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Thank you for your interest in adventure instruction with **GO-AdventureSports**. The following itinerary briefly outlines the one-day *Introduction to Wilderness Skills* program at Catoctin Mountain Park, near Thurmont, MD. The focus of this course is basic wilderness training for campers, backpackers, and anyone who is out in the woods overnight.

Owens Creek Picnic Area – Catoctin Mountain Park, Thurmont, MD

Directions:

Take Route 15 17 miles north to Thurmont, MD. Take Route 77 West, the exit sign is marked Catoctin Mountain Park. Travel approximately 6 miles west on 77 (you will pass Park Central Road and the park Visitor Center) and turn right onto Foxville-Deerfield Road. As the road forks, keep left and continue on Foxville-Deerfield Road for approximately 1 mile and turn right into Owens Creek Picnic Area.

Be sure to bring a map and/or to check your directions on mapquest or google maps! Many people get lost on their way to the meeting place...

Location: Owens Creek Picnic Area, Catoctin Mountain Park, MD

Date: TBA

Time: 10am-3pm

Objectives: Instruction in basic wilderness survival and technical skills.

Technical Skills covered:

- finding a good campsite
- building and maintaining a fire for survival
- building and maintaining a shelter
- catching or purifying water
- orienteering with map and compass
- assembling a survival pack



Basic Itinerary: (Times can be changed to meet the goals of your group..)

10:00 am – Meet at Owens Creek Picnic Area and hike to wilderness setting

10:15 am – Search for shelters – building and maintaining

11:30 am – fire building – discuss types of fire and best wood

LUNCH

1:00 pm – Water – finding, catching and purifying

1:30 pm – Orienteering with Map and Compass

2:45 pm – Wrap up and break camp

3:00 pm – END