**INTERMEDIATE AMC NH CHAPTER SPRING WORKSHOP**

The intermediate group will be a small group usually comprised of no more than eight participants with two instructors. With a small teacher to student ratio and an experiential education curriculum we believe you will learn a lot more and have more hands on opportunities. The intermediate group is designed for those who have attained some hiking experience perhaps having climbed a few four thousand foot peaks or having hiked several substantial mountains either in the east or west. The intermediate group is often the next step for those who attended our beginner session at a previous workshop.

An intermediate hiker should be able to hike at least 8 miles over hilly and occasionally rough or steep sections of trail. The intermediate group at our workshop will only encounter this type of terrain briefly if at all, but an applicant should be able to handle some steep and/or rough sections of trail.

We will teach you optimal packing, nutrition, and hydration techniques. We will review layering and gear options and teach you how to help regulate body heat. We will introduce you to methods for treating water; from filters to purification tablets. We may cover water bladder systems as well giving you pros and cons for bladder vs: water bottle. We will show you techniques for insulating your water and food to keep it relatively cool.

We will be teaching you map and compass skills building on what you may have learned in our beginner group, upon skills you may already have, or teaching it to you for the first time. Participants will need an Orienteering compass which can be found at reputable gear shops or “on line.” Silva and Suunto make good Orienteering compasses. You may have a few map and compass homework problems that your instructors will expect you to tackle during your free time. You will have some map and compass problems to solve as a group during the map and compass session. On Sunday you will have the opportunity to practice the map and compass skills you have learned by participating in an off trail exercise. This is a lot of fun and will challenge your ability to navigate using only the compass to get you from one location to another. You will have the map to reference and be given several opportunities to figure out approximately where you are based on the terrain you see around you. Great fun!

Participants will have an opportunity to participate in two accident scenarios and practice methods for managing an accident scene. The emphasis of the scenario is on managing the scene and developing a plan for the situation not on the first aid aspect. We will not be teaching any first aid during the workshop although you may receive several first aid tips during our mini lectures. You can enroll in a first aid class outside of our workshops if you desire real first aid instruction.

The intermediate group is a little more challenging than beginner and participants should have some hiking experience on mountains such as Monadnock, Cardigan, Chocorua, 52 With a View, or a few four thousand footers although having done any four thousand footers is not required. You should however have no problem hiking 8 or more miles with a pack weight of up to 25 lbs.

The intermediate group will spend up to 6 hours outside on Saturday and 4 – 5 hours on Sunday. Participants should come prepared to spend this amount of time outside. Participants will be outside for these periods of time regardless of the weather conditions. It can be cold, raw, damp, or really nice, we always hope for the later but participants need to come prepared for whatever Mother Nature throws our way for the weekend.

We hope you will sign up for this workshop and look forward to seeing you at Cardigan. Thank you for your interest.

2.10.18