

THE MOUNTAINEERS

# Olympia Branch of the Mountaineers Wilderness Skills Policies, Procedures and Standards

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## Request for Wilderness Skills Course Equivalency

### I. SUMMARY

The Wilderness Skills Committee recognizes that there are other backcountry travel, hiking, and backpacking instructional programs and alternatives to The Mountaineers' formal course. Individuals who have taken other qualified courses and/or have accumulated outdoor travel skills may wish to advance to other mountaineering activities, participate in the club's Alpine Scramble and Basic Climbing training programs. This procedure enables individuals with alternative training and experience to be considered for Wilderness Skills Course Equivalency.

### II. ELIGIBILITY CRITERIA

An applicant for the Wilderness Skills Course Equivalency must:

- a) Complete the ***Request for Wilderness Skills Course Equivalency*** form,
- b) Be a member of The Mountaineers, and
- c) Have the application accepted by the Wilderness Skills Committee.

### III. REQUIREMENTS

The following requirements are to be completed within one year of the Wilderness Skills Committee's acceptance of equivalency application:

- a) Demonstrate an acceptable level of backcountry travel skills and experience by:
  1. Attending selected course lectures as deemed necessary by the Wilderness Skills Committee,
  2. Completing the Olympia Branch Wilderness Skills Outdoor Workshop (field trip) in a competent manner or those portions of the workshop deemed necessary by the Wilderness Skills Committee, and
  3. Completing one (1) hike or one (1) backpack trip or any other outing or field trip offered by the Olympia or other Mountaineers branch as a Course Equivalency candidate.
- b) Be approved by the Olympia Branch Wilderness Skills Committee.

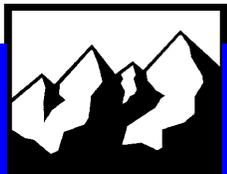
### IV. RIGHTS AND BENEFITS

A person possessing the Wilderness Skills Course Equivalency status is entitled to participate in all club activities for which graduation from the Wilderness Skills course is required.

### V. COURSE OVERVIEW

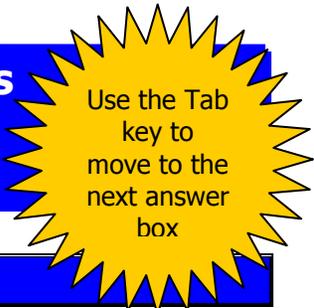
The Wilderness Skills Course provides information and hands-on experience with the **top twenty+** topics considered important for safe adventures in the backcountry. The successful graduate has sufficient information and experience to participate in trips of one or more days into the backcountry; select the proper clothing, equipment and meals; understand the physical and mental demands of backcountry travel; prepare for most emergencies; plan and organize trips.

- **Lecture 1: Knowing the essentials of wilderness travel**
- **Lecture 2: Knowing how to prepare for the wilderness environment**
- **Lecture 3: Knowing how to navigate in the wilderness (map and compass use)**
- **Lecture 4: Knowing how, when, and where to travel in the wilderness**
- **Outdoor Workshop** - This field trip takes the students to a local park to learn and practice their new skills on an outdoor challenge course where they learn using the guided discovery instructional method. Students demonstrate their ability to properly prepare for a trip and to use the 10 essentials.
- Students must also participate in some form of outing or field trip offered by the branch.



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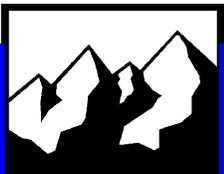
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## Request for Wilderness Skills Course Equivalency

<b>Name</b>		<b>Complete and submit to:</b> <a href="mailto:jimfrenchwa@comcast.net">jimfrenchwa@comcast.net</a> --- or mail to ---
<b>Address</b>		
<b>Phone</b>		Olympia Mountaineers
<b>e-mail</b>		Wilderness Skills Committee
<b>Work Phone Optional</b>		3110 Hampton Dr SW
<b>Work e-mail Optional</b>		Tumwater, WA 98512
<b>Date Submitted</b>		

<b>Wilderness Skills Course Content</b>	<p><b>Describe Wilderness Skills Training and/or Experiences</b></p> <p>In the boxes provided below or on separate paper, list course titles, topics covered, class time and textbooks used; or provide a copy of course syllabus that describes the course content; and/or list experience in backcountry travel equivalent to the content of the course.</p>	
<b>Lecture 1</b>	<b>Knowing the essentials of wilderness travel</b>	
10 Essentials, clothing, boots and equipment for day hikes or overnight trips - Examine traditional clothing and equipment and the latest high-tech gear and low-tech alternatives		
Date, organization and instructor's name		<b>Initial if sufficient</b>
<b>Lecture 2</b>	<b>Knowing how to prepare for the wilderness environment</b>	
Wilderness Ethics/Leave No Trace – Nutrition – Physical Conditioning – Intro to First Aid – Preventing Injuries and Handling Emergencies		
Date, organization and instructor's name		<b>Initial if sufficient</b>



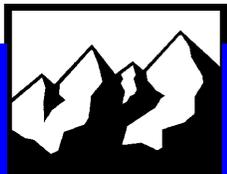
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Lecture 3	Knowing how to navigate in the wilderness (map and compass use)	
<p>Introduction to backcountry navigation provides hands-on instruction in map reading, using a compass, navigating in the backcountry. Terrain association; what to do if lost; and how, when, and where to use a GPS are also covered.</p>		
Date, organization and instructor's name		Initial if sufficient
Lecture 4	Knowing how, where, and when to travel in the wilderness	
<p>Avoiding hazards and understanding weather for safe, enjoyable travel - Where to Go and how to get to the "Great Places to Go" in the Pacific Northwest</p>		
Date, organization and instructor's name		Initial if sufficient



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## Request for Wilderness Skills Course Equivalency

### Outdoor Workshop Skills

Skills		Satisfactory	Comments
N a v i g a t i o n	<b>Map Competent</b> Reading land features, locating route, hazards and destination		
	<b>Compass Competent</b> Bearings on a pre-set course; triangulate location		
	<b>Map and Compass Combined</b>		
<b>Fire</b>			
<b>Repair kit</b>			
<b>First aid</b>			
<b>Illumination</b>			
<b>Nutrition</b>			
<b>Insulation</b>			
<b>Sun Protection</b>			
<b>Water</b>			
<b>Shelter</b>			
<b>LNT Campsite Selection</b>			
<b>LNT Travel Skills</b>			
<b>Proper Clothing</b>			
<b>Physical Conditioning</b>			
<b>Proper Boots</b>			
<b>Suitable Equipment</b>			

### Experience Trip(s)

<b>Date, destination, organization, trip leader</b>		<b>Initial if sufficient</b>
<b>Describe a recent outing. Any of the following:</b> hike, snowshoe, backpack, scramble, climb, trail or habitat restoration project		