



# Cold Weather Leader Training

Northern Tier National High Adventure



Day one	Start Time	End Time	Activity
	3:00 PM	5:30 PM	Student Arrivals
	5:30 PM	6:30 PM	Dinner
	6:30 PM	7:30 PM	Welcome & Introductions
	7:30 PM	8:00 PM	Introduction to Winter Programming
	8:00 PM	9:15 PM	Emergency Shelters for Troop and/or Larger Scale Events/Expeditions
	9:15 PM	9:30 PM	Night Hike Preparations
	9:30 PM	9:30 PM	Gather for Night Hike
	9:30 PM	10:00 PM	Night Hike
	10:00 PM	11:00 PM	Reflections; Cracker Barrel
	11:00 PM		Back to Cabins

Day two	Start Time	End Time	Activity
	7:30 AM	8:15 AM	Breakfast
	8:30 AM	8:45 AM	Quick Intro to Winter Camping Essentials
	8:45 AM	10:00 AM	Dressing for Success
	10:00 AM	11:00 AM	Sleeping Systems
	11:00 AM	12:00 PM	Shelter Options
	12:00 PM	1:00 PM	Lunch
	1:00 PM	1:15 PM	Preparing to Go Outside

1:15:00 PM/TBD	3:00:00 PM/TBD	<b>Shakedowns, Equipment &amp; Policies</b>
3:15 PM	3:30 PM	<b>Going Outside In Winter - The Patrol Method &amp; Buddy Systems</b>
3:30 PM	4:30 PM	<b>Gear on a Budget</b>
4:30 PM	5:30 PM	<b>Menu Planning, Food Packing, Water, and Sanitation Discussion of Cold Weather Food - Outside of NT</b>
5:30 PM	6:30 PM	<b>Dinner</b>
6:30 PM	7:00 PM	<b>Risk Management: Personal Sanitation</b>
7:00 PM	7:45 PM	<b>Risk Management: Emergency Plans and Winter Travel</b>
7:45 PM	8:00 PM	<b>Break / Bay Post</b>
8:00 PM	9:00 PM	<b>Homeostasis Review; Wet versus Dry Cold Review</b>
9:00 PM	9:30 PM	<b>Risk Management: Prevention of Cold Weather Injuries &amp; First Aid</b>
9:30 PM	10:00 PM	<b>Break / Bay Post</b>
10:00 PM	11:00 PM	<b>Reflections and Social Gathering</b>
11:00 PM		<b>Back to Cabins</b>

<b>Day three</b>	<b>Start Time</b>	<b>End Time</b>	<b>Activity</b>
	7:30 AM	8:15 AM	<b>Breakfast</b>
	8:15 AM	8:30 AM	<b>Leave No Trace - Winter Applications</b>

8:30 AM	9:00 AM	Demonstration Sled Review
9:00 AM	10:30 AM	Sled Packing & Final Preparations
10:30 AM	10:30 AM	Depart for the Ice
10:30 AM	11:00 PM	On-Ice Day
10:30 AM	11:00 PM	Build Kitchens and Quinzees / Snow Trenches
11:00 PM		Quinzees/Snow Trenches/Tents

Day four	Start Time	End Time	Activity
	7:00 AM	11:00 PM	On-Ice Day
			Risk Management: Ice Safety/Ice Rescue
			Snowshoeing
			Skiing
			Ice Fishing Demonstration
			Fire Starting
			Winter Activities
	11:00 PM		Quinzees/Snow Trenches/Tents

Day five	Start Time	End Time	Activity
	7:00 AM	1:00 PM	On-Ice Day
	1:00 PM	2:00 PM	Return to Base
	2:00 PM	3:00 PM	Turn In Equipment, WARM Shower / Steam Room & Relax
	3:00 PM	3:15 PM	Coffee Break / Down Time

3:15 PM	3:45 PM	Planning Troop, District, and Council Cold Weather Events
3:45 PM	4:00 PM	Taking it All Home
4:30 PM	5:00 PM	Debrief and Evaluations
5:00 PM	7:00 PM	Packing/Bay Post/Down Time
8:00 PM	11:00 PM	Dinner and Evening Social Time
11:00 PM		Back to Cabins

Day six	Start Time	End Time	Activity
	7:30 AM	8:30 AM	Breakfast
	8:30 AM	9:30 AM	Closing Ceremony
	9:30 AM		Depart for Home