



## Teen Leadership Expedition Pacific Northwest

# BACKPACKING 7-DAY

**TRIP COST:** \$1,635

**AGES:** 13–14

**TRIP HIGHLIGHTS:**

- ▶ Backpacking & Camping
- ▶ Backcountry Navigation skills
- ▶ Leave No Trace (LNT) training
- ▶ Teambuilding & Outdoor Leadership
- ▶ Explore the Cascade Mountains

**WHY TAKE THIS COURSE?**

- ▶ Gain backpacking, camping, navigation, and backcountry cooking skills
- ▶ Challenge yourself in new and rewarding ways
- ▶ Gain the skills necessary to explore the wilderness

**WHERE YOU'LL BE:**

- ▶ Three Sisters Wilderness
- ▶ Willamette National Forest
- ▶ Central Oregon

**TRIP INCLUDES:**

- ▶ All lodging and transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE Field Instructors
- ▶ All meals, admissions, and gratuities
- ▶ Shuttle to/from PDX airport (If driving, contact NCOAE for alternative drop-off/pick-up locations)

*\* NCOAE recommends students bring a small amount of spending money for extra snacks and souvenirs.*



Scan QR code  
for more info.

*For complete itinerary details, see reverse side ▶*



**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



# PACIFIC NORTHWEST — TEEN LEADERSHIP EXPEDITION

## BACKPACKING ADVENTURE

The setting for this adventure is the Willamette National Forest and the Three Sisters Wilderness Area, a breathtaking 286,000-acre area managed by the U.S. Forest Service. Learn the basics of backpacking and wilderness travel, as you explore cool mountain streams, hidden swimming holes, and cascading waterfalls.

- ▶ **Day 1: After a morning airport pickup, we'll drive to our basecamp in Maupin, OR.** You'll meet the other participants, then begin with an orientation, teambuilding, expedition planning, and outdoor skills activities.
- ▶ **Day 2: Travel to the Willamette National Forest.** The real fun begins when your group hits the trail! Learn about campsite setup, water purification, backcountry cooking, Leave No Trace, knots, and more. Then, enjoy dinner and s'mores before lights out after our first day of expeditionary travel.
- ▶ **Day 3–5: Multi-day Backpacking Trip.** Explore the backcountry, discovering cascading waterfalls, hidden swimming holes, and climbing mountain peaks as you hike throughout the iconic Three Sisters Wilderness.

Gain leadership skills, as you practice backcountry camping, map and compass navigation, and plant and animal identification, while cooking and eating wonderful food we prepare ourselves.

- ▶ **Day 6: After a hearty breakfast, summit South Sister.** Climb this 5,000-foot peak in the National Forest to enjoy breathtaking views! Then, we'll return to the NCOAE's basecamp to clean up, then enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 7: Closing Circle and departure.** We'll join together one last time to celebrate our individual and group accomplishments during a one-of-a-kind closing circle. Then, after good-byes depart Portland, OR for home.