

## **Primitive Technology Camping Phase Description**

### **About the Course**

Mountain Gateway utilizes primitive living skills during the Primitive Technology Camping section, minimizing your use of, and reliance on, modern technology. The primitive living skills course is designed to teach students a wide variety of basic traditional skills and techniques. Instruction is conducted without the intrusion of modern technology in environments which allow course content to be experienced first-hand. During this phase of your training, you will learn the personal devotional habits of prayer and fasting that are necessary to thrive in hostile environments the world over. You will also learn leadership principles upon which the rest of your tenure at Mountain Gateway will rest. You will also learn the value of manual labor.

### **Course Location**

This course is taught in a Rocky Mountain basecamp setting (Elevation 8 - 10,000ft). These locations provide you, our students, with comfortable, natural shelters which you will build yourselves, free-flowing streams and spectacular scenery. The majority of instruction is focused in the basecamp area, but some travel is necessary to acquire materials or information not immediately available. For this reason, students should bring hiking boots suitable for day trips which may take us in water and over rocks. You should also be aware that the basecamp is a simple teaching area in a pristine environment -- without electricity, telephones and developed buildings.

### **Learning by Doing**

While some schools teach skills through lectures and notes, Mountain Gateway believes strongly in learning by doing. Instruction will, at times, be in lecture format, but it will be done in the field where students can see what they are learning and can practice their skills in an outdoor and natural environment.

### **Personalized Instruction**

Our courses are carefully monitored to provide each session with a student-teacher ratio conducive to hands-on instruction. This means that each student is guaranteed personalized instruction and guidance to ensure that he or she completes the course with the necessary skills, character development and knowledge needed. The Primitive technology skills course agenda covers a broad range of topics and techniques, but our staff work very hard to make sure each student is comfortable with the pace of the course.

### **Food & Diet**

Skills course meals typically include pastas, stews, soups, etc. prepared with fresh vegetables and whole grains. The biggest meals of the day are breakfast and dinner, with a light lunch available. Food preparation will be a joint effort of the students and the staff to ensure that everyone is well fed and able to learn as much as possible.

## **Course Content**

The 28-Day Primitive Technology Skills Course will provide you with a solid foundation in basic traditional living skills in a basecamp setting. Prayer and fasting schedules will be established and leadership principles for group dynamics will be taught. Team building exercises designed to identify strength and weaknesses will be conducted.

All fires will be built using friction fire techniques. Other skills utilizing your hands will be taught. The biblical foundations for pioneer missions will be started. Physical training for endurance will begin. All outdoor skill sets needed for your backpacking phase will be covered, as well as skills that will serve you well into the future for any environment, such as Tool craft, Rope Craft (knots, lashing), navigation without a compass, finding water, risk management principles, judgment principles, etc.

## **Risk**

While Mountain Gateway has emphasized traditional technologies for this first training phase and our students' equipment, our risk management and safety policies are modern. As stated in our "Risk Management at Mountain Gateway" page, our instructors, for example, are certified in wilderness medical care and emergency evacuation procedures. Of course, any travel in the wilderness comes with inherent and other risks, and we ask our students to understand and assume responsibility for such risks.

People are sometimes confused that we are so candid about the risks you might face while on the trail with us. We do this because we respect the wilderness and we respect your right to know that it has risks. All too often, people end up on outdoor education courses or vacations and assume that everything will be perfect: blue skies, warm days, peaceful nights. And then -- when it's been raining for 3 straight days, hits 15 degrees at night, and you're soaked -- you begin to wonder what you've gotten yourself into. This misunderstanding creates a dangerous situation, which we hope to avoid on our courses.

Mountain Gateway is not offering you a risk-free wilderness experience. The wilderness is beyond our control; nature is beyond our control. We hope that you will understand this and embrace the opportunity we are offering you: A chance to live in an environment conducive to shape your character, and give the human side of you the tools necessary to work with the gifts God has given you, so that you can advance the Kingdom of God until the end of your life, even in extreme environments. We are also giving you an opportunity to enjoy and experience the wilderness to the fullest, aware of the realities of being in remote wilderness areas.

There is an added element of risk to Mountain Gateway Field Courses. We are going to purposely put you in a position where you must hike under adverse conditions (hot, bright days or cold, dark nights).

Mountain Gateway provides you with so many opportunities to experience the "wild" side of the wilderness, and we hope that you'll embrace them. This setting allows us to see how you embrace and respond to many situations that you will encounter on the mission field, but without the danger of adverse reactions on your part affecting negatively the target native populations. The pressure you will be under just living together in the wilderness for a prolonged time, will provide ample opportunity for you to develop the character it takes to live and work together on the mission field with other missionaries. The number one reason that missionaries quit the mission field is that they cannot get

along with their co-worker. The wilderness classroom will give you the platform for learning that will equip you to succeed in the brotherhood of believers called your co-workers. We want you to understand these risks so you are a better informed student on the trail with us. For more information about risks associated with the training, please contact us.

**Clothing:**

- |   |  |
|---|--|
| 1 Hat with brim   | 1 Long john bottom                     |
| 1 Stocking cap or balaclava   | 2 Pair underwear                       |
| 4 Bandannas (preferably 100% cotton)  | 1 Pair shorts, light nylon "quick-dry" |
| 1 Aerobic top or swimsuit top (women only)                                    | 1 Pair pants, sturdy                   |
| 1 Shirt, long-sleeve  | 1 Belt, adjustable                     |
| 1 Shirt, medium-weight wool or fleece   | 1 Pair liner socks                     |
| 1 Shirt, heavyweight wool long-sleeve button down (or fleece or puffy jacket) | 2 Pair socks, wool                     |
| 1 Long john top   | 1 Pair hiking boots                    |
|   | Camp Shoes                             |

**Gear:**

- 1 Versa Cloth, Haversack, OR Waist pack (see descriptions on pages 6-7) to carry the following items:
- 1 Knife, fixed blade (your Mora)
- 1 Knife sharpener (diamond flat)
- 2 Water bottles, quart size, filled with water
- 2 Water treatment (Aqua Mira)
- 1 Soap, biodegradable, small bottle
- 1 Pencil and Notebook (5" x 7" recommended)
- 1 Enamel cup, 24 ounce
- 1 Personal medical kit
- 1 Toothbrush
- 1 Small toothpaste
- Tampons (women only, cardboard applicators recommended )

**Additional Items:**

- 1 Lip balm
- 1 Sunscreen
- 1 Insect repellent
- 1 Comb or brush
- 1 Dental floss
- 1 pair leather work gloves
- 1 pair eyeglasses (or contacts)
- 2 Ziplock bags, quart size (for lotions of camera)
- 1 Trash bag, heavy duty (can purchase from us for \$.50)
- 1 Sewing kit, small
- 1 extra lightweight wool blanket
- 1 Whistle
- 1 Camera

**The following items are not allowed:**

**Sunglasses, watches, cosmetics, radios, cell phones, pagers, flashlights or excessive jewelry. Any items you have brought which are not on this list (medications excluded) will need to be stored in your "City Bag" or in your vehicle until the end of your course. While we will be staying in base camps on Primitive Living Skills Courses, not all camps are easily accessible. You may need to hike a few miles to reach the site, so your gear should be transportable on your back. Please note that Mountain Gateway base camps are primitive camps without electricity, telephones, or flushing toilets.**

## Course Equipment Information

The lessons of this training start way before you arrive for your course. Mountain Gateway teaches, that “less is more.” More important than going out to buy all the latest outdoor clothing and gear, see what you have available at home. If you already have something of good quality and functional for the purpose, then use it. Most items on this gear list are readily available in the homes of many non-campers. Start the journey now by searching through your closet and attic. Additionally, good quality clothing and gear items can be found at local thrift stores and military surplus stores.

Good equipment is worth quite a bit when you are in the field, so look for quality construction and intelligent design. Clothing and gear items should be durable. Taking the time to buy good gear before a course may not seem important until your socks wear out and give you blisters, or the seams on your pants rip out after a few days in the field. Inspect the seams for tight and even stitching. A brand-name product will usually cost more: it's up to you to decide if the higher price denotes quality, brand value, or both.

### Fabrics

Natural fabrics like wool and cotton tend to have better wear and function, and are often more environmentally sound than petroleum-derived products. Although outdoor clothing may be bright in color, please select subdued earth tones for your course--they blend into the natural environment more readily. **Cotton** is an extremely valuable fabric in hot, dry environments only. Cotton has the ability to absorb large amounts of water. This characteristic combined with the process of evaporation provides a portable evaporative cooler system for your body. **Wool** is an extremely valuable fabric in cool, humid climates. It has the ability to keep you warm even when wet. Many outdoor clothing manufacturers are returning to classic wool because it does an excellent job in outdoor environments. **Synthetics** have a prominent place in many outdoor pursuits. Synthetics tend to melt at low temperatures, making them easily ruined when working with fire. This is not to say that synthetics are poor choices. All fabrics have limitations. The poor choice comes when one does not recognize the limitations of a chosen product. When it comes to ponchos and quick-dry shorts, synthetics are excellent choices since they shed water well. Like wool, synthetics are also quite effective in cool, humid climates for helping to regulate body temperature.

### Zippers

Zippers are an area in outdoor clothing or gear that seem to fail often. Try to select items with YKK zippers, which seem to have great durability.

### Warm to Hot Weather

During warmer temperatures your goals are 1. to keep your body from gaining heat from external sources, 2. to move body heat away from your body using air movement and, 3. to cool your body using evaporation. Lightweight, loose fitting, full coverage cotton clothing works well. It will provide protection from the sun's radiation, allow for air movement so the air may move body heat away, and it holds onto moisture allowing evaporation.

## **Cool to Cold Weather**

Your goals during cooler temperatures are 1. to gain heat from external sources, 2. to reduce warmth from being moved away from the body by air movement and, 3. to reduce evaporative cooling. Dark colored, heavier, loose fitting, full coverage wool or synthetics clothing works well. The dark color absorbs radiation from the sun and the heavier weight – loose fit - reduces air movement. Wool and synthetics tends to move moisture away from the body so that the cooling effect of evaporation does not happen directly on your skin.

## **Layering**

Layering is key when regulating body temperature. Layering allows you to reduce or increase the level of protection you have in incremental levels. In warm weather, loose layering provides additional protection from the sun's radiation. In cool weather, layering is quite effective in reducing heat loss by reducing the speed at which warm air is moved away from the body

## **Head-Wear**

Your headgear should consist of sunny weather protection and cold weather protection.

### **Wide Brimmed Hat**

A three-inch full brimmed sun hat provides superior sun protection. These come in several styles. We prefer either cotton or straw. Sunburn is not only uncomfortable it can cause further heat complications. The wide brimmed hat keeps your head shaded and if worn while it is wet will help keep you cooler.

### **Baseball cap**

Caps are good at providing sun protection for the face. Often people will use a bandanna on the neck to provide extra protection when wearing a baseball cap.

### **Balaclava**

Since the majority of your heat is lost through your head and neck area, you can stay warmer at night with a good head covering. Covering your head and neck is one of the keys to a warmer nights sleep. Balaclavas are similar to watch caps, however they are long enough to cover the neck and they have a hole in the front for the face. In colder climates these are quite effective for keeping the head and neck warm.

## **Basic Clothing**

Your clothing is a layering system that allows you to increase or reduce the amount of clothing needed for your protection.

### **Cotton Bandannas (total of 4):**

Essential for heat regulation and a million other trail uses. 100% cotton is an added bonus for making char-cloth (part of flint and steel sets), but cotton/polyester mixes are okay.

## **Long underwear tops and bottoms**

You'll be wearing these in the evenings, sleeping in them, and hiking in them on cooler days. They should be comfortable, not binding. Long underwear can be found in Merino wool, which is comfortable next to the skin and does not hold odors. Polypropylene or Capilene are also good options and work well. Be warned, however, synthetic long underwear tends to hold odors.

(**CAUTION:** Long underwear made of cotton or cotton blends has a significantly reduced insulation value when it becomes wet, this includes sweating. Wet clothing increases evaporative cooling, having the opposite affect from what is needed from long underwear. Cotton long underwear should be avoided. Cotton kills!)

## **Sturdy Pants**

These may be worn in early mornings and late evenings or when walking through thick brush. They will help keep you warm, protect you from the bugs and protect you from the brush. They should be durable and loose, not tight fitting. Cotton, linen, synthetic, and even durable, but not too heavy, wool slacks work great for pants. Remember that synthetics have the tendency to melt when close to fires or touched by a spark. Cargo pants with extra pockets are always nice to have. **CAUTION:** Blue jeans and Carharts should be avoided. They are quite heavy and are a hindrance in many ways if they become wet. Wool pants will provide extra warmth on the cooler early summer days.

## **Belt**

Please bring an adjustable belt to keep your pants up for the course. As long as it's not one of those 3" thick, Army-can-teen belts, almost anything--even rope--will do.

## **Quick-Dry Shorts**

Supplex or nylon shorts with a breathable liner. They are more conducive to active, wet travel than other choices and allow easy layer-stripping. Most sporting goods stores carry them. Many students have appreciated having the pants with zip-off legs instead of carrying a pair of shorts. Be wary though, the zippers do not always hold up during the rigors of a long course.

## **Liner Socks**

Thin, under-socks which offer a layer of protection that prevents sand in your boot from chafing your foot. The wicking action of the liner sock will also keep your feet dry and protected from dampness, which can lead to blisters. Some people love them, some people don't. You make the choice. If you are not sure, it is better to bring them.

## **Wool Hiking Socks**

Wool/nylon blends give you excellent durability under mountain conditions. No cotton or athletic tube socks allowed. They don't wick moisture away from your skin, can cause blisters and general discomfort - a real mess. Smart Wool hiking or trekking socks work well.

## **Rain Poncho**

Perhaps your most versatile piece of clothing/gear: used on this course for shelter, water protection, and material collection. No cheap vinyl ponchos allowed. We strongly recommend a rubber-coated GI-type surplus poncho, with snaps and grommets. However, the surplus used ponchos are often not waterproof. Check to make sure. It needs to be waterproof. Ponchos should have snaps that are compatible with one another. Ponchos that can be snapped together provide greater shelter options during rainy or snowy weather.

## **Leather Work Gloves**

For handling hot pots, doing rope work and chipping rocks. Cowhide is fine, elk or deer hide is better.

## **Prescription Eyeglasses**

You will definitely want to be able to see the wonderful country in which our courses operate. Eyeglasses are preferred over contacts. Contacts present the problem of cleanliness, there may not be adequate water with which to wash your hands. If you are a contact wearer, pull out your glasses, have them tuned up, and get used to using them again. Your eyes will appreciate it. You can use both contacts & glasses. Having both is a good idea.

# **Trail Gear**

## **Wool Blanket**

Will be used for staying warm during the night. Stay away from blankets that shed and fall apart. Get a good 3 - 5 pound blanket with a solid weave. The tight weave is best for keeping out the wind. The military style is very durable, and has a tight weave. The other style is the Pendleton Camp Blanket. This blanket is often softer and has more loft. The loft provides excellent insulation, however it does not stop the wind as well.

## **Muslin Cloth ( aka "Versa Cloth")**

The muslin cloth's primary purpose is to carry smaller or quick-access items on hikes. However, you will find this item to have a number of uses on the course. Mountain Gateway staff highly recommends this. Any durable 5 foot square piece of fabric, flexible enough to tie the corners together will work. This is extremely versatile and will be what you carry your supplies in. You might find an old muslin curtain at Good Will.

## **Haversack**

A haversack is a canvas pouch with a shoulder strap. It was used extensively by mountain-men in the 1800's. The haversack is used on the Primitive Technology Camping Course where it works quite well as a collection bag.

## **Waist Pack**



Should be no more than 600 cubic inches. Make sure the zippers are durable. If you find a waist pack that has side pockets to hold 32oz. water bottles, make sure it can handle the weight comfortably

### **Water Bottles**

Used during the day for carrying water and at night for a warm water bed warmer. The 32 oz., wide-mouth Lexan bottle is a popular choice. Lexan is durable, holds heat, and doesn't hold odors. Lightweight, stainless steel water bottles, such as Klean Kanteen, are becoming more available. These give you the added benefit of being able to boil water right in the bottle.

### **Enamel or Stainless Steel Cup (24 oz)**

This is your drinking cup, eating vessel, and you can cook in it.

### **Compass**

We recommend a simple compass with an orienteering base-plate. The fancier versions with a mirror and a declination adjustment are not needed. NOTE: Military style lensatic compasses do not have some of the orienteering features of the orienteering style compasses. This makes them less useful for the orienteering navigation taught on Mountain Gateway wilderness courses. Lensatic compasses are not recommended.

### **Knife - Fixed Blade with Sheath**

A fixed blade knife is essential for heavy-duty cutting, carving and some chopping. We recommend knives with good steel quality, full-tang blades and a sturdy, durable handle. A 4-1/4" blade will be sufficient. "Rambo" knives are overkill. Any hollow-handle knives will need to be emptied. Be wary of "survival knives" with a lot of fancy features. The best survival knives are very simple. The MORA triflex knife is required. This knife has exceptional strength, is easily sharpened, and performs wonderfully when working with wood. The knife can also be used for making fire using the flint and steel method.

**(CAUTION:** Folding knives are known to cause injuries when the blade collapses while being used. They typically do not hold up on a prolonged wilderness course.)

### **Parachute Cord**

Used to tie up your poncho for a shelter, and a 4' section is used with your bow-drill fire set. Please avoid the cheap "Paracord" because it will break with friction produced during the fire making process. You will need 50 feet of parachute cord. This type of cord is famous for survival situations since the inner core may be separated providing multiple strands of twine that is still durable and strong

### **First Aid Supplies**

Personal medical kits are mandatory on all courses for minor cuts and blisters. Small kits that include items like Band-Aids, wound salves, blister treatment, a sewing needle and bit of thread, buttons, safety pins, and tweezers are adequate for all courses. Large first aid kits are overkill. Mountain Gateway staff will have a well-equipped medical kit for emergencies and other needs.

## **Water Treatment**

The growth in back country travel has resulted in an increase in water-borne pathogens, including Giardia. Please protect yourself with an adequate water treatment system. Boiling water is the most effective water treatment. This, however, is not always feasible. There are many options on the market such as iodine tablets. We ask that you purchase Aqua Mira, a two part purification solution.

## **Heavy-duty plastic trash bag**

A heavy-duty trash bag will help keep your gear dry during transportation. Please bring one.

## **Large Stuff Sack with plastic trash bag**

This 28-Day field course needs a "base camp bag." One large stuff sack will be allowed for your base camp bag. Stuff sacks should be approximately 10" x 20", please do not bring stuff sacks that are larger than 11" x 22". Your bag should be durable and clearly labeled with your name. If your stuff sack is not waterproof, a plastic bag will keep your contents dry during transportation in the rain

## **City Bag**

A City bag is any bag (duffel bag, backpack, stuff sack, suitcase, etc.) that you leave in the storage location during your time in the field. It contains travel items you brought but are not taking on the course. We will store the bag in a dry area while you are on your course. Make sure it is clearly labeled with your name. (If you are driving to our school and will be leaving your car at New Life Church during your course, you don't need a city bag -- just put everything in your car).

## **Toothbrush and Dental Floss**

You are encouraged to bring a toothbrush and dental floss on your course.

## **Field Journal & Pencils**

A field journal is useful for recording lessons, thoughts and impressions. Whether you like to record your thoughts with words or drawings, the memories that your journal will revive years later will be invaluable. Smaller and lighter are better. Pencils are preferred to pens. Consider bringing 2 or more because of the length of your course.

## **Spending Money**

You won't need this on the trail, but you should bring some spending money for your transition days.

## **Fishing License**

Your instructors will inform you during orientation whether fishing will be likely on the course, given the route of the course. If fishing is likely, then you will be given the opportunity to obtain a fishing license during the course orientation.

**Feminine Hygiene products**

Women must provide their own feminine hygiene products. Ideal products are tampons with cardboard applicators, (especially organic cotton tampons) or pads without plastic sheathing. Non-applicator tampons are not recommended, since we may not always have plenty of water for washing your hands before inserting the tampon.

**These additional personal items are recommended. They can be protected in a quart size Zip-lock bag**

Lip Balm

Sunscreen

Comb or Brush

Biodegradable Soap (2-4 oz.)