



## Women's Wilderness Course

# PACIFIC NORTHWEST 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

### 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.
- ▶ Refresh your spirit and build lifelong friendships
- ▶ 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 – WOMEN'S WILDERNESS COURSE, 8-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, gear check, last minute preparations. 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.
- ▶ **Days 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 wilderness traveler. Begin learning about bears, safety procedures, hazard recognition and risk management, menu planning, gear selection, and trip planning.
- ▶ **Days 3 – 7: Backpacking.** Use your map, compass to navigate through Oregon's Three Sisters Wilderness. Explore the backcountry, as you hike along alpine meadows, glacial lakes, cascading waterfalls, and majestic forests, while learning to manage the risks in these environments. Weather can vary drastically in this unique, remote area – 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. You'll also have time to participate in sunrise yoga, journaling, and personal reflection time. 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.

- ▶ **Day 8: 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. Depart from Portland, OR.