT) Outdoor Ethics, NCOAE curriculum, and an introduction to rock climbing (to include equipment orientations, knots, belay systems and more). While many of these days will be spent learning and exploring on NCOAE's own land in Wilmington, you'll also spend time at the beach where we'll cover topics related to marine conservation, ocean safety, and surfing.
- ▶ **Days 8 – 11: On the trail.** Here's where we start to put the learning from the previous week to good use. Our next seven days will be spent in the Linville Gorge — The Grand Canyon of North Carolina, as it's known, and one of only two wilderness gorges in the Southern U.S. — where we'll practice the principles of Leave No Trace, map and compass navigation, plant and animal identification, and cooking and eating wonderful food we prepare ourselves. On Day 9, we'll summit Black Balsam Knob, a 6,240-foot peak in the Pisgah National Forest. Once on top, you'll help the group determine how long we can stay based on weather conditions.
- ▶ **Days 12 – 14: Solo experience.** Outdoor education instructor training would be incomplete without a solo experience. That's why yours is an absolute must. During your solo, you'll have time to reflect on your training, complete required assignments, and enjoy the solitude only found in wilderness. At NCOAE, your solo experience is a right of passage that sets you up for a successful second half of your 31 days of outdoor educator training.
- ▶ **Days 15 – 23: Wilderness First Responder (WFR) training.** All outdoor educators leading groups in the backcountry and wilderness must be qualified to do so, and part of the commonly accepted qualifications is that you be certified as a Wilderness First Responder. Here, you'll spend the next nine days learning about wilderness medicine and training for your WFR certification exam. In particular, you'll learn the skills and tools necessary to perform the highest medical treatment as it relates to trauma, environmental, and medical issues that arise in a wilderness context. The WFR credential is all but mandatory when entering the field of outdoor education as an instructor, which is why we spend so much time getting you ready to successfully pass your exam.
- ▶ **Days 24 – 30: Back on the trail, climbing, and focusing more on NCOAE core curriculum.** While we're still in the Linville Gorge within the Pisgah National Forest, we'll continue to test our skills in backpacking and climbing, while at the same time kick our training and mastery of the NCOAE curriculum into high gear. It's during these days that you'll really be able to hone your outdoor skills and newfound teaching style. Here, we'll experience views and vistas that will take your breath away, as well as show your classmates and instructors that you've mastered the NCOAE curriculum.
- ▶ **Day 31: Training wrap-up and departures.** After a hearty last-day breakfast, and before sending on their way to what's next, we'll come together to facilitate a one-of-kind closing circle, after which we'll check our gear in and debrief our training.

***More courses offered. Please visit [NCOAE.org](http://NCOAE.org) for complete details.***