



Mountaineering and Backpacking

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.
- ▶ Explore the Cascade Mountain range, alpine forests, and rocky ridges.
- ▶ 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
- ▶ Cascade Mountain Range



NCOAE The National Center for
OUTDOOR & ADVENTURE
EDUCATION

9809 River Rd. | Wilmington, NC 28412 USA
(910) 399-8090 | Fax: (888) 399-5957
info@NCOAE.org | www.NCOAE.org
www.facebook.com/NCOAE

For complete itinerary details, see reverse side ▶

PACIFIC NORTHWEST — MOUNTAINEERING & BACKPACKING — 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! This day will be busy, filled with reviewing the gear you brought and making sure you have what you need. Topics covered includes menu planning, gear selection, trip planning and how to 'pack out' for group expedition travel in remote wilderness areas.
- ▶ **Day 2: Introduction to basic camp craft, expedition planning, NCOAE Curriculum, and Leave No Trace (LNT) wilderness ethics.** Your course gets underway as you begin preparing to become a successful backcountry traveler and mountaineer. Begin learning about bears, safety procedures, hazard recognition and risk management, menu planning, gear selection, trip planning, and packing for group expeditions in remote wilderness areas.

We will use these days to introduce you to the NCOAE Curriculum, 'the First 48' and our 'Ed Groups' — the most important technical skills and interpersonal skills you will need to know to for expeditions in wilderness. Climb high above the tree line, as you practice your skills - exploring the area's rugged landscape. Learn more about site selection, shelters, and backcountry navigation.

- ▶ **Days 3 – 10: Backpacking and Mountaineering.** Trek across Oregon's Three Sisters Wilderness, using your map and compass to navigated. Your next 11 days may be spent practicing advanced backpacking skills, mountaineering skills, hazard assessment, and personal skill development, as you hike along the rocky ridges of the Cascade Mountain range. Explore remote, technical terrain, lava fields, glacial lakes, and climb high above the tree line. Learn the skills necessary

to summit mountains, while managing the risks in these environments. 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.

Weather can vary drastically and become treacherously dangerous in this unique, remote area which is why you will learn to be prepared to teach others those same skills. Whatever the wilderness throws at you, you will learn to endure it and enjoy it with grace and style. It's during these days that you'll be able to hone your outdoor and mountaineering skills and develop your newfound outdoor leadership 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. Learn to use NCOAE's Curriculum to teach others the skills they need to communicate, become leaders in their community, identify their values, and make positive life choices. In short, you will learn to be an exceptional outdoor leader! Tomorrow, you will begin a solo wilderness experience, allowing you to gather your thoughts and think about what you have accomplished.

- ▶ **Days 11 – 13: 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 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.