

Curriculum

Level 1 certification is comprised of approximately 75 hours of instruction and practice in the following categories:

- Nature Meditation/Observation
- Council Practice/Group Facilitation
- Forest Bathing/Mindfulness
- Naturalist Instruction
- Science/Evidence
- Outdoor Skills

Required Reading

- *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder*, Richard Louv
 - *Your Brain on Nature*, Eva Selhub and Alan C. Logan
 - *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, Robin Wall Kimmerer
- Please read 'Learning the Grammar of Animacy,' 'Allegiance to Gratitude,' 'In the Footsteps of Nanabozho: Becoming Indigenous to Place'.
- *The Miracle of Mindfulness*, Thich Nhat Hanh
 - *Your Guide to Forest Bathing: Experience the Healing Power of Nature*, M. Amos Clifford
 - *Rewilding: Meditations, Practices, and Skills for Awakening in Nature*, Micah Mortali
 - *What the Robin Knows: How Birds Reveal the Secrets of the Natural World*, Jon Young

Suggested Reading

- *The Way of Council*, Jack Zimmerman and Virginia Coyle
- *The Nature Principle: Reconnecting with Life in a Virtual Age*, Richard Louv
- *The Nature Fix: Why Nature Makes us Happier, Healthier, and More Creative*, Florence Williams
- *Peterson Field Guide to Birds of Eastern and Central North America*, Roger Tory Peterson
- *National Audubon Society Field Guide to Trees: Eastern Region*, National Audubon Society
- *Tracking and the Art of Seeing: How to Read Animal Signs*, Paul Rezendes

Shoes

- Comfortable hiking shoes (waterproof recommended)
- Mud/rain boots (optional)
- Hiking/Water sandals (recommended for summer)

Clothing

- Jacket with waterproof shell
- Rain pants
- Base layers top/bottom (wool or cotton weather dependent)
- Mid-layers (wool, fleece, or cotton weather dependent)
- Hiking pants (shorts/capris weather dependent)
- Swimsuit/swim shirt and shorts (optional)

Accessories

- Day Pack (20 liter)
- Water bottle (1 liter recommended)
- Closed top insulated mug and/or thermos
- Hat/beanie (Fleece, wool, rain/sun)
- Trail seat/sit pad (for sitting on wet ground, ex. Therm-a-Rest Z Seat)
- Wristwatch
- Small fixed-blade knife (Recommended brand: Mora; styles Eldris, Companion, Spark, or Kansbol)
- Headlamp
- Matches and/or lighter
- Journal
- Optional:
 - Sunglasses
 - Gaiters
 - Basic first-aid kit
 - Emergency whistle
 - Outdoor chair (if you prefer supported seating)
 - Sunscreen
 - Insect repellent