



# Women's Wilderness Course

# ALASKA

## 8-DAY

### HIGHLIGHTS:

- ▶ NCOAE core curriculum
- ▶ Leave No Trace training
- ▶ Gain experience in backcountry travel planning, wilderness risk management, campsite selection, backcountry navigation, and more
- ▶ Remote Alaska trekking

### WHY TAKE THIS COURSE?

- ▶ Develop essential wilderness knowledge and skills — while living and learning in Alaska's wild, beautiful places
- ▶ Immerse yourself in a wonderland of forested mountains, cool mountain streams, cascading glaciers, and stunning rock formations
- ▶ Build lifelong friendships and refresh your spirit
- ▶ Acquire the outdoor skills needed to travel in pristine destinations around the world!

### WHERE YOU'LL BE:

- ▶ Chugach National Forest
- ▶ Anchorage, Alaska



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*For complete itinerary details, see reverse side ▶*

# ALASKA — WOMEN'S WILDERNESS COURSE, 8-DAY

## ITINERARY *(Subject to change)*

- ▶ **Day 1: Orientation, gear check, last minute preparations.** This day will be busy, filled with reviewing the gear you brought and making sure you have what you need.
- ▶ **Days 2: Travel to the Chugach National Forest.** Introduction to basic camp craft, expedition planning, NCOAE Curriculum, and Leave No Trace (LNT) wilderness ethics. Your course gets underway as you learn about bears, safety procedures and risk management, menu planning, gear selection, trip planning, and packing for group expeditions in remote wilderness areas. You will also learn more about site selection, shelters, backcountry cooking, river crossings, and glacier travel.
- ▶ **Days 3 – 5: Backpacking.** Use your map, compass to navigate through the Alaskan wilderness for the next 5 days. Explore the backcountry, as you ford icy rivers, hike through a boreal forest landscape, across on glacial stones, or tundra, as well as learn to manage the risks in these environments. Weather can vary drastically and become treacherously dangerous in the Alaskan backcountry – whatever Alaska throws at you, you will learn to endure it and enjoy it with grace and style. All the while, you'll be practicing the principles of LNT, map and compass navigation, plant and animal identification and backcountry cooking — eating wonderful food you'll prepare. It's during these days that you'll be able to hone your outdoor skills. The landscape and wildlife will provide a dramatic canvas for your learning experience. You may see moose, lynx, bears, ground squirrels, Dall sheep and other wildlife during your trek. Learn skills through NCOAE's Curriculum. Tomorrow, you will begin a solo wilderness experience to gather your thoughts and reflect on what you have accomplished throughout the course.
- ▶ **Days 6 – 7: 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 8: Travel to Anchorage.** After a hearty breakfast, we'll head to Anchorage for a gear de-issue and cleanup, closing circle, and departure. Once in Anchorage we'll check our gear in and debrief. Finally, we will come together one more time and share a one-of-kind closing circle — a fitting transition to begin your journey as an wilderness traveler.