



IWLS

International Wilderness Leadership School

Nepal Whitewater 24 day Course Information



Course Overview

The Sun Kosi and Karnali Rivers are two of the largest drainages in Nepal. The Sun Kosi descends from the great Mahabharay Lekh Mountains and the Himalaya, encompassing the majority of eastern Nepal's watershed. The Karnali, of western Nepal, is the longest and largest river in the country. These world renowned river expeditions offer exciting Class IV+ rapids amidst a unique wilderness and culture. Additionally, the course explores a series of 1-2 day rafting trips on rivers outside of Pokhara.

From transporting rafting equipment on yaks, practicing swift water rescue techniques, and interacting with local villagers, students develop a comprehensive understanding of international expedition rafting skills. You'll learn about international logistics and planning, gain experience captaining a paddle raft and rowing an oar frame, and run exciting rapids with dramatic views of the Himalayas.

Course Location

Draped along the spine of the Himalayas, Nepal is a land of spectacular scenery, ancient Buddhist monasteries and some of the best trekking, mountaineering, and river rafting on earth. Tumultuous rivers fill glaciated valleys, ancient trails meander below towering 8000 meter peaks and villages dot the landscape. IWLS courses here offer a chance to experience the incredible Sherpa culture, trek through the awesome panorama of the Himalayas, and raft awe inspiring whitewater while learning expedition and leadership skills.

Kathmandu is the starting and ending point for our whitewater course in Nepal. It is a fascinating city with many interesting sights. While in Kathmandu we will visit the Hindu and Buddhist temples of Syhumbunath, Bodanath, and Pashupatinath as well as the historic Durbar Square.

Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-766-3396

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.





IWLS

International Wilderness Leadership School



Course Goals

- Students will gain a strong technical whitewater skill sets along with appropriate traveling techniques.
- Students will be able to demonstrate the ability to professionally deal with all aspects of emergency scenarios while in the field in an international setting.
- Students will be able to use and teach state-of-the art minimum-impact camping and travel techniques.
- They will be able to exercise good quality judgment and decision-making skills within a leadership position to avoid potential accident and survival situations and develop a comprehensive understanding of safety considerations in Nepal.
- They will be able to recognize their own leadership abilities and limitations within the context of a group. Students will be able to demonstrate the ability to make decisions and lead small groups in the mountain environment of Nepal.
- Students will have a comprehensive understanding of risk management issues associated with guiding on rivers.

Course Itinerary

This is a flexible trip itinerary that shows the general progression of the trip. Certain sections of the itinerary may be re-organized to provide the best experience in relation to the current season and conditions.

Day 0: Arrive Kathmandu

Day 1: We'll spend the first day preparing, planning, having a pre-trip meeting, and packing food and equipment for our expedition. We will travel to Pokhara to stage for an upcoming skills training and river descents.

Day 2-4: We'll choose from a variety of rivers for 3 days of raft guide training. These are include, but aren't limited the Irsilu, Kalingadaki, and the Seti

Day 5-7: 3 days of swiftwater rescue training. This will set you up for success to handle potential emergencies on the water.

Day 7-8: A few more excited descents of rivers outside of Pokhara.

Days 12: Preparation for extended river expedition.

Days 13-22 – Extended river expedition on either the Karnali or Sun Kosi rivers. From transporting rafting equipment on yaks, practicing swiftwater rescue techniques, and interacting with local villagers, students develop a comprehensive understanding of international expedition rafting skills. You'll learn about international logistics and planning, gain experience captaining a paddle raft and rowing an oar frame, and run exciting rapids with dramatic views of the Himalayas.

Day 23 – return to Pokhara

Day 24 – return to Kathmandu



Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-766-3396

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.



IWLS

International Wilderness Leadership School



A Typical Day

A typical day starts around 7am with breakfast and hot drinks. While water is heating you will most likely be preparing for the days' adventures. After breakfast we'll get ready to hit the river or hit the trail!

You will play an integral part of the expedition team by setting up camp, cooking meals, or carrying a portion of the group gear. You may be leader of the day, responsible for planning the day, accomplishing objectives, or facilitating a lesson plan.

The day's activities will vary depending on weather, location, and progression of the course. We may work on developing your technical skills set, learn about different leadership styles, or get an alpine start and climb a large peak in the area. Regardless of the day's activities, it will be full of learning and adventure.

Dinner could be anything from pasta to backcountry pizza. Students often walk away from our courses with a newfound love for cooking good and original food.

The day will finish with a debrief session where we'll discuss the day's events, what you learned, and how you'll be able to use your newfound skills in the near future.

Course Curriculum

The International Wilderness Leadership Schools' educational model nurtures leadership development and creates an awareness of the guiding mentality that is essential for leading safe, fun adventures on the water. The combination of technical skills training, experiential education and practical leadership experience make the IWLS curriculum world class.

We believe that experiences drive our learning and therefore we use formal and informal classes taught by both instructors and students. Instructors are eager to help facilitate the learning process but ultimately, how much you learn will be dependent on the amount of effort you put into the course.

A detailed curriculum will be provided at the beginning of the course. Below is a partial list of curriculum points that will be covered throughout your course.



Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-766-3396

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.





IWLS

International Wilderness Leadership School



IWLS General Curriculum

- **Leader of the Day:** Opportunities to lead the group will be abundant and you'll have the time to learn and practice multiple styles of leadership.
- **Situational Based Decision Making:** Over the course of 12 days, we'll discover ways to make effective and safe decisions in the field.
- **Focused and "Big Picture" Awareness:** Learn to identify objective and subjective hazards in a backcountry setting.
- **Logistics:** Develop the ability to efficiently plan and pack for an extended expedition in the backcountry.
- **Communication Skills:** Learn to communicate to a wide variety of audiences and provide constructive and appropriate feedback during daily group debriefs.
- **Teaching and Lesson Plans:** You'll have the opportunity to develop lesson plans, teach in front of the group, and learn the importance of progressions for teaching technical skills and leadership.
- **Expedition Behavior and Group Dynamics:** As this course is a true wilderness expedition, interactions between group members need to be supportive and contribute to the efficacy of the group. Learn the finer points of teaching these facilitation skills.
- **Camp Set-up and Maintenance:** Mastering these essential skills will prove valuable whether you are pitching a tent in gale force winds or melting snow for drinking water.
- **Nutrition and Cooking:** A healthy diet is vital for maintaining energy throughout an expedition. Learn to appropriately prepare nutritional and tasty backcountry meals.
- **Navigation:** Learn how to take a bearing, read a topographical map, triangulate your position, and navigate in a whiteout.
- **Weather:** Will the storm arrive in the next 12 hours, or the next 48? Understanding weather patterns and trends will help you plan successful trips in a wilderness setting.
- **Leave No Trace® Ethics:** As adventurers in some of the most pristine environments on the planet it is our duty to respect the natural world.
- **Natural and Cultural History:** Having a strong understanding of cultural history, flora, and fauna is an integral part of leading people in an outdoor environment. You'll learn some of the botany, ecology, and geology that apply to this remarkable area.



Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-766-3396

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.





IWLS

International Wilderness Leadership School



IWLS Whitewater Curriculum

- **Rafting Equipment:** From identifying a boat's carrying capacity and rigging a raft with appropriate lines to packing a throw bag and repairing a punctured thwart, you'll learn the ins and outs of whitewater rafting equipment.
- **River Rescue:** What do you do when you find yourself swimming in a Class IV rock garden? How do you extract a pinned raft from strong current? You'll learn and practice the techniques to carry out a safe and efficient rescue on the river.
- **Hydrology:** Rivers are a powerful force of nature. An understanding of river hydrology helps us to identify and assess features on the river for safe navigation. You'll learn the fundamentals of pourovers, eddies, holes, standing waves and more.
- **Maneuvering a Raft:** Whether in a paddle raft or an oar rig, the ability to steer a raft and avoid obstacles is vital for having a safe and fun rafting experience. You'll have the opportunity to practice both types of rafting and develop a strong skill set for maneuvering down a Class III/IV river.
- **Oar and Paddle Strokes:** Maneuvering the raft requires effective strokes. You'll learn and teach these skills as you practice your safety talks and captain a boat down the river.
- **Paddle Captaining and Commands:** The captain of the paddle raft communicates to paddlers how to maneuver the raft. Learning how to paddle captain requires managing a group of paddlers to provide a safe, fun, and rewarding experience on the river.
- **River Signals:** Generally, the roaring noise of a rapid makes it difficult to be heard. Learn and practice the signs and signals for effective visual communication.
- **Group Management:** Learn how to distribute resources for effective risk management, designate a lead boat for scouting and keeping the group together, and establish a sweep boat with critical rescue equipment



Journal Writing

Keeping a wilderness journal can help students to record, reflect, and gain from experiences throughout the expedition. The following are examples of topics that may be assigned throughout the course: First-Aid SOAP notes, incident management forms, leadership analyses, trip reports, lesson plans and decision making analyses.

Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-766-3396

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.





IWLS

International Wilderness Leadership School



Evaluation and Grading

Students who take this course for credit will receive a letter grade. Grading is a measurement of one's knowledge of material, participation, written and oral communication, and one's judgment and awareness. Students will be evaluated on their skills, level of participation, their knowledge and awareness of their own abilities as outdoor leaders, their level of judgment as applied to decisions, and written projects assigned during the trip. Students that don't take the course for credit will receive a written instructor evaluation in place of a grade.

Certifications

Upon completion of the 24-day whitewater leadership course, students will be eligible for the following certifications:



24 Day Guide Training Certificate of Completion
International Wilderness Leadership School



Swiftwater Rescue Technician, Level 1
Rescue III International



Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-766-3396

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.

