



MAST-122 – Wilderness Travel Theory

Business

Effective Term & Year: Fall 2025
Course Outline Review Date: 2030-03-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This course reviews aspects of wilderness travel such as clothing and equipment, navigation, minimum impact camping, self-care and group travel techniques. Students will learn to navigate using both map and compass and with digital mapping resources. Students will learn about the three norths and adjust for declination, using bearings to identify features and to perform resections. Students will gain a thorough knowledge of topographical maps, latitude-longitude, the Universal Transverse Mercator grid system and will utilize this new learning in trip planning exercises. This course also introduces students to the concepts of summer and winter emergency survival in wilderness settings. Topics such as personal limits and abilities, mental preparation and psychology of stress are discussed. Experiential and applied learning includes bush craft, fire building, knife use, shelter building and overnight survival exercises in both fall and winter environments complete the course.

Program Information:

This course forms the basis for all further field trips and sets standards for environmental practices, group travel procedures, wilderness risk management and navigation basics. This course is required for the completion of Mountain Adventure Skills Training Certificate.

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	40
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	24
Co-op/Work Experience	
Other	
Total	64

Course Requisites:

None

Prior Learning and Recognition: No**Course Transfer Credit:**

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Mountaineering: Freedom of the Hills; 10th ed, The Mountaineers, 2024.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to:

- create trip plans and daily route plans for multi-day excursions;
- utilize mapping resources and tools to navigate in mountainous terrain;
- communicate position using latitude-longitude, Universal Transverse Mercator grid systems and resections;
- plan and prepare appropriate food, equipment and clothing for multi-day, self-propelled trips in various seasons and environmental conditions;
- practice minimum impact camping and leave no trace principles;
- demonstrate self-care and personal organization for wilderness travel;
- anticipate hazards, develop risk mitigation strategies and practice managing risk during field exercises;
- build suitable emergency shelters in both fall and winter environments;
- demonstrate basic survival and bush craft skills; and
- recognize and apply personal limits and abilities during adverse situations.

Course Topics:

- Navigation techniques with map and compass
- Digital mapping resources and techniques
- Clothing and equipment for mountain travel
- Minimum impact camping and leave no trace principles
- Wilderness food preparation and menu planning
- Wilderness survival, basic emergency kits, bush craft skills, knife use, fires and emergency shelters
- Personal limits and abilities, mental preparation and psychology of stress
- Basic search methods and a lost person's priorities and behaviours

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Attendance	10%
Map interpretation test and navigation exercises	15%
Chapter quizzes	15%
Navigation skill acquisition and field comprehension	10%

Fall survival exercise	15%
Winter survival exercise	15%
Menu planning exercise	20%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for MAST 122 may not receive additional credit for ATBO 105.

Prior Course Code: SERS 116 Wilderness Travel 1

New Course Code: MAST 122 Wilderness Travel Theory

Date changed: March 2009

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.