

# Mountain Travel and Rescue LEVEL 1 Course — CNY region at Highland Forest 2025

Open to all in the Eastern Division interested in the **Mountain Travel & Rescue LEVEL ONE** course.

Are you a Ski Patroller, outdoor enthusiast, or SAR (search and rescue) team member looking to expand your survival and travel skills in the backcountry environment? Are you a weekend adventurer seeking the knowledge and skills to travel and enjoy yourself in reasonable safety and comfort in the outdoor environment? If so, this course can help you get prepared!

## Course Overview

Students taking the Mountain Travel & Rescue 1 (MTR1) course will learn a variety of skills, including:

- hydration and nutrition
- weather patterns and route selection
- proper clothing and adaptation to the wilderness environment
- Medical and Survival Skills
- teamwork and group dynamics
- incident command system and basic search and rescue operations
- knot tying and low-angle rope rescue skills
- emergency transport and improvised toboggan construction
- land navigation with map & compass and GPS

This course includes online pre-course homework, classroom study (Zoom sessions), and field sessions to ensure that students can apply what they have learned to real-life situations. Specific field practice includes practice in navigation, travel, survival skills, a search and rescue exercise, and an overnight campout.

### Pre-Course Homework requires:

1. Purchase the NSP MTR textbook, "*MOUNTAINEERING, The Freedom of the Hills*" 9th Edition, by E. Linxweiler and M. Maude. It's not a long read, Chapter reading assignments will be given by IOR
2. Complete the FEMA online courses for IS-100 and IS-700 courses. Visit the [MTR FEMA web page for guidance](#). Print the Certificates of Completion or email the PDF's to the IOR. If you already have completed IS-700, please bring a copy of your Certificate of Completion.
3. Pack your gear for the campout; A list will be sent out by IOR
4. Practice your Knots. A list of knots will be sent out by IOR
5. Space in this MTR Course is limited; a waitlist may develop, so put a group together, bring your friends and enjoy a weekend of fun and learning.