



# THE OUTDOORS EXPERIENCE

P R O G R A M

**Phase One**  
**April 24 and 25, 2010**

## PROGRAM OVERVIEW

Conducting oneself amongst nature is the basic intent of **Great Outdoors**. What you know about hiking skills, camping equipment, and the environment, can make your outdoor adventure much more fun--and safer too.

**THE OUTDOORS EXPERIENCE** program trains leaders not only for Great Outdoors, but also allows any person the opportunity to learn more about outdoor recreation, even if there is no desire to lead any future trips. Not only will you learn about keeping warm, choosing a campsite, and making water safe to drink, but you'll be taught minimum impact camping techniques so that you can leave the natural environment for others to enjoy as well. Skills also include: map and compass, guiding others, and specific first aid principles for the outdoor traveler. A portion of the training covers group management and Great Outdoors procedures and policy. Each student will be provided with their own training manual.

As in past years, the first day of Phase One will provide participants with **DAY HIKE LEADER CERTIFICATION**. After completion of the entire program, you'll receive **FULL TRIP LEADER CERTIFICATION**, a wall certificate and a certification patch. When supplemented by the Red Cross Basic First Aid Course (taken on your own), you'll be qualified to lead others on both weekend and day trips.

The basic program consists of two valuable sessions. The sessions must be taken in order, but not necessarily in a single year.

**Phase One** ([April 24 and 25, 2010](#)) will be held in the beautiful San Gabriel Mountains at Canyon Park just above Monrovia, California. It will be largely classroom work, with hands-on equipment demonstrations, video and a short day hike. Subjects to be explored will cover four, wide-ranging topics: Possessions (equipment), Planning, Protection and Procedures. Because of the Day Hike Leader Certification, the day hike will take place rain or shine so please bring appropriate footwear and rain gear in case it's needed.

**Phase Two** ([May 14 - 16, 2010](#)) is an outdoor, group, car-camping weekend at a National Park Service site in the Santa Monica mountains. This will be field-exercise training, a chance for you to put to real use the skills you've learned so far. Practical work includes: map and compass, leading and participating on day hikes, outdoor cooking, camp management and protecting the environment. Phase Two will offer the chance for deep-sky, telescope astronomy or star talk and a night hike.

In the past, additional Outdoor Experience training programs have been held on backpacking, rock climbing, photography, skiing, mountaineering, bird watching, fly fishing, just to name a few.

### **PHASE ONE FACILITIES AND LOGISTICS**

Facilities at the Monrovia Canyon Park Cabin and Conference Center include picnic tables, electricity, a modest-sized refrigerator/freezer, a microwave oven, running water, and flush toilets. The cabin is heated and air-conditioned and has a fireplace. Limited parking is available near the cabin. Please carpool if possible.

Daytime weather can be either warm and sunny or hot and windy. Nights will be cool to warm, possibly down into the sixties or fifties. In the past, most participants choose to sleep inside the cabin, so a tent is not required. But there is a grassy area outside the cabin where you may pitch a tent or sleep under the stars if you wish.

### **SCHEDULE**

**Instruction begins sharply at 9:00 a.m. Saturday** and concludes by 4:30 p.m. Sunday. Arrival is Saturday between 8-8:45 a.m. Sign in with instructor immediately upon arrival and complete any administrative details. We have a lot to cover, so please arrive as soon after the park opens at 8 a.m. as you can. There will be instruction Saturday evening. Trip Notes for Phase II will be provided.

Due to the Day Hike Certification, the first day is a *very* full day of instruction. Those taking only Day Hike Certification will be finished Saturday by 6:30 p.m. Since the park closes at 5 p.m., departing students will be let out through the locked park gate at that time. Day students may join us for the potluck and evening program if they wish.

Enclosed is your Outdoors Experience Manual and a reading list of pages. Also enclosed is an open-book test over the specified material. Complete the test at home. **BRING THE COMPLETED TEST AND YOUR MANUAL WITH YOU WHEN YOU ARRIVE.** Prizes will be awarded for the best scores.

### **WHAT TO BRING**

Food arrangements for all meals (except Saturday dinner) will be on an individual basis. Students in the past have “food grouped” with their carpool mates or other students. Contact the trip leader if you’re interested in food grouping so we can hook you up.

Saturday evening we will have a potluck. Bring a main dish, side, desert or drink suitable to feed 4-5 persons. Be creative if you like, but a no-cook dish is fine if you wish. If you decide to cook or heat food, you will need your own electric hot plate, crock pot, electric Fry pan, etc. Due to new fire regulations, only electrical appliances are permitted at Canyon Park. **No gas or Propane stoves or lanterns are allowed. No alcohol is permitted in the park.**

If you already have a piece of camping equipment, bring it. But do not go out and make purchases until after you’ve completed Phase One. Part of this first weekend will cover the evaluation and selection of gear. This might save you from buying the wrong item. Borrow or rent until you know exactly what you want to buy. Here are some items that will help you be more comfortable during

#### **Phase One:**

folding beach/lawn chair & cushion  
pen/pencil, yellow pad  
sleeping bag (or bed roll), pad and pillow,  
flashlight  
warm clothing for the evening  
sunscreen and a sun hat, wool hat in case  
weather is poor, hiking shoes or boots

food: **Eat Breakfast Saturday**, a packable lunch  
Saturday for the hike, potluck item  
Saturday night, breakfast & lunch  
Sunday, snacks as you wish.  
optional: tent, cooking gear **NO STOVES**  
small ice chest for cold foods  
(a refrigerator is available in the cabin)

## Trip Leader:

**Mario Voce**  
730 Catalina Ave.  
Seal Beach, CA., 90740-5848  
(562) 431-4760  
[mariovoce@yahoo.com](mailto:mariovoce@yahoo.com)

## COSTS

Instructional fee: \$60.00. This covers both Phase One & Two training. (Cost for Day hike Certification is the same.) Fee entitles Day Hike students to finish the complete course instruction now or in the future at no further charge. Graduates may return for refreshers at anytime at no further charge.

Miscellaneous costs: Monrovia Canyon Park requires a parking fee of \$5.00 per vehicle per day, which is not included in the program. If there is no ranger to collect the parking fee, put \$10.00 dollars (\$5.00 if staying only one day) into the envelopes found at the entrance building. (Please car-pool if you can.) The Phase Two campout has a standard \$5.00 member outing fee which is not covered in the course (\$10.00 for non-members).

## REFUNDS

Refunds may be requested up until 10 days before Phase One. \$20.00 of your fee is refundable if notified by **March 15, 2010**. After that date no refunds will be given. The balance covers the cost of the manual and postage, which cannot be returned and is yours to keep.

## PROGRAM COMPLETION REQUIREMENTS AND CERTIFICATION “RULES OF THE ROAD”

There are two certifications being offered in this program: Day-hike leader certification and Full Trip Leader Certification.

For Day Hike Leader Certification:

Because we have so much to cover in the first day, instruction will begin Saturday sharply at 9:00 a.m. Students missing more than 30-minutes of instruction during Day One will be unable to receive Day-Hike Leader Certification. (This time cannot be made up.)

For Students taking the entire program, the above applies and in addition:

If you miss 2 hours of any day during Phase One or Phase Two, a make-up assignment will be required.

If you miss more than 2 hours of any one day you must retake that day in person.

The Outdoors Experience is not only learning, it is also a lot of fun. The skills you gain and the enthusiastic people you will meet are what make Great Outdoors the terrific organization that it is. We know you will carry those memories and newfound expertise with you for many years to come.

**WE LOOK FORWARD TO SEEING YOU!**



Please register me in:

## THE OUTDOORS EXPERIENCE PROGRAM 2010

One person per form - Please print clearly

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Great Outdoors Chapter (or none) \_\_\_\_\_

E-mail Address \_\_\_\_\_

### Reason for taking this course:

Want to learn more about outdoors skills

Want to lead groups for my chapter

Other \_\_\_\_\_

### I am planning to attend (check all that apply):

Day Hike Training (first day only)

Complete Phase One Weekend

Phase Two Weekend

### I have (check all that apply):

Hiked:  a little  a lot

Camped:  a little  a lot

Backpacked:  a little  a lot

Experience leading groups with \_\_\_\_\_

A current Red Cross Card

Had some first aid training

with \_\_\_\_\_

Taken the Sierra Club Wilderness Travel Course in \_\_\_\_\_ (Year)

Had other outdoor training \_\_\_\_\_

### FOR INSTRUCTORS USE ONLY:

Received \$ \_\_\_\_\_ on (date) \_\_\_\_\_

Cash  Check # \_\_\_\_\_