

Leave No Trace Level 1



Are you prepared to take your skills to the next level?

General list and schedule of events

Take your outdoor ethics awareness and skills to the next level by becoming a certified Leave No Trace Instructor

This 16-hour courses will delve into the science of Leave No Trace, the skills and ethics of the 7 Principles, activities and games for engaging a wide variety of audiences, and how to utilize the full BSA Outdoor Ethics program to strengthen your own or your unit or district's outdoor program.

Level 1 Instructor Course: Per recent changes from Leave No Trace, this is an adult only (18 and older) course of 4-12 participants. Each participant will prepare and present a short (10-15 minute) activity and lesson on one pre-assigned topic. Abundant resources will be provided to aid in your lesson planning. After completion of the course the participants will be registered with the Leave No Trace Center as Level 1 Instructor.

Cost: \$40

Schedule

Friday Evening

4pm -6pm: Staff and Participant Check-in

Medical form part A & B required for all participants

Set up camp

7pm – Opening Session and cracker barrel

NOTE: Friday dinner is on your own. Please bring a sustainable trail lunch for Saturday.

Saturday

7:30am: breakfast

9 -12: Session 1

12-1:30: Trail lunch hike (each participant should prepare and bring a sustainable trail lunch)

2-5: Session 2

5:30-7: Dinner

7:30-8:30: Session 3

8:30-10: Session 4 and Cracker Barrel

10:30: Lights out

Sunday

7:30-8:30: Breakfast

9-11: Session 5

11-12: Graduation

12 Depart for home

Packing List

***Saturday Trail lunch**

*Daypack for hiking

*Tent, sleeping bag, ground pad or hammock

*Hiking shoes

*Mess Kit & Water Bottle

*Field Uniform for Sunday Graduation

*Personal Items needed for a weekend campout (clothes, jacket, toiletries, essentials)

What is a trail stable lunch?

1. Trail mix is a time-honored stalwart of any good backpacking lunch. Since GORP usually contains a variety of dried fruits and nuts, it's packed full of the carbs you need for short-term energy, as well as the fats and proteins that will see you through those long up-hill climbs.
2. PB&J Tortillas -Simply grab a tortilla or two, add your nut butter of choice, jelly or jam (a small squeezezy container is useful) or honey and you've got a ready-to-eat lunch. If you're more adventurous, you can even add some nuts, dried fruit (especially banana chips!).
3. Chicken or Tuna Pouches and crackers -want a little more protein, there are many varieties of ready to go tuna and chicken pouches available.
4. Jerky or Meat sticks -pack a couple of different types of cheeses, nuts (almonds and walnuts are a good idea), dried fruit (apricots, figs, and cranberries work well), crackers, or salami. A note on cheeses in the backcountry: Generally speaking, harder cheeses fare better over longer periods of time (sharp cheddar is a great option because of its low moisture content).