

Three season teaching plan

EQUIPMENT

- What to bring/what not to bring
- Clothing
- Layering for temperature control
- Boots
- Backpacks
 - How to pack a pack
 - Putting on a pack
 - How to wear a pack
- Group Equipment

TRAVEL TECHNIQUES

- Pacing and rhythmic breathing
- Rest step
- Contouring
- Traversing an incline
- River Crossings
- Rest Stops
- Map Reading
- Compass use

CAMP SETUP

- Location – minimum impact
- Tarp setup
- Stove use and cooking area setup
- Food and nutrition
- Cooking
- Fires – Leave No Trace
- Water purification
- Hygiene

LEAVE NO TRACE

- Backcountry travel
- Garbage and food waste disposal
- Human waste disposal
- Cleaning dishes and personal bathing
- Fires

FIRST AID

- First Aid Kit
- Foot and blister care
- Hypothermia and hyperthermia
- Adequate hydration and nutrition
- Fatigue prevention

SAFETY AND EMERGENCY

- Dynamics of Accident model
- Environmental briefing – based on location, activity and season
- Preplanning
- Knowledge of general route/area
- Hazards from wildlife