

# Information and Equipment List



Trainer Course



## Course Description

This course will emphasize skills and techniques essential to Leave No Trace (LNT) minimum impact outdoor ethics and education by developing an appreciation of the ethical reasons behind the principles. Explores environmental and sustainability issues when recreating in the natural world and how to teach LNT to diverse groups. Upon successful completion of the course requirements, the student will be eligible to earn an LNT Trainer Certification provided by The Center for Outdoor Ethics.

## Service Learning

This course includes 8 to be assigned (TBA) hours in support of the stated student learning outcomes to allow students to obtain the service learning and teaching skills necessary to become a certified LNT Trainer. You will be required to locate a group (e.g., school class, civic group or volunteer with the Forest Service/State Parks) and teach 8-hours of LNT Awareness.

## Upon Completion LNT Trainers are equipped to:

- The role and function of a LNT Trainer
- Recite and explain the seven principles of LNT
- Understand, demonstrate and teach state of the art minimum impact techniques for friends, family or community groups
- Lead a discussion on outdoor ethics and help others explore their own personal outdoor ethic
- Understand and explain why LNT is important in all areas
- Understand and convey the purpose and mission of LNT
- Serve as a co-instructor for LNT Trainer Courses with a qualified Master Educator
- Offer LNT Awareness Workshops

## Contact Information

If your contact information changes update with the Program Director at ([wilderness@ltcc.edu](mailto:wilderness@ltcc.edu)) or (530) 541-4660 ext. 463 as soon as possible. If unable to contact them contact the Instruction Office 530-541-4660 ext. 752.

## Course Dates, Time & Location

Check your course schedule on Passport for exact dates and classroom for your course (<http://www.ltcc.edu/academics/scheduleofclasses.php>). See the campus map for parking and classroom location. (<http://ltcc.edu/about/location.php>).

## Accommodations, Food, and Transportation

Participants are responsible for their own lodging (except for the overnight field trip) and transportation for all LTCC venues for this course. LTCC will provide meals for the field portion of this class, see Group Equipment and Food below for details. **There is one (1) planned backcountry overnight on this course. Contact the WEOL Program Director as soon as possible if you have any food allergies or restrictions.**

## LNT Awareness Online Training

**All students must complete the Leave No Trace Online Awareness Course (<https://lnt.org/get-involved/training-courses/online-awareness-course/>) prior to the start of the course.**

## Acknowledgement & Assumption of Potential Risk, & Medical

Complete the online Acknowledgement & Assumption of Potential Risk & Medical History and Authorization for Treatment prior to attending your first class.

(<https://waiver.smartwaiver.com/v/lcccwaiver/>). You will also be required to sign the LNT AAoR form at the start of the course.

**If you have any medical conditions that would put you or others at risk while your course, contact the Program Director as soon as possible.**

### Equipment List

The safety and quality of your experience is determined in large part by the clothing and equipment that you choose to bring. As a recreationalist or aspiring professional, you should ensure your equipment is appropriate for the trip and in top condition.

Generally, you should choose lightweight clothing and equipment and where possible choose multifunction equipment. Ounces make pounds, pounds make pain. Pain increases fatigue and makes learning, leading, guiding, and enjoying the trip more difficult; resulting in increased risk.

The WEOL Program has a limited camping equipment loan, contact the Program Director as soon as possible if you have equipment questions. **You should have all your equipment at the start of the class.**

<p><b>Upper Body:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Base layer: long sleeve synthetic or wool: medium to expedition weight</li> <li><input type="checkbox"/> Insulating layer: puffy jacket, synthetic light weight</li> <li><input type="checkbox"/> Protective layer: soft/hard shell jacket with hood</li> </ul>	<p><b>Pack &amp; Camping Gear:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pack 30 – 40-liter ski pack</li> <li><input type="checkbox"/> Sleeping bag w/mat</li> <li><input type="checkbox"/> Bivy sac (optional)</li> <li><input type="checkbox"/> Headlamp w/extra batteries</li> <li><input type="checkbox"/> Water bottle (1 or 2 liters)</li> <li><input type="checkbox"/> Mug/cup &amp; bowl/plate with spork</li> <li><input type="checkbox"/> Lightweight camp stool (optional)</li> </ul>
<p><b>Lower Body:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Base layer: light weight synthetic</li> <li><input type="checkbox"/> Insulating layer: medium weight synthetic or wool</li> <li><input type="checkbox"/> Protective layer: soft/hard shell pant with side zips and built-in gaiters</li> <li><input type="checkbox"/> Socks: 1 to 2 pair medium to heavy synthetic or wool</li> </ul>	<p><b>Backcountry Trekking Gear:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Boots/shoes appropriate for trekking</li> <li><input type="checkbox"/> Map &amp; Compass</li> <li><input type="checkbox"/> GPS/smart phone (optional)</li> <li><input type="checkbox"/> Walking poles (optional)</li> <li><input type="checkbox"/> Altimeter (optional)</li> </ul> <p>Map: Lake Tahoe Basin [US Forest Service] (National Geographic Trails Illustrated Map (803)) Map – Folded Map, January 1, 2006</p>
<p><b>Hands and Head:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Gloves: 1 medium &amp; 1 heavy</li> <li><input type="checkbox"/> Hat medium weight ski hat</li> <li><input type="checkbox"/> Hat baseball or golf visor</li> <li><input type="checkbox"/> Neck gaiter (optional)</li> <li><input type="checkbox"/> Sunglasses w/case</li> </ul>	<p><b>Other Gear:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sunscreen/lip balm</li> <li><input type="checkbox"/> Bandanna (optional)</li> <li><input type="checkbox"/> Personal hygiene items &amp; wag-bag</li> <li><input type="checkbox"/> Fire starting</li> <li><input type="checkbox"/> Field book with 2 pencils</li> <li><input type="checkbox"/> Large zip-lock bags</li> <li><input type="checkbox"/> Personal repair kit &amp; first aid kit</li> <li><input type="checkbox"/> Camp shoes (optional)</li> <li><input type="checkbox"/> Camera / Phone (optional)</li> </ul>

Group Equipment and Food will be provided by the WEOL program.

Tents & tarps	Camp lanterns	1 Breakfast
Stoves & fuel	Water filters	2 Lunches
Kitchen kits	Water bags	1 Dinner

### Tentative Schedule

This is a tentative schedule and is subject to change by the lead instructor.

#### Day 1 (Evening Session)

6:00 PM – 7:50 PM

Welcome & Introductions

LNT Trainer overview

Teaching styles and discussion

Assign participant led LNT lessons

#### Day 2 (Class to Field w/Overnight)

8:00 AM – 5:50 PM

Route planning and risk management

Equipment check and packing

Transition to field

Set camp & lunch

Lesson Prep Time

Participant led lessons

Dinner

Authority of the Resource discussion

Personal time

#### Day 3 (Field to Class)

8:00 AM – 5:50 PM

Breakfast and break camp

Lesson Prep Time

Participant led lessons

Lunch

Transition to classroom

How to run a LNT Awareness Workshop

Service Learning and TBA hours

Next steps and course close

#### To be assigned (TBA) hours (8-hours)

LNT Trainer certificate will be awarded upon successful completion of the instruction portion of this class. The LTCC grade will not be awarded until the participant presents proof, to the lead instructor, of teaching a minimum of 8-hours of LNT Awareness.