

Leave No Trace Master Educator Course Schedule

April 6-10, 2020

Carvins Cove Natural Reserve, Roanoke, Virginia

Participant-led Teaching Topics in italics

Day 1 (Monday) 8 am start

Meet at Carvins Cove Reservoir Cabin
Welcome & Introductions
Overview of Schedule
Goals & Expectations for the Course
Teaching Topics & Action Plans
Introduction to Leave No Trace
Ethics Activity
Principles of Education
History of Leave No Trace
Lunch
Plan Ahead and Prepare
Backcountry Plans and Preparation
Cumulative Impacts Activity
Dinner
Authority of the Resource Technique
Teaching Topics Planning Time

Day 2 (Tuesday)

Final Gear Check
Route and Logistics Review
Orientation to Backcountry
Travel and Camp on Durable Surfaces
Dispose of Waste Properly part 1
Dispose of Waste Properly Part 2
Evening Session: Frontcountry & Kid-Friendly Leave No Trace
Overnight in the Backcountry

Day 3 (Wednesday)

Leave What You Find
Leave No Trace Considerations for Mountain Biking
Minimize Campfire Impacts
Evening Session: How to Teach a Trainer Course
Overnight in the Backcountry

Day 4 (Thursday)

Respect Wildlife
Be Considerate of Other Visitors
*Evening Session: Wildland Ethics
Teaching Topics & Action Plan Reminders
Overnight in the Backcountry

Day 5 (Friday)

Return to Cabin
Community Outreach
Present Action Plans
Peer & Instructor Feedback
Gear Clean-up & Return
Final Activity
Graduation

SUGGESTED PERSONAL EQUIPMENT

Always prepare for the worst weather and, more than likely, you'll be quite comfortable. When packing clothing for the course, think in terms of a layering system which includes moisture-wicking skin layers, warmth-holding insulating layers and wind/water-proof shell layers. With these layers in various combinations, you will be warm and dry in many types of weather.

Group Gear: Certain gear is provided by the course host for the use of all participants. These include: cooking stoves, pots, pans, cooking utensils, first aid kit, maps, trowels, and water purification items. You may bring your own tent if you own one, but we may ask you to share a tent with other participants to minimize the number of tents we use. Please let us know if you need to borrow a tent, as we have several available.

Gear List

| Footwear | | |
|---|--|------------|
| Equipment | Notes | Check List |
| Boots | <i>Required:</i> Among hiking equipment, boots rank first in importance. For our terrain, ideal boots provide the following: • water resistance • comfort from proper fit • good traction from a lugged sole • blister prevention from being broken-in in advance • adequate support from a mid-sole stiffener and above ankle height • durability | |
| Socks | <i>Required:</i> Heavyweight wool socks perform best. While hiking with a pack, wool socks should be worn with a lightweight polypropylene or silk liner sock to prevent blisters. Two or three pairs of each are recommended. | |
| Gaiters | <i>Recommended:</i> Gaiters are used to keep dirt, rocks, mud and water out of boots, Gaiters are particularly useful in wet or muddy terrain. They help minimize erosion and vegetation damage by allowing us to walk through the mud and avoid widening the trail. | |
| Camp Shoes | <i>Recommended:</i> Consider bringing a pair of lightweight shoes for wearing around camp during evenings. | |
| Clothing | | |
| <p><i>Notes On Clothing:</i></p> <p><i>Cotton:</i> NO COTTON: While comfortable in the frontcountry, cotton absorbs and retains water, drawing heat away from the wearer. For this reason, cotton clothing can be deadly in the backcountry.</p> <p><i>Wool:</i> Wool is an excellent material for the backcountry. It retains its insulating qualities when wet, and is singularly durable.</p> <p><i>Fleece:</i> Also called Pile, fleece is a synthetic material that draws moisture from skin without actually absorbing water, which makes it great insulation. Otherwise similar to wool, fleece is lighter but bulkier.</p> <p><i>Polypropylene:</i> Polypropylene is another synthetic material that serves as a great insulator. It is especially effective as a moisture-wicking base layer next to the skin.</p> | | |
| Upper-body Clothing | | |

We recommend 2-3 insulating layers for the upper body. These garments should fit over each other so they can all be comfortably worn at once.

| Equipment | Notes | Check List |
|--------------------------------------|---|------------|
| Synthetic T-shirt | <i>Recommended:</i> We strongly suggest a lightweight synthetic t-shirt to wear on warm days. | |
| Top Base Layer | <i>Required:</i> A long-sleeved synthetic or merino wool mid-weight long-underwear top works best. We recommend two, in case one gets wet from perspiration or precipitation. | |
| Insulating Top Layer | <i>Required (Spring & Fall) Recommended (Summer):</i> Many participants prefer a light fleece or wool shirt, sweater or jacket. Nylon, polyester, polypropylene, fleece, or Capilene garments are all acceptable. | |
| 2 nd Insulating Top Layer | <i>Required:</i> An additional synthetic, fleece or wool shirt, sweater, vest or jacket. | |
| 3 rd Insulating Top Layer | <i>Optional (Spring and Fall):</i> Some participants may desire a supplementary heavier synthetic, fleece or wool shirt jacket. | |
| Rain Jacket | <i>Required:</i> Any rain jacket must be waterproof, lightweight and allow for enough room to fit over all insulating layers. Rain jackets with hoods and ventilation zippers are desirable. | |

Lower-body Clothing

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| Bottom Base Layer | <i>Required:</i> A synthetic or merino wool mid-weight long-underwear bottom works best. We recommended two, in case one gets wet from perspiration or precipitation. | |
| 2 nd Insulating Bottom Layer | <i>Recommended (Spring & Fall) Optional (Summer):</i> Fleece pants or heavier long-underwear might be used. | |
| Hiking Pants | <i>Required:</i> Durable, quick-drying synthetic pants are ideal. Zip-off pants allow for use as both pants and shorts, as well as for some ventilation. | |
| Rain Pants | <i>Optional:</i> Any rain pants must be waterproof and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. | |
| Hiking Shorts | <i>Recommended:</i> 1-2 pairs of lightweight hiking shorts are recommended (depending on season). | |

Sleeping and Hiking Equipment

| Equipment | Notes | Check List |
|--------------|--|------------|
| Sleeping Bag | <i>Required:</i> Synthetic-filled bags will perform best in our conditions. Down bags also work well but lose insulating ability when wet. Dry-down bags are recommended if using down. Bags should be rated 20°F/-7°C or lower. | |
| Sleeping Pad | <i>Required:</i> The sleeping pad insulates from the cold ground and provides comfort. Closed-cell foam pads are acceptable as are compact self-inflating air pads. | |

| Backpack | <i>Required:</i> For our course, internal frame packs will perform best. Packs should be spacious enough to hold all required personal equipment as well as an equitable share of group gear. A volume of 65 – 70 liters is generally best. <i>Note:</i> it is important to practice carrying a full pack before the trip, both to get used to the equipment and to get in shape. | |
|-------------------------------------|---|-------------------|
| Waterproof Bag Liners | <i>Required:</i> To keep belongings dry, line your pack with a heavy-duty garbage bag. Placing items in large sealable plastic bags or waterproof stuff sacks also works well. | |
| Pack Rain Cover | <i>Recommended:</i> While packs should be packed so that individual items stay dry inside, some participants prefer the supplementary water resistance of a full-pack rain cover. | |
| Other Gear | | |
| Equipment | Notes | Check List |
| Water Bottles | <i>Required:</i> Two, 1-quart/liter size plastic water bottle or bladders | |
| Eating Utensils | <i>Required:</i> A small Tupperware-style bowl with a lid facilitates easy cleaning and leftover storage. A spork will also suffice. | |
| Personal Toiletries | <i>Required:</i> Toothbrush, toothpaste, toilet paper, tampons, baby wipes, etc. Bring enough for your needs, don't overdo it! | |
| Headlamp | <i>Required:</i> Headlamps are lightweight and very functional. <i>Note:</i> No light is reliable without either a backup, or extra batteries and an extra bulb. | |
| Notebook and Pen | <i>Required:</i> A small one to take notes | |
| Pocket Knife | <i>Recommended:</i> A small pen-knife, or Swiss Army knife | |
| Wool or synthetic gloves or mittens | <i>Recommended (Spring & Fall) Optional (Summer):</i> 1 pair | |
| Sun Hat | <i>Recommended:</i> To keep the sun and rain off! Baseball caps and wide-brimmed hats work well. | |
| Wool or Pile Hat | <i>Recommended:</i> This is your insulating headwear, often used on cold nights. A ski hat is fine. | |
| Large Ziplock Bags | <i>Recommended:</i> A couple to carry out trash | |
| Lighter/Matches | <i>Recommended:</i> Course host will provide an adequate supply for the group, but as a rule, fire starting equipment is essential for every outing. | |
| Sunglasses | <i>Optional</i> | |
| Camera | <i>Optional:</i> Small, lightweight, durable, waterproof | |
| Binoculars | <i>Optional:</i> A great idea for low-impact wildlife watching | |
| Sunscreen | <i>Optional:</i> Only a very small bottle is necessary | |
| Sunglasses | <i>Optional</i> | |
| Insect Repellent | <i>Optional (depending on season)</i> | |
| Trekking Poles | <i>Optional:</i> Particularly helpful for those with knee problems | |

| | Food | |
|--|---|--|
| | Course host provides meals for the group. Participants should plan on bringing their own personal snacks. Be sure to inform the instructor of any personal dietary restrictions and/or allergies well in advance. | |