

A **Mountain Travel and Rescue 1** Course will be held at the Spirit Mountain Ski Area near Duluth, MN, on Saturday and Sunday, May 21-22, 2022. (NSP Course **#C045220007**)

Mountain Travel and Rescue is an educational program within the National Ski Patrol focused on backcountry travel as well as search and rescue. The course is open to NSP patrollers and candidates, and other interested people.

Participants can choose between 2 versions of this course – MTR 1 requires an overnight camping experience as part of the course. But you could choose not to camp. If you opt out of the camping, you should register for a separate MTRF (fundamentals) course (NSP Course **#C045220008**). Whether you take the course as MTR 1 or MTRF makes no difference in how the course counts toward senior electives in your NSP records or your ability to continue on and take an MTR 2 course.

We will be at Spirit Mountain Ski Area (<https://www.spiritmt.com/>) Duluth, MN. We will gather at the Spirit Mountain – Grand Ave. Chalet at 9:00am and start indoors for the early class sessions. Some of the afternoon activities will be outside. We will hold most of the Sunday morning activities outside. We should finish by early afternoon on Sunday. We anticipate that the Grand Ave. Chalet will be closed except for the space we are using. You will need to bring what you want to eat for lunch (which may be outside if weather permits) (stoves will be available).

Some of the topics covered on Saturday and Sunday could include:

- Equipment to stay comfortable in the great outdoors
- Food options
- Wilderness clothing choices
- Emergency shelters
- Knots and rope work
- Low-angle rescue
- Search and rescue
- Map and compass
- Winter camping

For the class sessions, bring along your patrol pack, if you can. Along with the basic gear in your pack, try to bring a plastic tarp, rope, and compass. There will easily be enough gear among the group to be able to share where needed. At this point, I am not sure what the weather will be like, so dress accordingly. Remember, no cotton! We will have outdoor activities both days, especially on Sunday.

NSP now requires an MTR-1 course to include 2 FEMA online free courses on the Incident Command System:

IS-100.c, Introduction to the Incident Command System

IS-700.b, National Incident Command System

Most everyone should already have IS-100 finished as a general NSP requirement. You can take the courses on your own and then show me or email me your certificate of completion. (for IS-100.c <https://training.fema.gov/is/crslist.aspx?page=2>) (for IS-700b <https://training.fema.gov/is/crslist.aspx?page=8>)

Conditions and Amenities:

We will be camping at a near the chalet, with access to potable water and restrooms. Bring your tent, sleeping bag, sleeping pad, cooking equipment, and other camping gear. We will use the time in camp to focus on winter travel and camping with some “show and tell” sessions sharing your own experiences and gear preferences. Be prepared for hiking in rugged terrain. Saturday dinner will be a group meal; participants will need to provide their own field meals and snacks (sharing is encouraged, perhaps think of it as a show and nibble session on camping food you like). Most likely, a few stoves will be available. More details will be provided to those interested in attending.

The NSP course fee is \$25.00 (payable when you register), and six participants are needed for the course to be held.

As far as I know we are still doing a dual registration system wherein you can register on-line through the NSP National web site <https://www.nsp.org> and pay/sign release form on our NSP Western Region Web site: www.nspwr.org.

Questions? Please contact me, Wrick Dunning, Western Region Mountain Travel and Rescue Advisor
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