

# TrekNorth Outdoor Adventure Program

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## Advanced Skills

### **Backpacking**

1. Participating in planning of trip
2. Participating in planning of meals
3. Independent use of maps
4. Independently purifying/filtering water
5. Independently practicing Leave No Trace Ethics
6. Independently setting up tents, preparing meals, cleaning up, etc.
7. Use of relevant terminology
8. Consistently practicing risk management behaviors

### **Climbing**

1. Proficiency in setting top rope anchors
2. Introduction to lead climbing techniques
3. Attempting routes of greater personal difficulty throughout trip
4. Proficiency in rappelling
5. Independently practicing Leave No Trace Ethics
6. Independently setting up tents, preparing meals, cleaning up, etc.
7. Use of relevant terminology
8. Consistently practicing risk management behaviors

### **Paddling**

1. Proficiency in canoe rescue
2. Proficiency in paddling techniques and canoe handling
3. Independently portage packs and canoes
4. Independently practicing Leave No Trace Ethics
5. Independently setting up tents, preparing meals, cleaning up, etc.
6. Use of relevant terminology
7. Consistently practicing risk management behaviors