



# IWLS

International Wilderness Leadership School

## 7-Day Utah Multi-Sport

### Youth Leadership Course Information



#### Course Location

Utah is home to some of the most spectacular terrain in the Continental United States. Towering sandstone spires, lofty peaks, quality granite cracks, long frozen waterfalls, and beautiful broad vistas are some of the characteristics that make Utah an excellent place for your outdoor education experience.

The west desert of Utah hosts a wide variety of rock climbing opportunities. Even in the middle of winter, the sunny days provide an enjoyable climbing experience. From top-roping on granite slabs to multi-pitch limestone cliffs, the variety of terrain features set amidst the vast expanse of Utah's west desert are a playground for rock climbing enthusiasts.

Great Basin National Park is home to some of the greatest vertical relief in the United States outside of Alaska. Wheeler Peak (13,036 ft/3,973 m), the 12th largest mountain in the contiguous U.S., with its soaring rock ridges and steep alpine faces offers mountaineers an array of climbing options of varying difficulties. The "big mountain" alpine setting provides a perfect classroom for aspiring alpinists and leaders.

On the mountaineering portion, you'll become adept at mitigating and recognizing objective hazards in the mountains. Imagine cresting a summit ridge as you secure a snow picket to protect against a fall or teaching your peers about the advantages of different layering systems. A morning of avalanche beacon rescue scenarios may be followed by a session of rock climbing on a nearby outcrop. With more opportunities to step into a leadership role and master your technical mountaineering skills, your competence as an outdoor leader will grow.

#### Course Goals

- Students will gain a strong technical mountaineering skill set and appropriate traveling techniques.
- Students will gain a technical rock climbing skill set and appropriate decision making skills.
- Students will be able to demonstrate the ability to professionally deal with emergency scenarios while in the field.

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

1-800-985-4957

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A Division of Alaska Mountain Guides & Climbing School Inc.





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- Students will be able to use and teach state-of-the art minimum-impact camping and travel techniques to move a group through various types of terrain with minimum impact.
- 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 a wilderness environment.

## Course Itinerary

*This is a flexible trip itinerary that shows the general progression of the trip.*

**Day 0:** Meet and greet with your instructors and fellow students at 6:00pm, usually held at your hotel, unless otherwise noted. Please bring your personal gear and clothing for a gear check. Afterwards, we will discuss group and course goals & expectations.

### Day 1-3: Rock Climbing

After final gear and food preparation we will drive to Notch Peak Wilderness Area for the extent of the climbing during the course. We will cover a wide spectrum of rock-climbing skills including but not limited to: top-rope site selection, belaying, rock climbing technique (face climbing, crack climbing, etc.), rock assessment, and rock anchors. If time allows, we will delve into more advanced climbing techniques like mock leading, emergency protocols, rappelling, rescuing a fallen leader, and more.

### Day 4-7: Mountaineering

We will head to Great Basin National Park for the mountaineering portion of our course. We'll arrive in the evening and establish our first camp beneath Wheeler Peak. The first portion of the trip focuses on expedition camping, and general travel techniques. Skills will include but are not limited to avalanche awareness, safe winter travel techniques, general mountaineering skills, belaying, and anchor building. Once we've covered the basics, we'll move on and apply these skills to some of the ascents in the area. Additionally, we will cover more advanced skills including route finding, navigation, emergency protocols, high angle rescue and more. Utilizing the great weather of western Utah, we will attempt some exciting summit climbs above 12,000 feet. On the evening of the 7<sup>th</sup> day, we will return to Salt Lake City.

## 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.



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