

— — FOUNDATIONAL OUTDOOR EDUCATION

Outdoors 101

AN INTRODUCTION TO THE OUTDOORS

Most people who want to go outside don't know where to start — and that uncertainty keeps them home. This course changes that. In one day, you'll build the knowledge, confidence, and tools to step outside safely, prepared, and ready for adventure.

DATE	TIME	NOTE	LOCATION
SATURDAY, MAY 9, 2026	8:00 AM - 2:15 PM	30 MIN LUNCH	69 KNOX WAY, STE. 100 · CHAPEL HILL, NC

6 HRS 15 MIN

INSTRUCTION

AGES 15 & UP

ALL WELCOME

NO PREREQUISITES

START FROM ZERO

GEAR EXAMPLES

INCLUDED

DIGITAL RESOURCE

PORTAL ACCESS

WHY YOU NEED THIS

The outdoors doesn't come with an instruction manual. **Until now.**

Every year, people get hurt, lost, or stranded — not because they were reckless, but because nobody taught them the fundamentals. Proper clothing prevents hypothermia. A trip plan triggers a rescue. A whistle does more than a cell phone.

GO OUT SAFELY

Know how to prepare, what to carry, and what to do when things don't go as planned

NEVER FEEL LOST

Trip planning, weather awareness, and self-rescue tools that work when technology fails

BUILD REAL CONFIDENCE

Replace uncertainty with knowledge — then use it across every outdoor activity you pursue

PROTECT WHAT YOU LOVE

Leave No Trace ethics, land stewardship, and responsible access for generations to come

WHAT YOU'LL LEARN

- ▶ Leave No Trace & wilderness ethics
- ▶ The 12 Essentials — what & why
- ▶ Clothing, layering & footwear systems
- ▶ Trip planning & weather awareness
- ▶ Wilderness sanitation & hygiene
- ▶ Common medical concerns & first aid

WHAT YOU'LL WALK AWAY WITH

- ✓ 6 hours of expert-led instruction
- ✓ Hands-on gear table access
- ✓ Student field workbook & checklists
- ✓ Laminated quick-reference cards
- ✓ Fillable trip plan template
- ✓ First-aid kit build checklist
- ✓ Digital resource portal access
- ✓ Course completion certificate

\$225

PER STUDENT — ALL INCLUSIVE

Includes: Instruction · Field Workbook
Laminated Cards · Digital Portal

YOUR INSTRUCTOR

Chad Tiller

- Physician Assistant (PA-C)
- Retired U.S. Army Special Forces (18D)
- Real-world experience, practical approach

PERFECT FOR

- ▶ Lightning, flash floods & wildfires
- ▶ Stream crossings — go/no-go criteria
- ▶ Bear, snake & yellow jacket encounters
- ▶ Ticks — Lyme & Rocky Mtn Spotted Fever
- ▶ Paddling & open-water safety
- ▶ S.T.O.P. protocol & self-rescue nav

First-Time Hikers	Campers	Hunters & Anglers
Paddlers	Families	Veterans
Dog Owners	Anyone Starting Out	

REGISTER TODAY

"We teach the skills; you develop the craft through practice."

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