



IWLS

International Wilderness Leadership School

12-day Utah Backpacking and Canyoneering Leadership and Guide Training Course



Course Location

This course takes place in the canyonlands of southern Utah. We choose from a variety of incredible routes that explore some of the most remote reaches of this region. The course starts and ends in Salt Lake City. Towering sandstone needles, secluded arches, slot canyons, remote pristine canyons, and broad vistas make up the amazing aesthetics that the canyonlands has to offer. The delicate ecosystem and profound geologic history of Canyonlands National Park and Grand Staircase - Escalante National Monument make for great expedition and learning environments.

Course Goals

- Students will gain a strong technical backpacking and canyoneering skill set and appropriate traveling techniques.
- Students will be able to demonstrate the ability to professionally deal with emergency scenarios while in the field.
- Students will be able to use and teach state-of-the art minimum-impact camping and travel techniques to move a group through a desert terrain with minimum impact.
- They will be able to exercise good quality judgment and decision-making skills within a leadership position to help avoid potential accident and survival situations and develop a basic understanding of safety considerations in the desert canyon environment.
- 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 desert.

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

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Course Itinerary

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

Day 0: We will meet at your hotel in Salt Lake City for a meet and greet with your fellow students and instructors. Please bring your personal gear and clothing for a gear check. We will discuss course goals and expectations.

Day 1: We'll get an early start from Salt Lake City, and head down to Southern Utah to one of a series of excellent canyoneering and backpacking locations.

Day 2 – 7: Skill intensive backpacking/canyoneering instruction. This portion of the course focuses on the technical skills associated with backpacking and canyoneering. Skills including but not limited to: backpacking, rappelling, ascending, desert ecology, minimum impact camping, anchors, belaying, and emergency protocols.

Days 8 - 11: Leadership, judgment, decision making development. We'll continue exploring slot canyons and secluded canyons and develop technical canyoneering skills. Participants will have the opportunity to be in leadership roles.

Day 12: Return to Salt Lake City. In the last few days of the course we will have final peer and instructor evaluations. Students will be evaluated on their understanding and completion of the IWLS curriculum.

A Typical Day

A typical day starts around 7am with breakfast and hot drinks. If a canyon descent is planned, you may find yourself awake just before sunrise. While water is heating you will most likely be preparing for the days' adventures.

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 descend a narrow canyon in the area. Regardless of the day's activities, it will be full of learning and adventure.

Dinner could be anything from thanksgiving to 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 days events, what you learned, and how you'll be able to use your newfound skills in the near future.

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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 in the mountains. The combination of technical skills training, practical leadership experience and a true wilderness expedition 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.

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.



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- **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.

IWLS Backpacking Curriculum

- **Pre-trip Activities:** Learn how to plan and prepare for an extended wilderness expedition. We'll cover everything from technical camping equipment to group and personal expectations.
- **Backpacks:** Proper packing and fitting of backpacks improves efficiency and helps avoid injury.
- **Tents:** Staying dry in the wilderness is an essential survival skill. You'll learn how to repair a damaged tent, how to set up camp in high winds, and techniques to secure your dry space for the night.
- **Stoves and Campfires:** The ability to repair a broken stove, make an emergency fire after being submerged in an icy river, and melt snow efficiently for water are key components for leading a group in the wilderness.
- **Cooking:** Sometimes in the backcountry, the meal makes the day. Whether cooking oatmeal or Thanksgiving dinner, you'll develop your skills at making tasty treats.
- **Lightning Hazards:** Learn how to read weather patterns and avoid exposure, and how to manage a group in an emergency situation.
- **River and Stream Crossings:** In river crossings, attention to detail and safety are #1. You'll learn and practice safe techniques for wading across a small stream or doing a Tyrolean traverse across a raging river.
- **Travel on Scree and Talus:** The term 'talus' originated from a Greek name for a giant who throws rocks. Learn how to safely travel on this potentially dangerous terrain.
- **Geology:** From plate tectonics to granitic batholiths, you'll learn the history of the land you are exploring and how these forces create and influence the environment around you.
- **Objective Hazards:** River crossings, bear encounters and "widow makers" are examples of objective hazards. We'll learn how to effectively deal with or avoid these hazards.
- **Subjective Hazards:** Among other things, dehydration, fatigue and personal pride can be detrimental to group safety. Learn how to implement measures to mitigate these potential hazards.
- **Timing:** This is a key component of group management. You'll develop this awareness and how it affects all aspects of a day on an expedition.



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IWLS Canyoneering Curriculum

- **Environmental Ethics:** The desert is home to a dynamic, yet fragile ecosystem. As responsible users, we'll focus on teaching ways to minimize our impact on the environment.
- **Meteorology and Flash Floods:** The topography and geology of canyon country contribute to dangerous flash floods. You'll learn how to interpret meteorological events, make safe decisions, and avoid being in the wrong place at the wrong time.
- **Rappelling:** Learn the principles of safe rappelling in a canyon environment for dropping into slot canyons or over big sandstone cliffs.
- **Ascending:** The ability to escape canyons by ascending a rope is an important canyoneering skill. You'll learn different ascending techniques and how to do them safely.
- **Pothole Escapes:** Shoulder stands, backpack toss and body belays are some of the techniques that we'll teach and learn as means to escape canyon potholes.
- **Anchors:** Anchor building is a fun, yet intricate subject. We'll examine single, double, triple and complex anchors, and their different applications. Learn how to place anchors, assess quality, and rig for rappelling.
- **Rivers and Streams:** Creeks at canyon bottoms can be hazardous if not given the proper respect. You'll learn to identify water features and navigate through these waters safely and efficiently.
- **Canyoneering Equipment:** The hot, dry landscape of the southwest, abrasive canyon walls, and turbulent canyon creeks demand the right equipment. You'll get hands on experience with the equipment necessary for adventuring in canyon country.
- **Routefinding:** Picking a canyon to descend, a spot to ford the river, or a cliff to rappel requires good routefinding skills. Through experience and learning, you'll develop the awareness and decision making skills to navigate and routefind in canyon country.
- **Desert Flora and Fauna:** Mountain lions, coyotes, yucca, prickly pear cactus and eagles are among the multitude of species that make their home in this environment. We'll spend time observing and learning about the balance of this pristine ecosystem.



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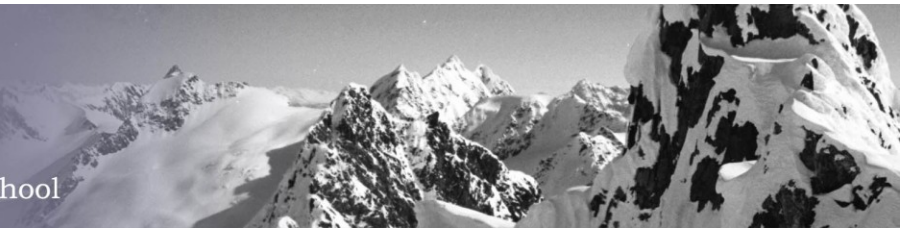
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Journal Writing

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

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 an evaluation in place of a grade.

Additionally, the grading will be a reflection of student's peer and instructor evaluations as per the IWLS assessment rubrics.

Certifications

Upon completion of the 12-day backpacking and canyoneering leadership and guide training course, student may be eligible for the following certifications.



12 Day Guide Training Certificate of Completion

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