



**GIRL SCOUTS**

# **Training Module**

# **Backpacking I**

**Introduction to Backpacking**

## **Course Name: Backpacking I Training Weekend**

Time: 2 days (Friday night, Saturday, Sunday until noon)

Objectives: By the end of this session participants will be able to:

- ...List equipment each scout should bring backpacking.
- ...List equipment a leader should bring backpacking
- ...Explain what the crew leader, navigator, pathfinder and sweeper do when backpacking.
- ...Explain how to poop in the woods.
- ...Show how to orientate a topographic map.
- ...Demonstrate how a Troop hikes using the caterpillar.
- ...List the items in a Troop's backpacking first aid kit.
- ...List items in a scout's backpacking first aid kit.
- ...List the five "Ts" of trail signs.
- ...List the five "Ws" of tent site selection.
- ...Explain what a smellable triangle is.
- ...Explain what a crew circle is and what it is used for.
- ...Recite and explain the principles of Leave No Trace (LNT) backpacking.
- ...List equipment in the driver's car when backpacking.
- ...Explain how to hang a bear bag.
- ...Explain where to get trail information.
- ...Demonstrate three methods to purify water.
- ...Demonstrate night orienteering.
- ...Explain what a LNT campfire is.
- ...Show pages in Safety-Wise that are used to plan a backpacking trip.

Time	Content	Method	Resources
Friday night 4:00–8:00PM	<p><b>Registration</b> In lodge at Shadow Rim Camp</p>	<p>Register each participant. Collect medical forms. Participants will each make their own nametag.</p>	<p>Nametags Markers Blank health forms</p>
Friday night 4:00-6:30PM	<p><b>Gathering Activity</b> At archery range</p> <p>This activity is done so that anyone who is late will not miss important information.</p>	<p>Welcome each participant at the archery range. Participants set-up their own tents that they will sleep in. After their tent is set-up, trainers have each participant put on their backpack. Trainers help if any adjustments are needed. Participants that are done can help newcomers.</p> <p>Use the “Wilderness Survival Skills Knowledge Cards” by the Sierra Club to ask each other questions. Participants take turns asking questions. Participants can then quiz the trainers.</p> <p>This gets everyone doing something while waiting for everyone to show up.</p>	<p>Participant’s backpacking equipment</p> <p>Wilderness Survival Skills Knowledge Cards <a href="http://www.pomegranate.com">www.pomegranate.com</a> (catalog number SC0107)</p>
Friday night 6:30 PM 15 min	<p><b>Introductions, Housekeeping</b></p>	<p>Welcome the participants. Each trainer does an introduction. Give an outline of the weekend schedule. Show where the bathrooms are. Divide the group into crews.</p> <p>Each crew is made up of 4 to 11 participants and a trainer.</p>	

Time	Content	Method	Resources
Friday night 6:45 PM 30 min	<b>Get Acquainted Activity</b> Icebreaker Activity	Each participant introduces themselves and tells the group the best outdoor activity they have been involved in.	
Friday night 7:15 PM 15 min	<b>Needs Assessment/Review Objectives</b>	Post the course objectives. Review the objectives and let them know what is covered in this course. Ask if any participant has any need that they would like this course to cover.	Course objectives written on a poster board
Friday night 7:30 PM 30 min	<b>Cotton vs. Polar Fleece</b>	<p>Learn when to wear cotton and when to wear polar fleece.</p> <p>Exp: Each person puts on a cotton glove on one hand and a polar fleece glove on the other hand. Each person puts both hands with the gloves on in the water. With the gloves on, squeeze the water out of the gloves. Let everyone complete this activity, then ask participants what they experienced.</p> <p>Pub: Which hand was cooler? (cotton glove hand)</p> <p>Pro: Why was cotton cooler? (evaporation, cotton was like a “swamp cooler”)</p> <p>Gen: What material do you wear for cold weather? (polar fleece) What material do you wear for warm weather? (cotton, hike in Arizona in cotton)</p> <p>App: Can your troop use this?</p> <p>Trainers show their jackets and hats and other clothes made from Polar Fleece.</p>	<p>Gloves made of cotton.</p> <p>Gloves made of polar fleece.</p> <p>Bucket of water</p> <p>Trainer’s Polar Fleece jackets and hats</p>

Time	Content	Method	Resources
Friday night 8:00 PM 2 hour	<p><b>What to Bring Backpacking</b></p> <p>Exp: Each participant picks up two or more items from the table until every item is chosen.</p> <p>Pub: Go around the group and have each person explain what items they are holding.</p> <p>Pro: Each person also explains what these items are used for.</p> <p>Gen: Did you add to your previous knowledge?</p> <p>App: Can your troop use these items when backpacking?</p>	<p>Lay all of the items from one trainer's backpack on a table. These items should include items listed in "Backpacking Equipment List, Adult Scout Leader (see attachment A)".</p> <p>The trainer loads each item into a backpack after the participant talks about that item. The trainer explains why each item is where it is. Heavy items in close and high in the backpack. The goal is to have most of the weight on the well-padded hip belt.</p> <p>How to pack, do water bottle and hiking stick demo to show how weight is distributed.</p>	<p>One Trainer's backpacking equipment</p> <p>Trainer note: Light weight is good. Less is more.</p> <p>Trainer note: The higher the item is placed in the pack and closer to your back, the lighter it seems when hiking.</p>
Friday night 10:00 PM 30 min	<p><b>Get Ready for Bed</b></p> <p>No smellables in tents</p> <p>Put smellables in an animal proof container or hang from trees on Friday night.</p>	<p>Explain what smellables are and where they are stored. (All smellables go in a bear bag in the smellable triangle. The bear bag is hung 10 feet above the ground.) The "points" of a smellable triangle are: bear bag, backpacks and cooking/eating area.</p>	<p>Trainer's bear bag and bear bag ropes</p>

Time	Content	Method	Resources
<p>Saturday 7:00 AM 30 hour</p>	<p><b>Load and Adjust Backpacks</b></p> <p>It is critical to the safety of the group to make certain that packs are fitted properly and that participants are made aware of the importance of communicating any problems or concerns regarding “warm” spots (places where their clothes, shoes or packs are rubbing) or physical challenges (dizziness, weakness, pain, medical problems, etc.) to the trainers. Potential problems should be handled before they become problems.</p>	<p>Participants each load their backpacks. Heavy items in close and high in the backpack. The goal is to have most of the weight on the well-padded hip belt.</p> <p>Trainers help to see that backpacks are fitted correctly. Straps are adjusted as needed.</p> <p>The shoulder straps are used for balancing the load. The backpack weight is carried and supported by the hipbone (pelvic girdle).</p> <p>Each participant shows the group how their backpack fits. There are many different backpacks. It is good that the group can see the different styles of backpacks.</p>	<p>Participants’ backpacking equipment</p>

Time	Content	Method	Resources
Saturday 7:30 AM 30 min	<p><b>Gather Food for Hike</b></p> <p>Exp:</p> <p>Pub:</p> <p>Pro:</p> <p>Gen:</p> <p>App:</p> <p>Ready Box</p>	<p>Trainers lay the backpacking food on a table.</p> <p>Participants gather their food and put it in their food stuff sack.</p> <p>Each participant explains about one food.</p> <p>Why is this a good backpacking food?</p> <p>Did you learn about some new foods?</p> <p>Can your troop use these foods?</p> <p>A ready box is a box used to store backpacking equipment between trips. After a trip all equipment is removed from your backpack, it is cleaned/washed and put in the ready box. You are now ready for your next trip. The ready box should also contain a checklist of your equipment. The list is updated as needed. Thus you can quickly load your backpack and not forget anything.</p>	<p>Participants' own individual food stuff sacks</p>
Saturday 8:00 AM	<p><b>Flag Ceremony and Breakfast</b></p>	<p>Participants and trainers gather at the flag area.</p>	

Time	Content	Method	Resources
<p>Saturday 10:00 AM 15 min</p>	<p><b>Hiking</b></p>	<p>The group is divided into crews. Each crew should have 4 minimum and 12 maximum members. This will give the participants a better wilderness experience. This is also part of Leave No Trace (LNT).</p> <p>Each crew then elects a crew leader. The crew leader then assigns a pathfinder and a sweeper.</p> <p><b>Crew Leader:</b> is in charge of the crew, is the navigator (has the map), is second person in hiking order.</p> <p><b>Pathfinder:</b> is first person in hiking order, finds the path with the crew leader's help.</p> <p><b>Sweeper:</b> is the last person in hiking order, checks area for trash/dropped items before crew leaves stopping points, watches that crew is within sight and sound of each other, calls out to crew leader to slow down when crew is spread out.</p> <p>The crew leader calls out a 2 minute warning prior to continuing the hike. Any crew member needing additional time this need to the crew leader. (If additional time is added, the crew leader gives another 2 minute warning at the appropriate time.)</p> <p>The crew leader, after the 2 minutes, calls out to put on packs. The crew leader then says, "Is anyone <b>not</b> ready?" If no one responds the sweeper tells the crew that it is time to continue the hike. (Crew leaders can be creative. Example, "Let's rock and roll.")</p>	<p>Hike to first stop</p>

Time	Content	Method	Resources
<p>Saturday 10:15 AM 5 min</p>	<p><b>How to Poop in the Woods</b> First stop on hike</p> <p>Map and compass can also be done here.</p> <p>Crew leader gathers crew members in a crew circle.</p> <p>A trainer can change the order that skills are taught. Trainers can take two or three stops with their crew. This just depends on how the crew is hiking.</p> <p>Urination should be clear and copious (C &amp; C).</p>	<p>Trench and smear method</p> <p>The trainer uses the plastic shovel to dig a 4 to 6 inch trench (the trench is about one foot long). The trainer uses two or three pine cones to simulate bodily solids.</p> <p>The trainer uses a stick to smear the bodily solids in the trench and mix with dirt. The trench is then covered with dirt using the stick. The stick is then stuck in the top of the trench. This is a sign to others not to dig here.</p> <p>The trainer explains about urinating in the woods. Urinate on bare ground, rocks or sand. Do not urinate on trees or plants (animals like the salt and will harm the plant).</p> <p>When done, continue to hike. The crew leader gives the 2-minute warning, followed by “Backpacks on” and “Is anyone not ready?” If no one says anything then the sweeper can say something cute (ie. squeeze cheese).</p>	<p>Trainer’s poop kit (small plastic shovel, toilet paper in plastic bag, wet wipes and small, reclosable plastic bags)</p>

Time	Content	Method	Resources
<p>Saturday 10:20 AM 20 min</p>	<p><b>Hike</b></p> <p>The caterpillar can be called by any crew member. The crew leader decides when to cancel the caterpillar, but the crew must do at least two cycles before stopping the caterpillar.</p>	<p>Hike to second stop. Crew uses caterpillar to hike.</p> <p>Depending on the needs of the crew, the caterpillar can be used throughout the hike (not just for steep inclines or declines). This is particularly helpful for crews with special needs (beginners, members who are not in good physical condition, crews that tend to have problems staying together).</p>	
<p>Saturday 10:40 AM 5 min</p>	<p><b>Orientate a Topographic Map</b> Second stop on hike.</p> <p>Trainer marks map with declination lines in red.</p> <p>Crew leader gathers crew members in a crew circle.</p>	<p>Each participant orientates the topographic map using a compass.</p>	<p>7.5 minute topographic map of area, compass</p>
<p>Saturday 10:45 AM 30 min</p>	<p><b>Hike</b></p>	<p>Hike to third stop</p>	

Time	Content	Method	Resources
<p>Saturday 11:15 AM 10 min</p>	<p><b>Backcountry First Aid</b> Third stop on hike</p> <p>Exp: Pub: Pro: Gen: App:</p> <p>Rules of 3 (3 minutes without air, 3 hours in a bad environment (too cold or too hot), 3 days without water, 3 weeks no food, 3 months without a hug)</p>	<p>Trainer lays their first aid kit out.</p> <p>Each participant picks up two or more items from the first aid kit. All of the items should be picked up by someone.</p> <p>Go around the group and have each person explain what items they are holding.</p> <p>Each person also explains what these items are used for.</p> <p>Did you add to your previous knowledge? Can your troop use these items when backpacking?</p>	<p>Trainer First Aid Kit (see Attachment D)</p>
<p>Saturday 11:25 AM 35 min</p>	<p><b>Hike to Campsite</b> Establish smellable triangle (all eating, cooking, all packs and bear bag in triangle)</p> <p>Set-up tents</p> <p>“Ws” of tent site selection. Water (away from rain runoff, away from lakes and streams), Walking (off trail), Wind, Weather (lightning), Widow Maker (dead trees or branches), WOW (don't block view for others), Wildlife (away from)</p>	<p>Trainer and crew discuss campsite selection.</p> <p>Durable surfaces (not on grass or plants) Away from water (so animals can get to water) Away from dead or dangerous trees and limbs (widow makers), Avoid overhead hazards Level ground (good luck with this one!) Concentrate impact instead of disturbing a new area (Campsite found not made) Camp off trail</p>	<p>Hike to Campsite</p>

Time	Content	Method	Resources
Saturday noon 60 min	<p><b>Lunch</b> Crew gathers in smellable triangle for lunch. Crew leader leads grace before lunch.</p> <p>Crews can eat lunch during the second or third stop or in the campsite. This is decided by the trainer and crew.</p>	<p>Trainer explains the smellable triangle. (bear bag, cooking/eating area, backpacks)</p> <p>Ask each participant what is their favorite camping food.</p> <p>Crew discusses what “no cook” foods are good or convenient for backpacking. MicroTrash – eat with zip lock bag under mouth to collect any crumbs</p>	Lunch
Saturday 1:00 PM 60 min	<p><b>Leave No Trace (LNT)</b> Each member of the crew takes one LNT principal, may have to go around the round robin more than once</p> <p>Pass out LNT plastic hang tags. Can we do these? Washing hair in stream? Cooling feet off in stream? The goal is Zero Impact---Pack it in, pack it out--- Leave only footprints, take only pictures, kill only time and pick only your nose.</p>	<p>Round robin of the seven Leave No Trace Principals: <b>Plan Ahead and Prepare</b> (5 Ps, Poor Planning Produces Poor Performance or Proper Planning Produces Perfected Performance) <b>Travel and Camp on Durable Surfaces</b> <b>Dispose of Waste Properly</b> <b>Leave What you find</b> <b>Minimize Campfire Impacts</b> <b>Respect Wildlife</b> <b>Be Considerate of Other Visitors</b></p>	<p>See LNT Attachment F</p> <p>Leave No Trace hang tags</p>
Saturday 2:00 PM 30 min	<p><b>Purifying Water</b> Each trainer takes one method to demonstrate</p> <p>When are you wasting water? (When water does not go into your body) If it is going anyplace but inside you. In Arizona water is life.</p>	<p>Round robin of the three methods to purify water.</p> <p>Boiling Filtering Adding chemicals (Katadyn Micropur MP1, tablets) This is the best method</p>	<ol style="list-style-type: none"> <li>1. Water Filter</li> <li>2. Katadyn Micropur MP1, tablets</li> <li>3. Stove</li> </ol>

Time	Content	Method	Resources
Saturday 2:30 PM 30 min	<p><b>Hang Bear Bag</b></p> <p>Minimum of 10 feet off ground, 10 feet from each tree</p>	<p>Trainers demonstrate hanging a bear bag. The ropes are left in place as they are used at night to hang the personal smellable stuff sacks.</p>	<p>Trainer's bear bag and bear bag ropes</p>
Saturday 3:00 PM 60 min	<p><b>Maps, Compass, Trails</b></p>	<p>The "Ts" of trails signs</p> <ul style="list-style-type: none"> <li>Do not Touch</li> <li>Do not Trust</li> <li>Do not Turn</li> <li>Do not Tinkle</li> <li>Do not Tamper</li> <li>Do Not Take</li> </ul> <p>Trail Profiles (show trail profile of trail hiked on)</p> <p>TOPO Mapping software</p> <p>Demonstrate GPS (waypoints of trail hiked on)</p>	<p>GPS</p> <p>Topo Map</p> <p>Trail Profile</p> <p>Compass</p>
Saturday 4:00 PM 60 min	<p><b>Crew Circle</b></p> <p>The crew circle is used to solve any crew problems.</p> <p>Crew members are within sight and sound of each other at all time during the backpacking trip.</p>	<p>Safety talk</p> <ul style="list-style-type: none"> <li>Meeting strangers</li> <li>Encounter with a bear</li> <li>Medical emergency</li> <li>Person lost</li> <li>Lightening position (spread crew out) put rain suits on</li> <li>Trailhead safety of cars (clubs on steering wheels)</li> <li>Whistles (wear at night)</li> <li>Knife safety (keep sharp) (knife open only when not moving, when moving knife is closed)</li> </ul>	

Time	Content	Method	Resources
Saturday 4:00 PM 60 min	<b>General Questions and Answers</b>	Why do we go backpacking? How is leadership learned in the outdoors?	
Saturday 5:00 PM 60 min	<b>Cook Dinner</b>  Crew leader leads grace before dinner.  Trainers each put two water bottles in front of themselves. This is for safety, if water is needed during cooking to put a fire out.	Trainers talk about:  Sump (grey water) Stoves and stove safety (water bottle near, bare ground, level) Sierra cup and spoon Licking your cup out to clean it Sanitation Do not share water bottles Do not share food Boil water and immerse cup and utensils to sterilize before reusing. Grey water must be sumped and “floaties” (chunkie monkeys) strained and packed out.	Sierra cup Spoon Stove Dinner

Time	Content	Method	Resources
<p>Saturday 7:00 PM 30 min</p>	<p><b>Night Orienteering</b></p> <p>Trainer places reflectors along a trail before it is dark. The trainer makes a distance/bearing sheet by going from one reflector to the next and recording the distance and bearing between each reflector.</p>	<p>Divide crews into groups of three. Each group has a compass. Each participant has a flashlight and whistle.</p> <p>A trainer should accompany the first and the last group. As the last group passes each station, the trainer gathers the reflectors.</p>	<p>Compass, Small plastic reflectors</p>
<p>Saturday 7:30 PM 60 min</p>	<p><b>LNT Campfire</b></p> <p>Crew leader lights the LNT campfire.</p> <p>Campfire is not used for warmth, clothes are. The LNT Campfire is for effect (wilderness TV).</p>	<p>Trainers plan songs and skits. Each trainer has a song, skit, and two jokes.</p> <p>Need ski hat for warmth, head is like a radiator.</p> <p>Discuss now adult leaders use a “Cracker Barrel” to improve their backpacking trips.</p>	<p>LNT Campfire (heavy duty aluminum foil, a starter log and matches or lighter.)</p>
<p>Sunday 7:00 AM 60 min</p>	<p><b>Breakfast</b></p> <p>All equipment packed before eating.</p>	<p>Sunrise is about 6:30 AM. Everyone up and moving by 7:00 AM. Crew leaders are responsible for this. Pack all equipment. Begin eating breakfast by 8:00 AM. During breakfast we will talk about Safety-Wise. See next activity.</p>	<p>Breakfast</p>

Time	Content	Method	Resources
<p>Sunday 8:00 AM 30 min</p>	<p><b>How Safety-Wise is used in planning a backpacking trip</b> Hand out photocopy of <i>Safety-Wise</i> pages about Backpacking. Do this during breakfast.</p> <p>Exp: Pub: Pro: Gen: App:</p>	<p>Each participant in turn reads a paragraph from <i>Safety-Wise</i> pages 84-86. In their own words they explain how this safety principle applies to their troop on a backpacking trip. These pages will be a review of all the things the group has done on this overnight backpacking trip.</p> <p>Complete your explanation. Did you get any ideas? Why is this safety principle important? Did you add to your previous knowledge? Can your troop use this when backpacking?</p>	<p>A photocopy of <i>Safety-Wise</i> (©2000) pages 84-86 for each participant</p>
<p>Sunday 9:00 AM 60 min</p>	<p><b>Hike</b> Hike back to base camp</p> <p>At base camp give crews the trainer evaluations form. Fill this out, then gather in a crew circle and give out the patches.</p>	<p>Each crew hikes separately. New crew leaders, pathfinders and sweepers are chosen.</p> <p>Unit regroup before arriving at base camp. Enter camp as a unit (usually singing an original version of a song or cadence).</p>	<p>Trainer evaluation forms</p>

## **Attachment A Trainer Notes**

### Experiential Learning Cycle

- Exp: Experiencing (doing the activity)
- Pub: Publishing (share your feelings about doing the activity)
- Pro: Processing (did you learn something new)
- Gen: Generalizing (can this apply to other activities)
- App: Applying (how can you use this in your troop)

### Stages of Group Development

- Forming – joining a group
- Storming – conflict
- Norming – resolve conflict
- Performing – group functions well

- Reduce
- Reuse
- Recycle
- Redesign

The goal is Zero Impact---Pack it in, pack it out---Leave only footprints, take only pictures, kill only time and pick only your nose.

A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise.

- Aldo Leopold, A Sand County Almanac (1949)

Rachel Carson said “It is not half so important to know as to feel.”

Camping skills that were taught in the past put an emphasis on cooking and cleaning up. This is not the reason girls want to go camping. They want action and adventure not housework. Therefore cook with a portable stove with quick and easy foods, use the extra time for activities that are interesting and fun.

## **Attachment B**

### **Backpacking Equipment for Scouts**

#### **Food**

Stuff sack (for food only) this is also the smellable bag for the bear bag  
Water bottles, Nalgene (4 liters of water total, 2 liter soda bottles are fine, bottles must be leak proof)  
----Small water squirt bottle or Camelback or Platypus (to drink from while hiking on trail)  
Spoon (metal)  
Cup (sierra cup, cook, eat and drink from this)  
Food and a one quart plastic zip lock bag for garbage  
Cooking Stove (optional, the adults will bring this and you can share)

#### **Sleeping**

Mummy sleeping bag (20 degrees or better, 4lbs or less)

(If you tend to be cold when you sleep, you may need a bag rated even lower than 20 degrees. Liners or fleece throws can add about 10 degrees of warmth.)  
If possible, find a sleeping bag that fits your size—they make them for people under 5’5” as well as for tall people. Why carry the extra bulk and weight if you don’t have to? Less open space inside your bag keeps you warmer—less space for your body to heat.  
(Line your sleeping bag’s stuff sack with a plastic trash compactor garbage bag, then stuff your sleeping bag into the trash compactor bag. Twist compactor bag closed, bend the twisted “tail” and stuff it into the stuff sack.)

Tent (backpacking - 5 pounds or less, share with another scout)  
Wool or polar fleece socks (for sleeping only)  
Ski hat (will keep your head warm at night)  
Closed foam sleeping pad (pad under sleeping bag)

#### **Clothes**

Stuff sack (for clothes)  
Troop green Tee-shirt, same shirt for two days  
Hiking socks (one pair for each day)  
Thin pair of socks to wear under hiking socks (one pair for each day)  
Underwear (one pair for each day)  
Polar Fleece jacket  
Hiking boots or sneakers (bring only one)  
Hiking shorts  
Quick dry long pants (to wear at night when it is cold)  
Hiking hat (for sun)  
Long underwear (top and bottoms, must have these) (to wear at night when it is cold)

Blue jeans are not a good choice for backpacking. Cotton blue jeans can be difficult to “climb” in (they bind when you lift your legs to step up over rocks, roots and logs. Cotton also dries very slowly in cold or humid weather and can contribute to hypothermia. Quick drying fabrics are a better choice.

## **Attachment B Backpacking Equipment for Scouts (continued)**

### **Personal**

Compass (optional)

Hiking Stick (optional)

Toothbrush (optional)

LED head lamp

Small pocket knife

Backpack and straps or rope to tie equipment to backpack

Poop Kit (plastic shovel, toilet paper, small reclosable plastic bags, wet wipes)

Personal First Aid Kit (in a small baggie, Moleskin, Spenco 2nd Skin Blister pads)

Plastic whistle (optional)

Leave the hair spray and other "smell good" products at home. They attract bees and other stinging insects.

Use non-scented products (this includes sunscreen) when backpacking so that you do not attract wild animals or insects.

Although we sometimes use deodorant at home, we leave it behind when we backpack. We want the animals to be able to tell that HUMANS are coming into the area, not enticing fruits and other non-human fragrances.

The goal is Zero Impact---Pack it in, pack it out---Leave only footprints, take only pictures, kill only time, pick only your nose.

## **Attachment C**

### **Backpacking Equipment for Adult Scout Leaders**

#### **Food**

Stuff sack for food use only  
Water Bottles (2 one liter bottles-Nalgene), (a 2 liter Platypus with drinking tube)  
Spoon (metal), Cup (stainless steel, sierra cup), Pot gripper (metal), dunk bag  
Stove - SnowPeak (1 oz), Fuel (3.5 oz isobutane), lighter  
Cooking Pot (one liter titanium cooking pot)  
Food and a one quart plastic zip lock bag for garbage

#### **Troop**

Leave No Trace Campfire Kit (aluminum foil, starter log, lighter)  
First Aid Kit, Emergency Blanket, Whistle, PolarPure (water purifier)  
Two Ropes 50 feet each (Para-cord), with Bear throw bag (small stuff sack)  
25 feet of rope (Para-cord (for tying equipment on backpacks))

#### **Sleeping**

Sleeping Bag in compactor plastic bag then in stuff sack (mummy bag 20 degrees or better)  
Sleeping bag Bed sheet for mummy bag (to keep the sleeping bag clean)  
Tent (backpacking - 5 pounds or less)  
Pillow case, put fleece jacket inside for pillow  
Polar fleece socks (sleeping only)  
Therm-a-rest pad 1.5 inch thick (sleeping air pad)  
Therm-a-rest repair kit  
Closed foam pad (sleeping pad)

#### **Communications**

Cellular telephone in a hard carrying case

## **Attachment C**

### **Backpacking Equipment for Adult Scout Leaders (continued)**

#### **Clothes**

Stuff sack with Zip lock plastic bag inside (keep clothes dry)  
Troop Tee-shirt, only one  
Hiking socks (one pair for each day), Thin socks (one pair for each day)  
Underwear (one pair for each day)  
Polar fleece jacket  
Hiking boots  
Hiking shorts and a pair of quick dry camping long pants  
Sun hat for the daytime, Ski hat for night  
Long underwear (tops and bottoms)  
Gloves for night  
Rain suit (pants and tops)  
handkerchief

#### **Personal**

Crazy Creek chair  
Map (topo)  
Compass, GPS  
Hiking Stick  
LED head lamp  
Toothbrush, no toothpaste  
Pocket knife  
Pen (space pen)  
External Backpack  
Spare car key  
Poop Kit (plastic shovel, toilet paper, baby wipes, small plastic garbage bags and twist ties)

## **Attachment D**

### **First Aid Kit for Adult Scout Leaders**

This is the first aid kit the adult leader brings backpacking:

- Moleskin
- Spenco 2nd Skin Blister pads (multi day protection)
- Johnson & Johnson Advanced Healing Blister Pads (multi day protection)
- Space (emergency) blanket
- Latex free 'rubber' gloves
- Scissors
- Tylenol
- Small magnifying glass
- Tweezers (sharp pointed)
- Vaseline (small tube)
- Bandages, assortment
- Butterfly closures
- Antiseptic wipes or alcohol swabs (PDI benzalkonium chloride antiseptic towelette)
- Antibiotic ointment (ie. Neosporin)
- Diarrhea pills
- Tape, waterproof

## **Attachment E Equipment in Each Car**

This equipment should be in each car.

- Water (min. 3 gallons per car)
- Car Tow rope 20 feet min. and small rope (100 feet (ie para-cord)
- Flat tire fixer (keep in a metal box)
- Tire jack and tools to replace a tire
- Spare tire in good condition
- Windshield ice scraper
- Driving sun glasses
- Flashlight with good batteries
- Tire air gauge
- Electric air pump for car tires
- Cellular phone, HAM radio, or CB radio
- Tools (screwdriver, pliers, etc)
- State highway map
- Duct tape
- Blanket or Space (emergency) blanket
- First Aid kit and Pocket mask (American Red Cross)
- Pocket knife
- Matches (in waterproof container)
- Snow chains (cold weather)
- Saw, small folding (ie. Sawvivor)
- Shovel, small folding
- Battery jumper cables
- Spare ignition key in a hidden place

The most important piece of gear you should take along is another vehicle.

## **Attachment F**

### **Leave No Trace Principles (LNT)**

A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise.

- Aldo Leopold, A Sand County Almanac (1949)

Forester and philosopher Aldo Leopold expressed this sentiment in the 1930s. Today increasing numbers of backcountry visitors are coming to the same realization as they witness their favorite wilderness haunts being loved to death by recreationists seeking adventure and solitude. But the principles and practices discussed here are meaningless as a set of rules and regulations unless they are based on an abiding respect for and appreciation of wild places and their inhabitants.

Simple living, adventure and solitude can still be part of our backcountry travels, but in order to assure their continued existence we must take the responsibility to educate ourselves and to become equipped with skills and habits that enable us to Leave No Trace.

Since 1965, the National Outdoor Leadership School has pioneered the teaching and development of practical conservation techniques designed to minimize impact.

### **Plan Ahead and Prepare**

Proper trip planning and preparation helps hikers and campers accomplish trip goals safely and enjoyably while minimizing damage to natural and cultural resources. Campers who plan ahead can avoid unexpected situations, and minimize their impact by complying with area regulations such as observing limitations on group size

Proper planning ensures:

Low-risk adventures because campers obtained information concerning geography and weather and prepared accordingly.

Properly located campsites because campers allotted enough time to reach their destination

Appropriate campfires and minimal trash because of careful meal planning and food repackaging and proper equipment.

Comfortable and fun camping and hiking experiences because the outing matches the skill level of the participants.

## **Attachment F**

### **Leave No Trace Principles (LNT continued)**

#### **Camp and Travel on Durable Surfaces**

Damage to land occurs when visitors trample vegetation or communities of organisms beyond recovery. The resulting barren areas develop into undesirable trails, campsites, and soil erosion.

#### **Concentrate Activity, or Spread Out?**

In high-use areas, campers should concentrate their activities where vegetation is already absent. Minimize resource damage by using existing trails and selecting designated or existing campsites. In more remote, less-traveled areas, campers should generally spread out. When hiking, take different paths to avoid creating new trails that cause erosion. When camping, disperse tents and cooking activities-and move camp daily to avoid creating permanent-looking campsites. Always choose the most durable surfaces available: rock, gravel, dry grasses, or snow.

#### **Dispose of Waste Properly - "Pack It In, Pack It Out"**

This simple yet effective saying motivates backcountry visitors to take their trash home with them. It makes sense to carry out of the backcountry the extra materials taken there by your group or others. Minimize the need to pack out food scraps by carefully planning meals. Accept the challenge of packing out everything you bring.

#### **Dispose of Waste Properly - Sanitation**

Backcountry users create body waste and wastewater that require proper disposal.

**Wastewater.** Help prevent contamination of natural water sources: After straining food particles, properly dispose of dishwater by dispersing at least 200 feet (about 80 to 100 strides for a youth) from springs, streams, and lakes. Use biodegradable soap 200 feet or more from any water source.

**Human Waste.** Proper human waste disposal helps prevent the spread of disease and exposure to others. Catholes a maximum of 6 inches deep and 200 feet from water, trails, and campsites are often the easiest and most practical way to dispose of feces. Put a stick in the cathole when done to signal other people not to dig here.

## **Attachment F**

### **Leave No Trace Principles (LNT continued)**

#### **Leave What You Find**

Allow others a sense of discovery: Leave rocks, plants, animals, archaeological artifacts, and other objects as you find them. It may be illegal to remove artifacts.

#### **Minimize Site Alterations**

Do not dig tent trenches or build lean-tos, tables, or chairs. Never hammer nails into trees, hack at trees with hatchets or saws, or drainage bark and roots by tying horses to trees for extended periods. Replace surface rocks or twigs that you cleared from the campsite. On high-impact sites, clean the area and dismantle inappropriate user-built facilities such as multiple fire rings and log seats or tables.

Good campsites are found, not made. Avoid altering a site, digging trenches, or building structures.

#### **Minimize Campfire Use**

Some people would not think of camping without a campfire. Yet the naturalness of many areas has been degraded by overuse of fires and increasing demand for firewood. Lightweight camp stoves make low-impact camping possible by encouraging a shift away from fires. Stoves are fast, eliminate the need for firewood, and make cleanup after meals easier. After dinner, enjoy a candle lantern instead of a fire.

If you build a fire, the most important consideration is the potential for resource damage. Whenever possible, use an existing campfire ring in a well-placed campsite. Choose not to have a fire in areas where wood is scarce-at higher elevations, in heavily used areas with a limited wood supply, or in desert settings.

True Leave No Trace fires are small. Use dead and downed wood no larger than an adult's wrist. When possible, burn all wood to ash and remove all unburned trash and food from the fire ring. If a site has two or more fire rings, you may dismantle all but one and scatter the materials in the surrounding area. Be certain all wood and campfire debris is dead out.

## **Attachment F Leave No Trace Principles (LNT continued)**

### **Respect Wildlife**

Quick movements and loud noises are stressful to animals. Considerate campers practice these safety methods:

Observe wildlife from afar to avoid disturbing them. Give animals a wide berth, especially during breeding, nesting, and birthing seasons. Store food securely and keep garbage and food scraps away from animals so they will not acquire bad habits. Help keep wildlife wild. You are too close if an animal alters its normal activities. If you observe a game law violation contact the Arizona Game and Fish Department at 1-800-352-0700.

### **Be Considerate of Other Visitors**

Thoughtful campers

Travel and camp in small groups 4 to 12 (no more than the group size prescribed by land managers).

Keep the noise down and leave their radios, tape players, and pets at home. Select campsites away from other groups to help preserve their solitude. Always travel and camp quietly to avoid disturbing other visitors. Make sure the colors of their clothing and gear blend with the environment. Respect private property and leave gates (open or closed) as found.

Be considerate of other campers and respect their privacy.

If you observe destruction of property or the environment or private property while in the outdoors you may notify the proper authorities by calling the Arizona Game and Fish Department's 1-800-VANDALS (1-800-826-3257) 24-hour hotline.

## **Attachment G**

### **Letter to Campference Backpacking Participants**

Dear Campference Backpacking Participants:

Welcome! We are excited about Campference, and hope to make your experience very informative and enjoyable. Jack and Mary will be your Backpacking Trainers. Please arrive Friday night by 6:30 p.m. at camp. We have many things to do before we start hiking on Saturday morning. We will need time Friday night to complete our prehike tasks.

On Saturday morning, we will leave the Shadow Rim camp to hike the Rim for our overnight trip. We will stay on the mountain near the Highline Trail. The hike is rated easy to moderate (about 2 miles each way), and it is very beautiful in October.

Please look closely at the attached equipment list, and determine what you have, or can borrow. You do not need to go out and buy any expensive items. There are plenty of sources for rentals, loans, and the trainers have extra personal gear. If you need an item, please contact one of the trainers. We have extra gear and would be happy to share, but we need to know what to bring. There are many items we carry when we backpack with our troops. The trainers will supply the items on the equipment list that are marked with an (\*).

We look forward to meeting you at Campference!

Jack and Mary

Questions? Please call or email one of the trainers:

Jack Kelly 602-264-6854

Email: [KellyJ127@aol.com](mailto:KellyJ127@aol.com)

Mary Peralta 480-926-0223

Email: [GMPeralta@msn.com](mailto:GMPeralta@msn.com)

Please check our Backpacking web site for updated information:

[PrimeTroop.org](http://PrimeTroop.org)

## **Attachment G**

### **Letter to Campference Backpacking Participants – Equipment Needed**

**Troop** (Trainers will supply these items for Campference\*)

Leave No Trace Campfire Kit (aluminum foil, starter log, lighter)\*  
Emergency Blanket\*  
Night Orienteering Kit (reflectors, paper, pen)\*  
Two Ropes 50 feet each, ie. Para-cord (this is the bear bag rope)\*  
Trail Worship book (optional)\*  
Backpacking stove (lightweight)\*, Fuel for stove (isobutane) and lighter \*  
Map topo\*  
Compass\*

**Food** (Trainers will supply the food for Campference\*)

Stuff sack for food use only (this is also the smellable bag for the bear bag)  
Water Bottles (4 Liters, can be 2 liter soda bottles)  
Water Bottle squirt (to drink from while hiking on trail)  
Spoon (metal or heavy duty Lexan is great too)  
Cup (stainless steel sierra cup) (use this as your plate and your cup)

#### **Sleeping**

Mummy sleeping bag (25 F or better, 4 lbs or less)  
Tent (backpacking - 5 pounds or less, share with another person)  
Pillow case (fill with clothes at night to sleep on)  
Therm-a-Rest air mattress (optional)  
Closed cell foam pad (pad under sleeping bag)

## **Attachment G**

### **Letter to Campference Backpacking Participants – Equipment Needed (continued)**

#### **Clothes**

Stuff sack for clothes

Tee-shirt, bring only one, wear same shirt Saturday and Sunday

Socks (one pair for each day)

Underwear (one pair for each day)

Light jacket (i.e. Polar fleece jacket)

Hiking boots or sneakers (bring only one pair)

Shorts (one pair only)

Long pants (lightweight quick dry, for night time)

Sun hat (use hiking) broad rimmed

Long underwear (top and bottoms for night time)

Ski hat (for night time)

#### **Personal Items**

Hiking Stick (optional - great for going uphill and downhill for adults)

LED head lamp or small flashlight

Toothbrush (optional)

Pocketknife

Whistle

Backpack (internal or external--your preference--but make sure it has a really comfy, padded hipbelt, and padded shoulder straps)

Straps or rope (to tie equipment to backpack)

Poop Kit (plastic shovel, toilet paper, baby wipes, and sanitary supplies like tampons or pads. Enough in case you have your period the entire time you are backpacking and Heavy Duty Freezer Ziplock bags—about 5 of these for storing your TP, your wipes, and sanitary items)

First Aid Kit (in a small Zip lock bag)

## **Attachment G**

### **Letter to Campference Backpacking Participants – Equipment Needed (continued)**

P.S.

Leave the hair spray and other "smell good" products at home. They attract bees and other stinging insects. Use non-scented products when backpacking, so that you do not attract wild animals or insects.

Although we sometimes use deodorant in base camp, we leave it behind when we backpack. We want the animals to be able to tell that HUMANS are coming into the area, not enticing fruits and other non-human fragrances. This includes sunscreen.

The goal is Zero Impact. Pack it in, pack it out. Leave only footprints, take only pictures, kill only time!

Partial list of backpacking equipment stores:

#### **REI**

1405 West Southern, Tempe AZ (Southern & Priest)  
Telephone 480-967-5494

12634 N Paradise Village Pkwy (west of Paradise Valley Mall)  
Paradise Valley, AZ  
Telephone 480-996-5400

Web Site: [www.rei.com](http://www.rei.com)

#### **The Wilderness Tactical Products**

Wilderness Plaza  
1608 W. Hatcher Rd., Ste. 4  
Phoenix, AZ 85021 (great for repair work on camping equipment)  
Questions/inquiries: 602/242-4945  
Toll free order line: 1-800/775-5650

Open 10:00 a.m. to 6:00 p.m. weekdays, closed Saturday and Sunday,  
Web Site: [www.thewilderness.com](http://www.thewilderness.com)

**Arizona Hiking Shack**

11649 N. Cave Creek Rd (1/4 mile south of Cactus on Cave Creek Rd)  
Phoenix, AZ 85035  
Telephone 602-944-7723

**Sportsman's Warehouse**

19205 North. 27th Ave (I17 & Yorkshire) and other locations  
Phoenix, AZ 85027  
Telephone 623-516-1400

**Sport Chalet**

2501 W Happy Valley Rd (I17 and Happy Valley Road)  
Phoenix, AZ 85027

2650 E Germann Rd  
Chandler, AZ 85249

8690 E Raintree Dr  
Scottsdale, AZ 85260

**Cabela's**

9380 W Glendale, AZ 85305 (Loop 101 and Glendale Road)  
623-872-6700  
Monday - Saturday  
8 AM - 9 PM  
Sunday  
10 AM - 6 PM

**Summit Hut**

5045 E. Speedway  
Tucson Arizona 85712

Telephone: 800-499-8696 or 520-325-1554

605 E. Wetmore  
Tucson, Arizona  
Telephone (520) 888-1000

Web Site: <http://www.summithut.com>

**Babbitt's Backcountry Outfitters**

12 East Aspen Ave.  
Flagstaff, AZ 86001

Telephone: (928) 774-4775

Web Site: <http://www.babbittsbackcountry.com/index.asp>

**Grand Canyon Village General Store (has some GoLite equipment)**

Grand Canyon  
South Rim Village  
Open daily 8:00 am - 7:00 pm

**Peace Surplus**

14 West Route 66  
Flagstaff, AZ 86001  
Telephone 928-779-4521

Web Site: <http://www.peacesurplus.com>

# Emergency Skit

## Lost in the Woods

The participants are told about always carrying their whistles when they are away from the group (going the bathroom in the woods) and to always have their whistles at night. One trainer leaves the group to go to the bathroom. The trainer goes about 50 yards from the group. The “lost” trainer then blows her whistle 3 times and every 30 seconds blows the whistle 3 times again.

The trainer that is still with the group of participants, gathers the group in a crew circle. The group notices that one person is missing (lost trainer).

The group does a nasty search. Participants go off towards the three whistles. They are spaced within sight of the person next to them. The other trainer stays at the original point and blows a whistle one time in response to the three whistle blows from the “lost” trainer.

After group is back with “lost” trainer, review what happened:

The person lost does not move

The lost person blows whistle 3 times every 30 seconds

Crew circle

One person stays at the original point and blow a whistle one time in response to the 3 blows

**Nasty search** (if whistle blows from lost person is heard then go towards sound)

If no whistle sound then 2.5 minutes out and 2.5 minutes back in all directions, person at original point blows whistle 3 times every 30 seconds

**Vector Search** all participants in one heading 0 degrees, then all participants at 45 degrees, then 90 degrees, etc

**Grid Search** mark the map in grids, use GPS to search each grid

# Emergency Skit

## A cut on the arm

One trainer goes away from the group and puts fake blood on her arm. She then comes back into the group.

“HELP, HELP I have cut my arm”

The group gathers in a crew circle.

One trainer then gives first aid to the trainer with the fake blood. The participants watch as the trainer tells the hurt trainer what to do.

Hurt trainer puts pressure on the wound

Arm is raised up

A, B, C, D, E (this is from Wilderness First Aid)

Head to toe exam for other injuries

Wound is cleaned

Wound is bandaged

# Emergency Skit

## A Bear in Camp

One trainer comes into the group of participants yelling, "There is a Bear, there is a Bear".

The participants gather in a crew circle

One trainer talks to the "bear" in a quiet voice

The bear comes closer to camp

One trainer talks louder, and the group raises their hands

The bear comes closer to camp, he likes the food in the smellable triangle

The group slowly backs away from the smellable triangle and the bear

# Emergency Skit

## Lightening on the Trail

During the hike to the campsite, one of the trainers calls out that it has started to rain and there is lightening in the sky. The crew spreads out so they are about 50 feet from each other. Each person is within sight and sound of the person on either side of them. Each person puts on their rain suit (tops and bottoms). Each person gets out their closed cell foam pad. They put this down on the ground and sit on it. If they have pack rain covers, they can cover their packs.

Every minute call out to each person to see that they are still OK.