



# Alpine Institute

## LNT Level 2 Itinerary

### Program Details

The Leave No Trace Level 2 Instructor course provides participants with extensive training in Leave No Trace skills and ethics, through practical application in a field-based setting. A more comprehensive version of the Leave No Trace Trainer course, the Level 2 Instructor course is designed for people who are actively teaching backcountry skills or providing recreation information to the public.

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 Level 2 Instructor Course will take place predominantly in a backcountry setting.

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

### Inclusions and Exclusions

**Inclusions:** Permits and access fees; Guide fee; Leave No Trace Level 2 Instructor Handbook, 101 Ways to Teach Leave No Trace, 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 - Rendezvous at the AAI Equipment Shop at 4041 Home Rd, Bellingham, WA.**

After introductions, logistics, and an overview of expectations, the day will focus on the scientific foundation of Leave No Trace, teaching styles, and the Plan Ahead and Prepare principle. We will discuss route planning and safety, identify equipment needs, and discuss meal preparation and cook groups. You will have time in the evenings to prepare your lesson plans.

Lodging: On your own front-country camping or a hotel

## **Day 2**

The second day, the group will meet at the Alpine Institute at 8am. We will begin our day with a thorough equipment check and we will take care of any rental equipment needs at the Equipment Shop. We will then pack up and head out to our first camp destination.

While at and around camp, we will discuss Leave No Trace Principles: Travel and Camp on Durable Surfaces and Dispose of Waste Properly.

Lodging: Front-country campground

## **Day 3**

On the third day, we will move from our front-country camp to our first backcountry campsite. Throughout the day we will discuss Leave No Trace Principles: Leave What you Find, Minimize Campfire Impacts and Respect Wildlife.

Lodging: Backcountry camp

## **Day 4**

Day four will be spent entirely in the backcountry. We will move camp on this day and will be hiking between 3 to 6 miles, depending on weather and campsite availability.

Throughout the day we will discuss Leave No Trace Principles: Be Considerate of Other Visitors as well as Wildland Ethics and the Authority of the Resource technique.

Lodging: Backcountry camp

## **Day 5**

On our final day, we will pack up our backcountry camp and hike out of the backcountry and return to the Alpine Institute.

During this day, we will discuss how to run a Leave No Trace Trainer Course and have a small graduation ceremony before we part ways.