

Backpack Training

Rev Aug 6, 2015

Activity	Equipment Needed	Trainer
Friday		
Icebreaker		Mary
Cotton vs Polar Fleece (cotton kills, not in Arizona)		Jack
Show Backpacking Equipment (personal, crew)	Backpack Equipment	Mary, Jack
Sat		
Gather food (personal smellable bag, canister)	Food	Mary, Jack
Hiking order (Crew Leader, Sweeper, Pathfinder)		Mary
River Crossing		Jack
First Stop - How to Pee in the Woods (Pee Rag)		Mary
First Stop - How to Poop in the Woods	Pooper Kit	Jack
Second Stop – First Aid (Wilderness First Aid)	First Aid Kit	Mary
Ts of Trail Signs		Jack
Caterpillar		Mary
Hiking Rest less 5 or greater 20 Rule		Jack
Setup camp (smellable triangle)		Jack
Ws of site selection, water, walking, wind, weather, widow maker	Wow, wildlife, wear on land	Mary
Lunch (Micro Trash, talk about Backpacking foods)		Mary, Jack
Rules of 3		Mary
Map and compass, trail profile	Map and Compass	Jack
GPS (UTM)	GPS, Map	Jack
LNT (cards)	LNT Cards	Mary, Jack
Purifying water (boil, filter)		Mary
Purifying water (UV, Micro Pur)	Micro Pur	Jack
Washing clothes (trail, home)		Mary
Knife safety (blood circle)		Mary
Lightening Position		Jack
Crew Circle		Mary
Get Moving in the Morning		Mary, Jack
Search and Rescue (Nasty, Vector)		Jack
What equipment to have in your car (another car)		Mary
Bear safety (whistle)	whistle	Jack
Airing out your sleeping bag (on tent, inside tent)		Mary
Hang Bear Bag (10 feet high, 10 from trees)	Ropes	Jack
Rain gear, Dinning fly (cooking in rain)	Rain Jacket, pants	Mary
Loud and Proud	Philmont Baseball	Jack
Dinner , water bottle near stove (How not to get sick)		Mary, Jack
Night Orienteering	Reflectors, compass	Jack
LNT Campfire, songs, skits	AI, Starter Log	Mary, Jack
Sunday		
Breakfast		Mary, Jack
Review, Backpacking Safety Activity Checkpoints	Handout	Mary, Jack
Backpacking Tricks for Adults		Mary, Jack
Hike back to Shadow Rim		Mary, Jack