

Leave-No-Trace Training & Backpacking

University of Wisconsin-Stevens Point: Treehaven

- Instructor:** Jim Joque, Leave-No-Trace Master Educator
- Course Location:** Treehaven, near Tomahawk, WI
- Course Date:** September 24 and 25, 2011
- Course Time:** 9:00 AM on Saturday through 3:00 PM on Sunday
- Fees & gear** Fee includes camping site, meals, instruction, handouts and group gear (tents, cooking gear, food, food packs, first aid kit, toilet kit)
- Personal Gear** Bring your own backpack, sleeping bag and pad, 2 water bottles, bowl, spoon/fork, raingear and personal items. You are welcome to bring your own tent if you wish.

Course Description: Leave-No-Trace Trainer (LNT) and Backpacking is a course designed to provide you with developing: a sense of appreciation, respect and stewardship toward the environment; a wilderness ethic; knowledge of LNT and the LNT principles. Practical application of LNT principles will be put to use on the trail while backpacking on scenic Treehaven trails. Completion of this 16-hour trainer course will provide you status as a *Leave No Trace Trainer* by the Leave No Trace Center for Outdoor Ethics. Check their website at www.lnt.org



Course Schedule:

Saturday

- 9:00-12:00 AM** Introductions
A Case for Minimum Impact
Leave No Trace Video
Introduction to Leave-No-Trace:
 History / Organization, Role & Function
 Leave No Trace Programs / Master Educator & Trainer
 Awareness Workshop Guidelines
 The Seven LNT Principles
Reading of LNT Disclaimer of Liability
Trainer as Teacher
Assignments for Trail Presentations
Backpacking: Introduction and Overview
- Noon** *Lunch* (at facility)

1:00 to 5:00 PM Sorting Gear and Packing Backpacks

Backpacking on Treehaven Trails

LNT Principles: Student Activities/Presentations on trail and at camp

Set up camp

5:00 PM on *Supper* (at camp)

Group campfire / Defining a Wilderness Ethic

Sunday

8:00-10:00 AM *Breakfast* (at camp)

Take down camp, pack up and Leave No Trace

10:00 - Noon LNT Principles: Student Activities/Presentations at camp and on trail

Wilderness appreciation activity

Lunch (at Gazebo with field lunch)

1:00-2:00 PM Return to facility sort and clean gear

Leave-No-Trace online

Videos: Wilderness World of Sigurd Olson

LNT Instructional Activity/Presentation:

Each student will be assigned at random a Leave No Trace principle and provide an instructional activity/presentation to the group at various trail stops, as follows:

Saturday

- Plan Ahead & Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Minimize Campfire Impacts

Sunday

- Leave What you Find
- Respect Wildlife
- Be Considerate of Other Visitors

Recommended Clothing: It is recommended that you dress appropriately for outdoor activity since we will be spending most of our time on the trails. Suggestions for dressing in layers depending on the weather and temperatures: First layer/wicking layer – wear a fabric that wicks moisture away from your skin, such as breathable and nonabsorbent synthetic underwear. Second layer/warmth layer – wear a quick-drying synthetic insulator that will trap your body heat (such as fleece, polyester or wool). Third layer/weather layer – wear a waterproof or water resistant and breathable jacket. Cotton is not recommended in cold or cool weather. Other suggestions include: Wear boots or hikers; Wear synthetic socks (rather than cotton) and consider wearing a sock liner. Don't forget a hat and gloves/mittens if it gets cold, and bring rain gear for this time of year (rain coat and pants, or poncho).

Dietary or Disability needs: If you have dietary needs or a disability that needs accommodating, please contact your instructor.