Course Description

Presents backpacking skills including destination selection, route planning, gear selection and preparation (individual and group), trip safety and permitting requirements, packing techniques, wilderness medicine and backcountry protocols, food selection and cooking techniques and clothing selection. Presents land use ethic of Leave No Trace, permitting requirements and outdoor skills. Laboratory 2 hours per week.

General Course Purpose

To give the student skills and techniques in the sport of backpacking.

Course Prerequisites/Co-requisites

None

Course Objectives

Upon completion of the course students will be able to:

- Describe the values of the sport
- Apply the basic skills of backpacking
- Select the right equipment
- Select footgear and proper clothing
- Select and pack a backpack
- Plan a route with map and compass
- Plan menus and prepare meals
- Practice backpacking safety and field first aid
- Practice stewardship

Major Topics to be Included

- Value of backpacking
- Equipment and clothing
- Trip planning
- Safety and first aid
- Environmental best practices