

go-adventuresports get outdoors!

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Thank you for your interest in adventure instruction with **GO-AdventureSports**. The following itinerary briefly outlines the *Wilderness Survival Skills* program at Catoctin Mountain Park, MD.

Location: Owens Creek Campground, Catoctin Mountain Park, MD

Date: TBA

Time: Weekend Overnight

Objectives: Instruction in basic wilderness survival and technical skills.

Technical Skills covered:

- finding a good campsite
- building and maintaining a fire for survival
- building and maintaining a shelter
- catching water
- orienteering with map and compass
- assembling a survival pack
- basic camp cooking



Basic Itinerary: *(Times can be changed to meet the goals of your group..)*

DAY 1

8:30-9 AM: meet at trailhead, registration and waivers, sort out group gear, fill water bottles, etc.

9-10 AM: Intro to course content and gear SHAKEDOWN! (#1 requirement: each client must have enough gear to stay warm

and safe to leave the trail head); how to pack a backpack.

10-11 AM: Hike to a clearing/trail junction, with commentary on area natural history, footwear, and how to walk injury-free

11-12 PM: On-trail map and compass navigation; getting the right backpack fit.

12-12:30 PM: Lunch

12:30-2 PM: Hike to campsite in small groups, practicing trail navigation without instructor

2-4 PM: Setting up camp: building/finding shelter; hygiene; LNT camp layout and practices

4-5 PM: Food storage and cooking demonstration

5-6 PM: Break into cook groups for dinner

Evening: build a fire (weather/place permitting); trip planning; emergency management

DAY 2

8 AM: Meet over breakfast; continue with trip planning, first aid, and rescue/emergency management

9 AM: Bombproof camp, take side trail excursion; "camping with kids."

11 AM: Lunch; layering and weather preparation

12-2 PM: return to camp, break camp; survival in the woods

2-4 PM: hike back to trailhead

4-4:30 PM: decommission gear, de-brief

Emergency Plan:

In the event that an emergency should arise, **GO-AdventureSports** staff will be equipped with cell phones, and there is a telephone located at the Visitor's Center. Medivac helicopter landing is designated in the grassy area across the parking lot from the Visitor's Center.

*Our instructors are highly skilled and experienced. Most have been working in the adventure industry for over 10 years and have instructed hundreds of groups. We believe that you can pay more for such a program, you might pay less for a similar program, but you will not get a better program than with **GO-AdventureSports**.