

Important Skills for the Wilderness Therapy Intensive in early August

Here are skills you should have *before arriving* at Naropa for the Introductory Wilderness Therapy Intensive (WT Intensive) in early August. There are numerous books and on-line resources available if you do not have someone to help you in person with refreshing these skills.

Stoves

We use MSR Whisperlite stoves with white gas. Google “MSR Whisperlite” to find the videos describing how to use and maintain these stoves.

Sleeping Shelters

We use tarps instead of tents, setting them up as A-frames.

Knots

The following knots may be useful on the WT Intensive:

- Bowline
- Taut line hitch
- Clove hitch
- Trucker’s hitch.

Maps

You should be familiar with using USGS topographical maps (e.g. 7.5 minute / 1:24000-scale), being able to do the following:

- Identify name of map, names of neighboring maps, date map was created / updated
- Meaning of white, green, brown, red, and black colors on USGS maps
- Determine distance along a trail
- Use of contour lines to determine 1) elevation, 2) elevation changes, and 3) basic topography (e.g. steepness, peaks, ridges, and valleys)
- Use of a compass to orient a map (taking into consideration the difference between true and magnetic north)

LNT Video: <https://lnt.org/get-involved/training-courses/online-awareness-course/>

Please be sure to watch this video prior to the start of the intensive so that we can all be on the same page.

In case you want to look ahead of time at where we travel in the backcountry, look at Blanca Peak, CO and Mosca Pass, CO. We spend most of our time in the upper Huerfano River valley, above 10,000 ft.