



## Leave No Trace Trainer Course

Bellingham, WA

### PROGRAM ITINERARY

#### Program Details:

The Leave No Trace Trainer course provides students an opportunity to develop a high level of understanding of the seven principles of Leave No Trace. Those who successfully complete the course will have the skills to provide LNT educational programming to their own student participants. This is an essential course for outdoor educators, guides and rangers.

The Leave No Trace Trainer Course will take place predominantly at Blanchard Mountain, a local mountain about 11 miles from the American Alpine Institute Headquarters (the Institute).

Classroom sessions will be conducted outdoors, so please be prepared for all kinds of weather. The Cascades are a wet mountain range and Bellingham can be similar during the spring and fall. It is important to understand that inclement weather can be a hindrance to the learning environment. Proper clothing and food can go a long way to help sustain comfort while learning in the backcountry.

Each day will run from approximately 8am to approximately 5:30pm. Please bring enough food and water for a full day of outdoor learning and activities.

#### Difficulty Grade:

Beginner

#### Prerequisites:

Previous backpacking experience is required.

#### Program cost Inclusions and Exclusions:

**Inclusions:** Permits and access fees; Guide fee; Leave No Trace reference card.

**Exclusions:** Food costs; Transportation; Personal equipment; Lodging; Personal health, Baggage and Trip Insurance; Transportation before and after your course dates, and from your place of lodging to our headquarters.

## Itinerary:

### Day 1

On the first day, the group will meet at the Institute at 8am (1515 12th Street Bellingham, WA 98225).

#### Curriculum:

- Welcome - Ice breaker (Instructor led)
- Introduction to Leave No Trace (Instructor led)
  - Introduction to teaching topics
- Principles of Education (Instructor led)
- **Principle 1** - Plan ahead and prepare. (Student led)
- Equipment and food check (Instructor / Shop led)
- Shuttle to trailhead
- Hike in
- **Principle 2** - Travel and Camp on Durable Surfaces (Student led)
- Lunch break
- **Principle 3** - Dispose of Waste Properly (Student led)
- Introduce Action Plans (Instructor led)
- Hike out
- Shuttle back to the Institute for debrief

*Lodging:* front-country camp on your own, or hotel.

### Day 2

On the second day of the Leave No Trace Trainer Course, the group will meet at the Blanchard Mountain trailhead at 8am.

#### Curriculum:

- Welcome & quick equipment/ food check (Instructor led)
- Hike in
- **Principle 4** - Leave what you find (Student led)
- **Principle 5** - Minimize campfires (Student led)
- Lunch
- **Principle 6** - Be considerate of other visitors (Student led)
- **Principle 7** - Respect Wildlife (Student led)
- Authority of the Resource (Instructor led)
- Share/ discuss Action Plans
- Hike out
- Debrief & course evaluation