

# TrekNorth Public Schools

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## Outdoor Adventure Program Intermediate Skills

### Backpacking

- Understanding and proper packing of necessary gear/clothing for trip
- Setting up and lighting camp stove independently
- Ability to set up tent independently
- Use of iodine to treat water
- Basic map reading skills used to hike short sections of trail independently of instructors
- Proficient in Leave No Trace Ethics
- Initiative in camp setting up tents, preparing meals, clean-up, etc.
- Use of relevant terminology
- Understanding and implementing risk management behaviors

### Climbing

- Belay certification
- Introduction to anchor setting in top rope environment
- Attempting a variety of routes consistently throughout trip
- Proficient in Leave No Trace Ethics
- Initiative in camp setting up tents, preparing meals, clean-up, etc.
- Use of relevant terminology
- Understanding and implementing risk management behaviors

### Paddling

- Proper execution of J, C, and draw strokes
- Introduction to canoe rescue
- Proficient in portaging packs and canoes
- Proficient in Leave No Trace Ethics
- Initiative in camp setting up tents, preparing meals, clean-up, etc.
- Use of relevant terminology
- Understanding and implementing risk management behaviors