



Pathfinder's Name

Backpacking

1. Discuss with your instructor the meaning of the motto: "Take nothing but pictures and leave nothing but footprints."

2. Know the essentials of proper clothing, shoes, and rain gear to use in backpacking.

Clothing _____

Shoes _____

Rain gear _____

3. Know the principles in selecting a good quality backpack.

In an emergency, what might be used in place of a backpack?

4. Know the essential items to be taken on a backpack trip.

5. What kind of sleeping bag and pad are best for your camping area?

Know at least three kinds of each that are available.

Sleeping Bags

Pads

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |

- 6. Know how to pack a pack properly.
- 7. What types of food are best for backpacking?

Visit a grocery store and list the foods found there that are suitable for backpacking. With your instructor:

- a. Prepare a menu for a weekend backpack trip using foods obtained from a grocery store. (Complete Chart #1)
 - b. Learn the techniques of measuring, packaging, and labeling back pack foods for your trip.
 - c. Make a trail snack.
- 8. Know the prevention and symptoms of, and the first aid for: (Complete Chart #2)
 - a. Sunburn
 - b. Blisters
 - c. Frostbite
 - d. Hypothermia
 - e. Heat stroke
 - f. Heat exhaustion
 - g. Snake bite
 - h. Cramps
 - i. Dehydration

- 9. Have a first aid kit in your pack and know how to use it.
- 10. According to your weight, what is the maximum number of pounds you should be allowed to carry?

- 11. Know three ways to find direction without a compass. Demonstrate at least two.
 - 1. _____
 - 2. _____
 - 3. _____

- 12. Show the proper way to put on and take off a backpack alone and with a partner.
- 13. Participate in a weekend backpack trip of at least five miles (8 km) to a site not accessible by a vehicle and cook your own meals.

Campout date _____

Number of miles _____

Date completed _____

Instructor's Signature _____

Backpacking, Chart #1

Menu for a weekend backpack trip

Breakfast	Lunch	Supper
		Friday
Saturday	Saturday	Saturday
Sunday	Sunday	

Backpacking, Chart #2

Know the prevention and symptoms of, and the first aid for:

Prevention	Symptoms	First Aid
Sunburn		
Blisters		
Frostbite		
Hypothermia		
Heat Stroke		
Heat Exhaustion		
Snake Bite		
Camps		
Dehydration		