



Mountain Travel & Rescue 1 (MTR 1)



Are you a Ski Patroller, Search and Rescue Team Member, or outdoor enthusiast looking to expand your survival and travel skills in the backcountry environment? Are you a winter 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!

This course satisfies the prerequisite requirement for Mountain Travel & Rescue 2 (MTR2) as well as provides an elective credit for Ski Patrollers seeking advancement towards their Senior status.

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 both classroom and field sessions to ensure that the students can apply what they have learned to real life situations. Specific field practice includes practice in navigation, travel, and survival skills, a search and rescue exercise, and **an overnight campout at High Point State Park.**

Logistics



Location: High Point State Park

Dates: December 10th and 11th, 2016

Times: 8 AM Saturday through 4 PM Sunday

Cost: \$50 (\$30 Ski Patrollers or SAR Team Members) *

If you have already completed MTR1 and want to refresh your knowledge and skills, the course fee is only \$15

* Course Textbook Separately Purchased from Amazon.com and Kindle

To register or obtain additional information, please contact:

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A Program of the New Jersey Region of the National Ski Patrol System

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