



Backpacking and Whitewater Rafting

PACIFIC NORTHWEST 14-DAY

HIGHLIGHTS:

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

WHY TAKE THIS COURSE?

- ▶ Develop essential wilderness knowledge and skills — while living and learning in Oregon's wild, beautiful places.
- ▶ Immerse yourself in a wonderland of densely forested hills, cool mountain streams, cascading waterfalls, and stunning rock formations.
- ▶ Acquire the outdoor skills needed to travel in pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Deschutes National Forest
- ▶ Three Sisters Wilderness
- ▶ Deschutes River
- ▶ Cascade Mountain Range



NCOAE The National Center for
OUTDOOR & ADVENTURE
EDUCATION

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For complete itinerary details, see reverse side ▶

PACIFIC NORTHWEST — BACKPACKING & WHITEWATER RAFTING — 14-DAY ITINERARY (Subject to change)

- ▶ **Day 1: After a morning airport pickup, we'll drive 3 hours south to the Deschutes National Forest, just outside Bend, Oregon.** Orientation and Packing. Your trip gets underway, as you meet your fellow students and prepare for a successful backcountry experience! Topics covered includes menu planning, gear selection, trip planning and how to 'pack out' for group expedition travel in remote wilderness areas.
- ▶ **Day 2: Join in as you learn the basic skills needed to thrive in wild places.** Topics include basic camp craft, NCOAE curriculum, Leave No Trace training & 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 the wilderness, including site selection, shelters, backcountry kitchens and cooking, lightning protocol, and an introduction to backpacking & whitewater paddling.
- ▶ **Days 3 – 7: Backpacking.** Begin your multi-day backcountry trek, as you travel through Oregon's backcountry. Here's where we start to put the learning from the previous few days to good use. Our next seven days will be spent trekking through the Deschutes National Forest's – Three Sisters Wilderness area. Explore the backcountry, as you ford rivers, explore crater lakes, and hike through alpine meadows and majestic forests, 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 the principles of

Leave No Trace, map and compass navigation, plant and animal identification, while cooking 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.

- ▶ **Days 8 – 9: 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'.
- ▶ **Days 10 – 13: Your course culminates with a 4-day whitewater adventure!** Travel to the Deschutes River, where you'll learn about river dynamics, swift water rescue, and fundamental paddling strokes, as you raft or kayak the Deschutes - as it flows to the Columbia River. Your overnight 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. You'll may even get to try your hand at stand-up paddle boarding on calmer Class I and II waters.

Once on the river you'll continue to test your newfound skills and kick your training into high gear moving you closer toward mastery, as you hone your outdoor skills. By the end of this four day paddle, you may even choose to pursue a summer job in the whitewater industry!
- ▶ **Day 14: De-issue and gear clean-up, Closing Circle, and depart.** After a hearty breakfast, we'll check our gear and debrief the course. Before departing, we will come together and share a one-of-a kind closing circle — a fitting transition to begin your journey as an outdoor leader. Depart from Portland, OR.