



Welcome to the Project Leave No Trace Certification Event!

April 17th, 2010 – Fire Mountain Scout Reservation

To help you and your youth participants in your final preparations for the event we have compiled the enclosed information. Please read through it carefully. The following items are included in this packet:

Fill out & mail with money, to be received no later than Friday, April 2nd, 2010

- Pre-Registration Form /T-Shirt Order Form (t-shirts need to be ordered by March 28th)
- Registration Roster of Potential Participants
- Event Agenda (And Leave No Trace Equipment)
- Trip Planning Registration Form (Work through this with your troop and bring it to registration)
- Meal Planning Form (Work through this with your troop and bring it to registration)
- Directions to the Event (And No One to One Rule)
- Testing Points

What To Expect The Day Of The Event:

The field Certification Event is designed to be a fun, rigorous test of your group's backcountry Leave No Trace skills. Your group will be tested first as individuals through a written test, then as a group in hands-on, practical skills. Participants must work as a team to pass the practical certification, proving their knowledge of Leave No Trace skills to evaluators through a series of camping scenarios. In order to be certified and receive the "I Leave No Trace" patch and certificate each participant must pass both the practical and written test.

Please combine small groups or patrols, or divide a larger group into testing groups of up to 10 participants. Each of these groups must have the appropriate equipment to pass the Certification, **including equipment and food to cook their own lunch!** Adult leaders must also cook their own lunch, so you will also need equipment since you will be tested separately from the youth participants. However, you will be in close proximity to your group and, if necessary may be called upon for disciplinary purposes.

To help you prepare we have enclosed a summary of the testing points that you and your group will be evaluated on. Be prepared for all types of weather, the event will go on rain or shine.

Pre-Registration:

You MUST pre-register by April 2nd in order to attend the Certification Event. There is a \$24.00 pre-registration fee for each group. Please send your \$24.00 with the enclosed Pre-Registration Form and your Registration Roster (the names of participants who plan on attending). ***Please note last year we were over capacity before registration closed, and unfortunately we had to turn some folks away.**

Event Registration:

Upon your arrival, you will pay your remaining Registration fee and confirm your pre-registration information. Your registration fee is calculated by multiplying the number of people who are attending the event by \$ 6.00 and subtracting the \$24.00 you paid for pre-registration. **You must also turn in your Trip Planning Registration Form and the Meal Planning Form.** You will receive your site assignment at this time.

Food:

You will need to bring enough food for the duration of your stay. For the practical certification you will have to cook a meal on a backpacking stove. Since food preparation and cleanup is a critical part of Leave No Trace skills, **not bringing ingredients to cook a backpacking meal will reduce your group's chances of being**

certified. This meal should be *something you would take for your third day out in the backcountry* and it should reflect your idea of a nutritious Leave No Trace meal. You may want to bring snacks to have handy throughout the day. Do not plan to share food or cooking utensils between groups as each group needs to be self sufficient to pass this certification event. This is your lunch so bring enough food for all to eat without any leftovers.

T-Shirts:

If any of the participants would like a specialized Project LNT T-Shirt, please enclose the T-Shirt Order Form in your Pre-Registration mailing to Project LNT. T-Shirts are \$12.00. All shirts must be ordered by March 28th, 2010. There will be a selection of shirts for sale at the event, but we cannot guarantee we will have you size.

Overnight Accommodation:

You will have the option of camping at Fire Mountain on Friday night April 16th or on Saturday night April 17th. There will be no fee to camp. If you plan to do so, please contact **Jim Hovis** to reserve your site.

Phone: **425-483-2507** or e-mail: campdirector@firemtn.org

We look forward to seeing you at the Project Leave No Trace Certification Event!

Leave No Trace Equipment List *These items are required for the event*

Personal Gear

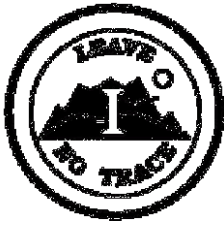
(Must have these items per person)

Water-resistant boots
Ankle gaiters (recommended)
Light camp shoes
Extra socks
Extra clothes
Synthetic fill sleeping bag
Sleeping pad
Candle
Plastic bags (for keeping clothes dry)

Group Gear

(Must have this gear within a patrol)

Waterproof tent
Carefully sized ground cloth for tent
Large water containers/collapsible bucket
Water filter
Rope (for hanging food)
Lightweight cook stove with ample fuel
Trowel (for digging cat-holes)
Extra garbage bags



PRE-REGISTRATION FORM

Project LNT Certification Event
Fire Mountain Scout Reservation
April 17th, 2010

There is a pre-registration fee of \$24.00 per troop to reserve your place at the event. This form must be completely filled out and sent with your deposit, to be **received by Friday April 2nd, 2010**. This \$24.00 will not be refunded after April 3rd. We were full the last two years, one week before the dead line. Please make checks payable to "Project LNT – 2010 Certification Event" and mail along with the Registration Roster to:

Project LNT – 2010 Certification Event
C/o NOLS, PO Box 705,
Conway, WA 98238

Council and District/Service Unit _____ Group/Troop# _____
Group/Troop Leaders Name: _____ Phone # _____
Address: _____ E-Mail _____

Planned Attendees:

# of Youth participants: _____	+ # of leaders _____	= _____	total people
Total # of people: _____	x \$6.00 per person	= \$ _____	
			Minus \$24.00 pre-registration fee
	Total due on day of event	= \$ _____	

Note: We understand that these are only estimates but are necessary for our purposes of staffing the event.

Please list names, phone numbers and addresses and/or email of previously certified adults and high school age youth who would like to serve as evaluators/volunteers. Although they do not pay a fee, we need to know they are coming before the event.

T-Shirt Order Form

T-shirts orders must be fully paid for before March 28th.

of t-shirts ordered _____ x \$12 dollars per shirt = \$ _____ total

Color: **Sage** XS___ Small___ Medium___ Large___ X-Large___
Black XS___ Small___ Medium___ Large___ X-Large___



ROSTER of PARTICIPANTS

Project Leave No Trace Certification Event Fire Mountain Scout Reservation - April 17, 2010

Please Note: We understand that these are only estimates.

Council and District/Service Unit _____ Group/Troop# _____
Group/Troop Leaders Name: _____ Phone # _____
Address: _____ E-Mail _____

Patrols:

We know that it is difficult to accurately state how many youth and adults will be attending; however, we need your best estimate so we can recruit enough evaluators. So we can accommodate more youth, please fill patrols with 8-10 members whenever possible, rather than submitting two patrols with 5-6 members. **Mail with your Pre-Registration Form.**

Testing Group A	Testing Group B
Name/Age	Name/Age
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

Adult Testing Group (you may be mixed in with leaders from other groups)
Name
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Project LNT Certification Event Agenda

Location: Fire Mountain Scout Reservation - located in Mt. Vernon, WA
Time: Saturday, April 17th, 8:30 AM - 4:30 PM
Camping: Overnight camping is available both Friday and Saturday evenings. Call or email Kersten Eggers at the BSA Mount Baker Council Everett office keggers@mountbakerbsa.org or 425-338-0380 to make a reservation. You will need to download, fill-out and send the Off Season Camp Reservation form found at www.mountbakerbsa.org under the Camping header form to Kersten two weeks prior to the event to insure your reservation.

Saturday, April 17th

Check In: 8:30 AM

Register at the walk-through registration station. Here you will receive written tests (one for each participant) and be instructed to go directly to your testing site where your evaluation team awaits you. Bring all of your gear with you to the check-in for the day.

NOTE: If your group is late, points may be deducted from your evaluation.

Written Test: 9 AM

Forty-five minutes have been allotted for the written test. During this time adult leaders will meet with the evaluators to discuss event logistics. Adults will be in their own testing group and we will try to get them in the same site as their scouts.

Practical Certification

The certification is divided into six distinct parts.

- Why Leave No Trace?**
- Campsite Selection and Setup**
- Health and Sanitation**
- Lunch Preparation & Cleanup**
- Trails and Travel**
- Leave Natural and Wrap-Up**

Testing Points for each of these sections are attached.

Closing Ceremony: 4:00 PM

Certificates and patches will be awarded by the Evaluation leader of each group

End of Event: 4:30 PM



TESTING POINTS

Project LNT Certification Event

The following points are a summary of what you will be tested on the day of the Certification. You and your troop will be involved all day in hands-on activities. Forest Service and Park Service backcountry rangers, backcountry experts from the Mountaineers, Scout Leaders and instructors from the National Outdoor Leadership School will evaluate your troop's demonstration and knowledge of Leave No Trace skills. The main purpose for these evaluators is not to teach, but to guide the participants through the exercises. If you can demonstrate the following points, you will most likely pass the certification. All of this information can be found in the "Project LNT Manual; A Leader's Guide to Teaching and Learning Leave No Trace" found on the website www.projectlnt.org

Why Leave No Trace?

Participants know and understand the definition and uniqueness of Wilderness
Seven principles of Low Impact Recreation understood
Importance of leaving no trace from backyard to backcountry understood

Campsite Selection and Setup

Participants can choose an appropriate site to camp and cook in:

- a high-use, popular area where people regularly visit and camp
- a low-use, pristine area with few visible signs of human impact
- a lightly impacted place that is just beginning to show effects of moderate use

Participants define and understand the term social trail

Participants define and understand the term social impact

Participants define and understand the term riparian

Participants define and understand the term physical impact

Participants use care when setting up camp:

- do not step on any woody plants or fragile vegetation
- stay on social and main trails
- tents are set up within the boundaries of the site
- tents are waterproof and wind proof

Participants appropriately place camp relative to the nearest trail, water sources and latrine

Participants understand the importance of packing appropriate equipment for safety and minimum impact and are carrying the "10 Essentials" and LNT items

Participants keep their camp area clean and free of odors so as not to attract wildlife

Health and Sanitation

Human Waste Disposal

Participants know the Six D's and basic methods of human waste disposal

Importance of proper disposal, understanding how, where, why

Proper cat hole dug

Toilet paper, tampons, and pads packed out

Water Treatment

Travel ways to water source chosen to minimize impact

The three water treatment methods are adequately demonstrated or explained

Washing Yourself

Importance of good hygiene understood

Importance of keeping soap away from water source understood; Biodegradable soap is used

Adequate site chosen (200 feet from water)

Travel to water, and wash site chosen to minimize impact

Lunch Preparation and Cleanup

Participants choose an appropriate place to concentrate their cooking

Participants understand types of food appropriate for a low impact trip

Food is appropriate for a minimum impact, backcountry, backpacking trip

Food is repackaged to reduce bulk and garbage

Importance of using a camp stove instead of a campfire understood

Stove is used safely

Food is handled in a safe and sanitary manner

All food is eaten -- Leftovers are packed out

All dishes scraped before washing

A proper site is chosen to wash dishes

Dishwater is strained to remove food particles

Cool dishwater is flung 200 feet from camp, trail, and water source

Importance of hanging food and other equipment understood -- especially in bear country

Food and garbage are correctly hung, and camp left in good order

Trails and Travel

Proper preparation for backcountry travel is demonstrated

Participants choose a route in a pristine area on durable surfaces

Participants stay on established trail tread no matter what the trails conditions (mud or snow)

Participants react properly when encountering horses or other hikers

Participants take breaks on durable areas

Undue rowdiness avoided

Participants walk in a single file (where appropriate for the given scenario) providing a good example to other hikers

Participants demonstrate willingness to help clear trails, disperse unnecessary fire rings or pack out other people's trash.

Leave Natural/Breaking Camp

All garbage is packed out

All rocks and sticks are returned to tent pad site if camped in a pristine area

Participants leave the campsite in a better condition than when they arrived

Group/Troop # _____ Leader Contact _____ Phone # _____

TRIP PLANNING REGISTRATION FORM

Project Leave No Trace Certification Event
Fire Mountain Scout Reservation - April 17th, 2010

Please bring this completed form to the Certification Event!

Plan a backpack outing with a one way distance of at least 5 miles into any backcountry area. You need only PLAN the hike – you do not need to hike it.

Have the trip planning team answer the following:

What is the purpose of outing: _____

What is the destination of your trip? _____

What is the name of the map(s) needed? _____

USGS Green Trails Custom Correct Other: _____

Driving directions to trailhead: _____

What are the dates of your trip? From: _____ To: _____

Time of departure and arrival? Depart: _____ Arrive: _____

Driving time to trailhead: _____ Hours

Difficulty, is there a restriction on who can go? _____

Elevation gain: _____ feet Elevation loss: _____ feet

Distance hiked one way: _____ miles

Water source: _____

Call Ranger Station:

Which Ranger Station? _____

Phone number: _____

What are road conditions? _____

What are trail conditions? _____

What is the group size limit? _____

Are fires permitted? _____

Are there any group campsites? _____

Weather conditions: _____

Alternate plan: _____

Emergency Contact _____ Phone: _____

(Contact person who you left your itinerary with)

Number of Patrols: _____ Total number of tents: _____

Group/Troop # _____ Leader Contact _____ Phone # _____

MEAL PLANNING FORM
Project Leave No Trace Certification Event
Fire Mountain Scout Reservation - April 17, 2010

Bring this completed form to the Certification Event as it is part of your registration!

Plan the 3 meals and snacks that you would eat on your **third day** of a backpacking trip. For breakfast, lunch, and snacks, all you need to do is plan the meals. The dinner, however, is what you will eat for lunch during the Event. You will prepare that meal for lunch, eat it, and clean up. **You will be evaluated on the preparation and cleanup of that meal.** So, come prepared with the food and equipment for cooking and cleaning up

Fill this form in to help you consider balanced, nutritional meals, the amount of people you will be feeding and the type of repackaging that is necessary to minimize your waste for that meal. If your group has more than one patrol attending this event, please use the back of this form to plan a lunch for each patrol.

Food Item	Quantity Needed	Repackaging Required?
Breakfast:		
Lunch:		
Dinner:		
Snacks:		



Directions

Fire Mountain Scout Reservation and the Project LNT Certification Event Saturday April 17th, 2010

From the North

- From I-5, take the College Way/Mount Vernon exit 227
- Drive east on College Way for 5-6 miles until its intersection with highway 9
- Turn south on Hwy. 9 (right). You will pass a small gas station/convenience store between the north and south exits on Hwy. 9.
- Drive south on Hwy. 9, pass Big Lake Resort on your right and then Over look Golf Course on your left.
- After an S-Bend in the road, take the next left onto Walker valley Road. There will be a sign with an arrow pointing to left towards 'Fire Mountain Scout Reservation'.
- Follow Walker Valley to its end. Please observe the 35-mph speed limit. Turn left into the camp entrance and follow the road to the upper parking lot.
- From this lot, carry your packs past the gate and walk up the road to the Registration Table at the Salishan Lodge.

From the South

- From I-5, take the Lake McMurray Road/ Hwy. 534 exit 221
- Drive east on for 5-6 miles until its intersection with Hwy. 9
- Turn north on Hwy. 9 (left).
- Drive north on hwy. 9 until you see Big Lake on your left. About half way down the lake there will be a small restaurant /Bar on the right.
- Take the next right onto Walker valley Road. There will be a sign with an arrow pointing to left towards Fire Mountain Scout Reservation. (If you pass through a sharp S-Bend with a golf course on your right, you have gone too far!)
- Follow Walker Valley to its end. Please observe the 35-mph speed limit. Turn left into the camp entrance and follow the road to the upper parking lot.
- From this lot, carry your packs past the gate and walk up the road to the Registration Table at the Salishan Lodge.

Registration is between 8:30 and 9:00 AM
Please don't be late and bring all of your forms!
See you at the event!

IMPORTANT! The No One on One Rule	
Staff, adult leaders and youth participants are to stay in groups of three or more people at all times.	
Reason:	
<input type="checkbox"/>	To protect participants against abuse
<input type="checkbox"/>	To protect participants against false claims of abuse
<input type="checkbox"/>	To promote comfort among participants
<input type="checkbox"/>	To increase safety in a wilderness setting