



# GAP SEMESTER

- ◆ North Carolina
- ◆ Pacific Northwest

# 60-DAY

**TRIP COST: \$9,600**

## HIGHLIGHTS:

- ▶ EMT certification with Wilderness upgrade (W-EMT)
- ▶ Leave No Trace (LNT) Trainer certification
- ▶ NCOAE Curriculum for outdoor educators, teachers, and trip leaders
- ▶ Gain experience in expedition planning, wilderness risk management, environmental studies, backcountry navigation, teaching in the wilderness, outdoor technology skills, and more

## WHY TAKE THIS COURSE?

- ▶ Advance your knowledge of environmental science & outdoor education curriculum
- ▶ Discover which areas of outdoor and wilderness education are best suited to your strengths
- ▶ Acquire the skills needed travel to pristine destinations around the world!

## WHERE YOU'LL BE:

- ▶ Pisgah National Forest
- ▶ Shining Rock Wilderness
- ▶ Portland, Oregon
- ▶ Deschutes Wild & Scenic River
- ▶ Three Sisters Wilderness



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*For complete itinerary details, see reverse side ▶*

# NCOAE GAP SEMESTER — NORTH CAROLINA & PACIFIC NORTHWEST (WEMT)

## ITINERARY *(Subject to change)*

- ▶ **Days 1–21: Orientation and EMT Training.** The first 21 days of your course are spent at The National Center for Outdoor & Adventure Education's (NCOAE) main campus in Wilmington, NC where you will complete the training needed to become a nationally certified EMT.
- ▶ **Day 22-23: Expedition Planning.** Spend some time visiting town, enjoying the beach, and preparing for the upcoming expeditions.
- ▶ **Day 24-25: Kayak to Shark Tooth Island.** Participate in kayak paddling ground school, then practice your paddling skills, as you explore nearby islands. Navigate your kayaks through coastal waterways and participate in training on kayak rescue techniques.
- ▶ **Day 26-27: Introduction to basic camp craft and the NCOAE core curriculum.** Leave No Trace (LNT) training and expedition planning, preparation, and packing. You'll also get some personal time to relax, do laundry, explore local parks and more.
- ▶ **Day 29-34: Backpacking expedition and Leave No Trace training.** Our next week will be spent in the Pisgah National Forest, exploring North Carolina's largest wilderness area, Shining Rock. Practice map and compass navigation, plant and animal identification, and backcountry cooking – eating wonderful food we prepare ourselves.  
Explore the backcountry, as you ford rivers and hike through a majestic forest landscape, 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. On the last full day of the expedition, we'll summit Black Balsam Knob, a 6,240-foot peak in the Pisgah National Forest.
- ▶ **Day 35-36: Arrive back at The National Center for Outdoor & Adventure Education.** De-issue gear and begin packing for the Pacific Northwest section.
- ▶ **Day 37: Travel to Portland, OR.** After an airport pickup, you'll head to the NCOAE's west coast basecamp in Maupin, OR. Stay at a riverside lodge, on the banks of the Deschutes River.
- ▶ **Day 38-42: Wilderness Upgrade for your EMT (W-EMT).** The next 5 days of your course are spent completing your Wilderness First Responder training. In the evenings there will be time for preparing for the next leg of your course.
- ▶ **Day 43: Day Trip & Town Visit.** Take a break from training to explore the local area and prepare for the next leg of your trip.
- ▶ **Day 44: Entry-level training in whitewater kayaking and rafting.** Learn the basics of whitewater rafting, as your adventure continues. You'll learn how to read the currents of the river, practice swift water rescue techniques, and guide a raft through Class III and IV rapids. Learn how to command a raft crew as you navigate rapids.
- ▶ **Day 46 – 49: Multi-day raft camping trip.** The Deschutes River runs hundreds of miles from the mountains near Bend, Oregon to the confluence of the Columbia River. Paddle through stunning gorges, as the Deschutes provides environmental education lessons like no other. By the end of this paddle, you may even choose to pursue a summer job in the whitewater industry!
- ▶ **Day 50: Return to the Riverside Lodge for dinner, showers, a campfire, and lawn games.**
- ▶ **Day 51-52: Resupply.** Rest and spend time preparing for the final expedition of your course.
- ▶ **Day 53-58: Three Sisters Wilderness.** The next seven days will be spent in the Willamette National Forest and Three Sisters Wilderness. Explore the backcountry, as you trek through this stunning volcanic and glacier formed landscape. Hike along rugged ridges, scramble through lava fields, and discover waterfalls, alpine meadows, lush forests, and rushing streams -- the landscape and wildlife provide a dramatic canvas for your learning experience.
- ▶ **Day 59: De-issue, gear cleanup, and Closing Circle** — where we will celebrate our individual and group accomplishments and hold a one-of-a-kind graduation before departing.
- ▶ **Day 60: Flight from Portland, Oregon to home.**