



# **ENDURANCE**

## DISCIPLESHIP TRAINING

The following two lists outline the broad spectrum of outdoor activities and skills that have made up the outdoor curriculum of EDTS over the past nine years. Many of these activities and skills will be a part of the 2020 curriculum. It is not an exhaustive list, but it will give prospective students a good understanding of what the outdoor component of EDTS looks like. In some cases the activity itself is a skill-set building opportunity and vice versa.

We are always looking to translate outdoor/backcountry skills into tangible mission field skills and strategies. In most cases, we do go deeper than simply introducing a skill-set but in order to expose students to as many different outdoor skills and activities we can't guarantee that we will go as deep as intermediate and advanced level training.

Regardless of how deep into a skill-set or activity we go, the goal is always to take advantage of application opportunities throughout the lecture and outreach phases and to put into practice what we are learning. This is the essence of experiential education.

### Activities

- Hiking
  - Trails, day-hikes, nature hikes
- Overnight camping – front-country and backcountry
- Backpacking/backcountry trip
- Participate and serve in local 5K
- Serve with In His Wakes water ski/wakeboard ministry
- Rock Climbing
- Archery
- High ropes course (dynamic and static)
- Mountain biking
- Kayaking/ SUP (Stand Up Paddle boarding)
- Wilderness Advanced First Aid course through Aerie Backcountry Medicine
- Trail building
- Participation in YWAM Montana – Lakeside staff retreat
- Fishing

## Skills/Skill-Sets

- Safety and risk management
- Bear awareness and bear safety
- Leave No Trace (LNT) principles
- Personal and camp hygiene including water sanitation practices
- 1<sup>st</sup> Aid basics w/ focus on prevention
- Health/fitness
- Gear 101 - Clothing and base layering
- Trail and campground etiquette
- Fire building and fire safety
- Menu planning and nutrition
  - Budgets, shopping, dehydrating, packaging, prepping
- Intro to group-leading, team-building and outdoor group facilitation
- Intro to group camping
- Intro to day hiking
- Shelters
- Packing/gear lists
- Knife, axe, saw, hatchet use and safety
- Intro to map and compass/land navigation
- Gear stewardship, maintenance, repair
- Rock climbing
  - Intro to knots, ropes, harnesses, gear
  - Climbing safety
- Backcountry first aid/medical training
- Working with children and youth in a day camp setting
  - Camp games, group games and team building initiatives
- Hospitality in the backcountry and in the campground
- Intro to basic bush craft/survival skills
- Intro to community development and corresponding projects