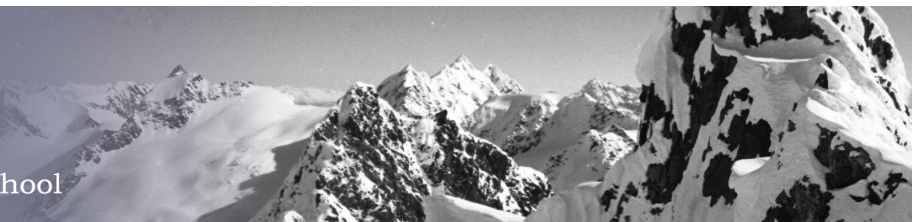




IWLS

International Wilderness Leadership School



24-day Nepal Backpacking Leadership and Guide Training Course

Course Location

Draped along the spine of the Himalaya, Nepal is a land of spectacular scenery, ancient temples, and some of the best trekking on earth. It is rich in scenic beauty and cultural treasures. Kathmandu is the starting and ending point for our courses 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.

We fly into and out of Lukla, located at the base of the Khumbu valley at 9,000 ft. It is an exciting place in the spring and the fall; the village bustles with porters and the Sherpa people organizing expeditions and the transport of goods and supplies to villages further up the valley. On our way to Everest base camp and the Upper Khumbu Valley, we will visit the Namche Bazaar and Tengboche Monastery. As we enter the upper reaches of the valley, we will acclimate, explore, and take in the incredible views of Thamserku, Kangtaga, Ama Dablam, and Mt Everest.

This course in Nepal is an excellent educational opportunity for students looking to safely and effectively lead trekking groups to altitude while learning about the unique culture of the region.

Course Goals

- Students will gain a strong technical high altitude trekking skill set and appropriate traveling techniques.
- Students will be able to demonstrate the ability to professionally deal with all aspects of emergency scenarios while in the field.
- 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 be able evaluate their personal acclimatization process, be knowledgeable about appropriate acclimatization regimens, and have an understanding of medicines and methods associated with high altitude.

Course Itinerary

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

Day 0: Arrive Kathmandu

Day 1-2: We'll spend the first day preparing, planning, having a pre-trip meeting, and packing food and equipment for our expedition into the Khumbu region. We talk about expectations for the course from the students and from the instructors.



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Day 3: Flights to Lukla (9403ft) and Phakding. This is a 40-minute flight into about a small Sherpa town in the Khumbu. Lukla is an exciting place in the spring and the fall; the village bustles with porters and the Sherpa people organizing expeditions and the transport of goods and supplies to villages further up the valley. After lunch we will hike a few hours to Phakding for the night.

Day 4-5: Phakding to Namche Bazaar: This is a big day, hiking ancient trails, crossing suspension bridges, and climbing to Namche Bazaar at 11,300 feet. Namche is the cultural center of the Khumbu. Home for the weekly market where traders from the lowlands trade with the highland Sherpa people. We will spend 2 nights in Namche exploring and acclimatizing.

Day 5-7: Namche to Tengpoche Monastery: Tengpoche is the largest and most active monastery in the Khumbu.

There are great views of both Mt Everest and Ama Dablam from the site. We will spend 2 days here for further acclimatization.

We will do a variety of side hikes.

Day 8-12: Tengpoche to Gokyo Ri: The views of Mt. Everest from Gokyo Ri are phenomenal. We'll spend 2 days there for even more acclimatization.

Mid-course evaluation: Lead instructors will assess participants' level of involvement and assessment rubrics associated with the IWLS and WEA curriculums. These, in conjunction with peer evaluations, allow participants to receive positive feedback and develop an awareness in regards to fulfilling the requirements to receive certification as an outdoor leader.

Day 13-14: Cho La pass (17,377ft): We climb over this high pass and descend into Lobuche.

Day 15: Everest basecamp: We'll journey to Gorak Shep (the highest village in the Khumbu at 17,000 ft.) on our way to Everest basecamp.

Day 16-20: Everest basecamp to Tengpoche

Day 20-22: Tengpoche to Lukla: 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 and WEA curriculums.

Day 23: Flights from Lukla to Kathmandu

Day 24: Flights Home

A Typical Day

A typical day starts around 7am with breakfast and hot drinks. If a long trek 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, learn about an aspect of the culture, or get an alpine start and climb up high above the valley floor. Regardless of the day's activities, it will be full of learning and adventure.



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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.

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 outlines essential components for effective outdoor leadership. Below are a few points that will be covered in this course.

Decision Making and Problem Solving: Over the course of 12 or 24 days, we'll discover ways to assess problems, explore solutions and evaluate options in order to make effective and safe decisions in the field.

Leadership: Opportunities to lead the group will be abundant, and you'll have the time to learn and practice multiple styles of leadership in varied situations.

Expedition Behavior and Group Dynamics: Because this course is a true wilderness expedition, interactions between group members need to be supportive and contribute to the efficacy of the group. The daily dynamics of the group, combined with instruction, will teach participants not only how to be a member of a team, but how to influence and lead an expedition.

Environmental Ethics: As adventurers in some of the most pristine environments on the planet, it is our duty to respect the natural world. All of our courses practice and teach Leave No Trace® principles.

Basic Camping Skills: Mastering these essential skills will prove valuable whether you are pitching a tent in gale force winds or melting snow for drinking water.

Equipment/Clothing Selection and Use: You'll learn to choose the right gear for the correct application, whether enjoying a sunny afternoon on a snow slope or trekking through a tropical rainforest.

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.

Health and Sanitation: You'll learn water treatment techniques and waste management skills for healthy backcountry living.

Travel Techniques: Course instruction will help you discover ways to safely maximize your efficiency, whether hiking down a well-beaten path or traversing an exposed ridge.



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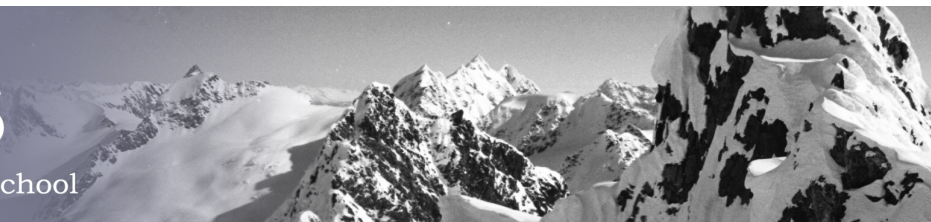
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Navigation: Learn how to take a bearing, read a topographical map, triangulate your position, or navigate in a whiteout.

Safety and Risk Management: Safety is always the #1 consideration. As the course progresses, you'll develop an awareness to appropriately assess risk and make safe decisions.

Wilderness Emergency Procedures and Treatment: Learn how to effectively manage safe, efficient and timely backcountry rescues.

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 these remarkable areas.

Communication Skills: Speaking in public, managing a personal conflict, or leading a group in the wilderness, all of these situations require effective communication. You'll gain confidence in your communication abilities as you develop your personal leadership style over the length of this course.

Trip Planning: The first day of the 24-day course is devoted to planning, packing, and organizing the logistics, food, and equipment for the expedition.

Teaching: 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.

IWLS Backpacking Curriculum prepares students for exploration into remote, backcountry settings.

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.



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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.

IWLS International Curriculum is designed to provide students with a fundamental understanding of planning and leading expeditions in foreign countries. Here are just a few topics that will be covered:

Cultural History: As visitors to this remarkable place, we place a premium on being respectful and learning about the local culture and history. The rich Nepali history of the high Himalaya provides great insight into the culture of the region today.

Language Skills: The ability to ask directions, purchase items, and communicate on any level is an essential element of leading an expedition to a foreign country. Throughout the course, we'll develop our Nepali language skills through dialog and lesson plans.

Trip Preparation: Logistics in a foreign country have the potential to be complex and tenuous. You'll take part in shopping at the local market, arranging transportation, and securing permits in preparation for your expedition to the Khumbu region of Nepal.

The Wilderness Education Association

The WEA has been training and certifying outdoor leaders around the world for nearly 25 years, and teaching students to safely and effectively lead groups in the outdoors without harming the environment.

Legendary mountaineer Paul K. Petzoldt, Chuck Gregory, Robert Christie, and Dr. Frank Lupton, founded the WEA in 1977. The organization's mission includes "...promoting the professionalism of outdoor leadership and to thereby improve the safety of outdoor trips and to enhance the conservation of the wild outdoors..."

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 WEA and IWLS assessment rubrics.



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Certifications

Upon completion of the 24-day high altitude backpacking leadership and guide training course, student may be eligible for the following certifications.

- WEA certificate of completion
- WEA certified outdoor leader
- IWLS certificate of completion

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