



OUTDOOR RECREATION LEADERS PROGRAM

PARTICIPANT MANUAL



Name



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INTRODUCTION

What is the Outdoor Recreation Leaders Program?

The Outdoor Recreation Leaders Program is a series of workshops that will help you learn to lead groups in outdoor activities. They will teach you how to lead a group safely, sustainably, and successfully.

The Outdoor Recreation Leaders Program (ORLP) is a diverse set of workshops to help train both new and experienced people to lead outdoor recreation activities safely, sustainably, and more successfully. This program was developed in response to the increased use of public lands in Clark County and the need to conserve these incredible natural areas in our community for future generations to enjoy.

The History of the Outdoor Recreation Leaders Program

The development of the curriculum was funded by the Southern Nevada Public Land Management Act through the Engaging Communities project, a collaboration between the Southern Nevada Agencies Partnership (SNAP) and other partners to support community stewardship of public lands. As part of the project, Utah Tech University developed and ran the Outdoor Recreation Leaders Program (ORLP) from 2020-2024 in support of federal public lands sites around Clark County, Nevada.

Utah Tech University was approached to work on ORLP due to the success of the Outdoor Leadership Academy, a program

hosted by the university and the connections it established in Clark County. Founded in 2015, through a partnership between Utah Tech University and Grand Canyon-Parashant National Monument, the Outdoor Leadership Academy aims to lower the barriers for underrepresented young adults to experience public lands by creating impactful experiences in nature. Over the years, Lake Mead National Recreational Area became an important partner, strengthening the connection between Utah Tech and the Clark County area.

Between 2021-2024, ORLP staff conducted over 50 workshops using the curriculum from this workbook. During that time, ORLP hosted college interns who helped research best practices and run workshops, and it partnered with a variety of Utah Tech University undergraduate and master's level classes on the development, design, and copy editing of this workbook. Clark County nonprofits and Meetup groups invited ORLP to partner with them to offer workshops. Through these efforts, the program developed ongoing relationships with community groups such as Blacks in Nature, Outdoor Afro, The Phoenix, and VegasHikers. In addition, participants generously shared their feedback on every workshop. The results were reviewed by local outdoor experts and public land agency staff. Every person who contributed to this process helped improve the materials in this workshop.

Representatives of SNAP chose ORLP topics based on the greatest needs in Clark County public lands, and the workshops were organized into three tiers to accommodate participants with different experience levels and time availability. The final list of workshop topics evolved over the years based on feedback from SNAP and participant feedback. This feedback led us to split material for some topics into more than one tier in order to address different levels of

experience. However, you will find that introductory-level material is mostly found in Tier 1, and more advanced material is in Tier 2. Tier 3 was designed to provide outdoor recreation leaders with formal certifications. Although there are no workshops specifically for Tier 3 in this workbook, you may learn of opportunities for these advanced trainings in your Tier 1 and Tier 2 workshops.

Program Organization

Tier 1: Basic Outdoor and Leadership Information

You need little to no outdoor experience for these workshops. They will teach you the basics needed to lead groups in outdoor activities.

Tier 2: Intermediate Outdoor Experiences

These workshops move beyond the basics and require more time and previous experience. They involve full-day to overnight activities.

Tier 3: Advanced Outdoor Leadership Certification

These workshops are based on certifications and national learning programs. You will learn advanced skills and earn outdoor certifications. These workshops typically require extended trips, lasting a week or longer, and may not be offered as part of the program using this workbook and may not be offered by the organization running workshops from the other tiers. Examples include Wilderness First Aid and Leave No Trace Master Educator certifications. More information about these and other certificates can be found online although they may not be offered locally.

TIER 1 WORKSHOPS

- 1.1 Core Camping Skills: Tents, Stoves, & Campfires**
- 1.2 Trip Best Practices**
- 1.3 Ten Plus Essentials: Things to have with you just in case**
- 1.4 Planning Day Trips**
- 1.5 Planning Camping & Overnight Trips**
- 1.6 Trip Safety**
- 1.7 Basic Navigation Skills**

1.1 CORE CAMPING SKILLS: Stoves, Tents, and Fires

Learning and practicing camping skills ahead of your trip will help you be prepared to quickly set up camp. Then you'll be able to focus on the fun of your trip.

Learning Objectives

After this module, and with some practice, you will be able to:

1. Set up a basic camping stove and use it to cook a simple meal.
2. Pitch a tent and understand some basic differences in tent designs.
3. Light a campfire and know basics around restrictions and wildfire prevention.

What makes an outdoor trip good?

Examples:

Friends

Fun activities

Good scenery

Camping Stoves

Canister stoves are commonly used outdoors. They typically use propane or isobutane. These fuels are not usually interchangeable. Always use the right fuel type for your stove.

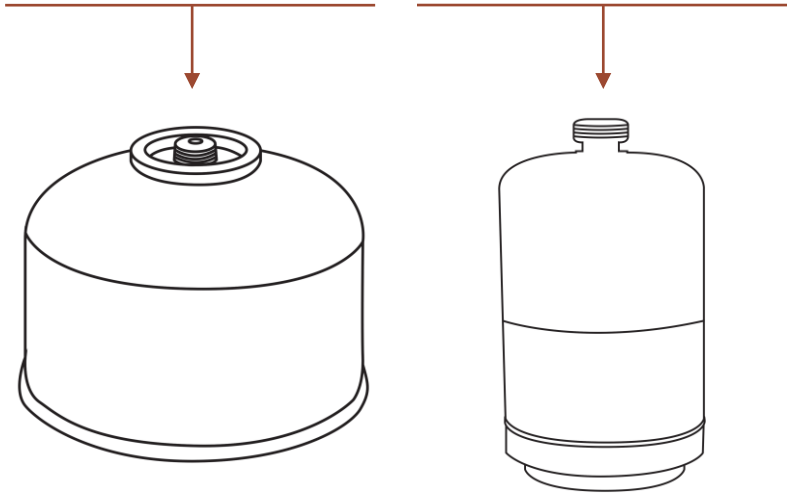
Activity: Canister Pros and Cons

| Canister Pros and Cons | | |
|------------------------|---------|-----------|
| Type | Propane | Isobutane |
| Use | | |
| Pros | | |
| Cons | | |

Fill in this chart while you discuss canisters with your instructor.

Activity: Label the Canisters

Write the correct name (either propane or isobutane) on the line by the canister.



Setup, Tips, and Safety Notes

Activity: Label the Stove Diagrams

Using the word banks with each diagram, write the names of the parts the arrows are pointing to on their lines.

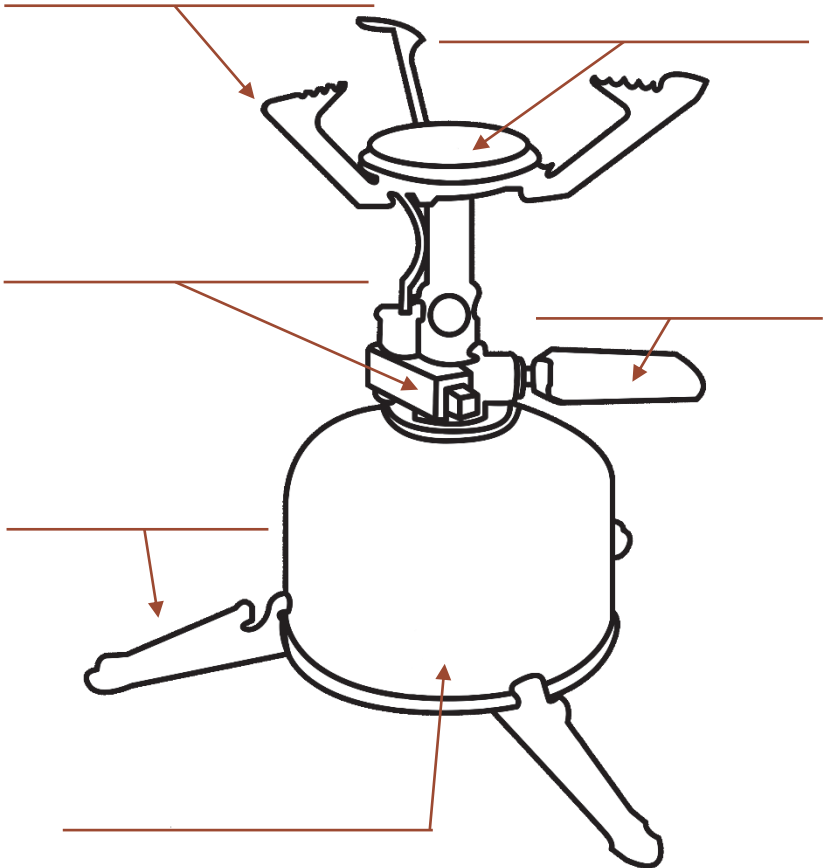
Canister Stove

Word Bank

Burner
Stand

Isobutane Fuel Canister
Fuel Regulator

Pot Support
Piezo Igniter



Coleman-style Stove

Word Bank

Temperature Control Knob

Burner

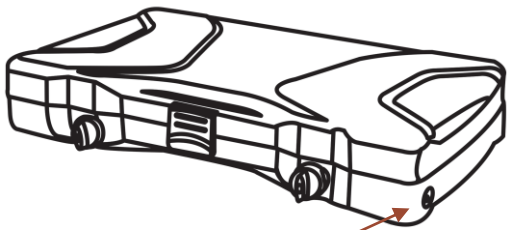
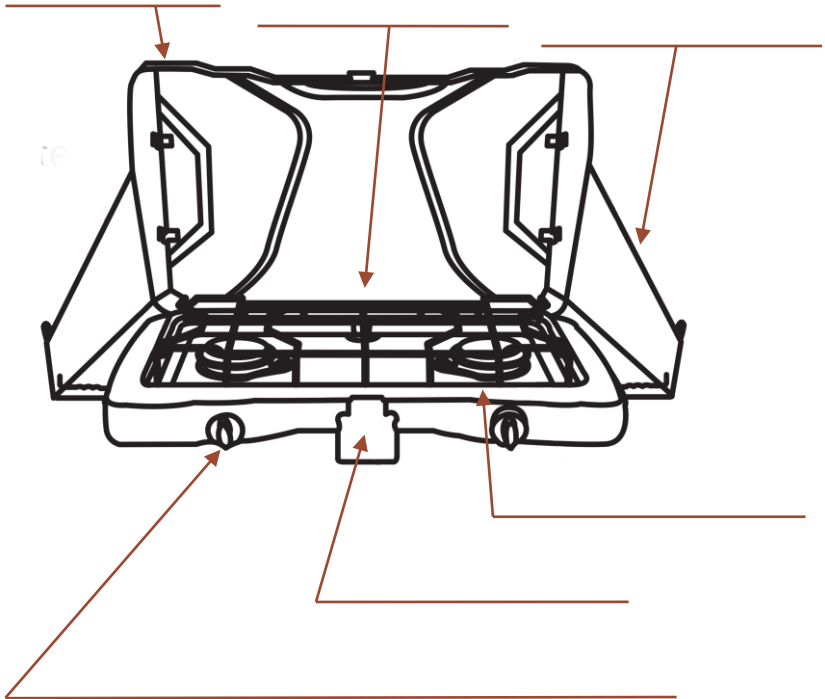
Lid

Gas Regulator

Latch

Grate

Wind Shield



Jetboil Stove

Word Bank

Handle

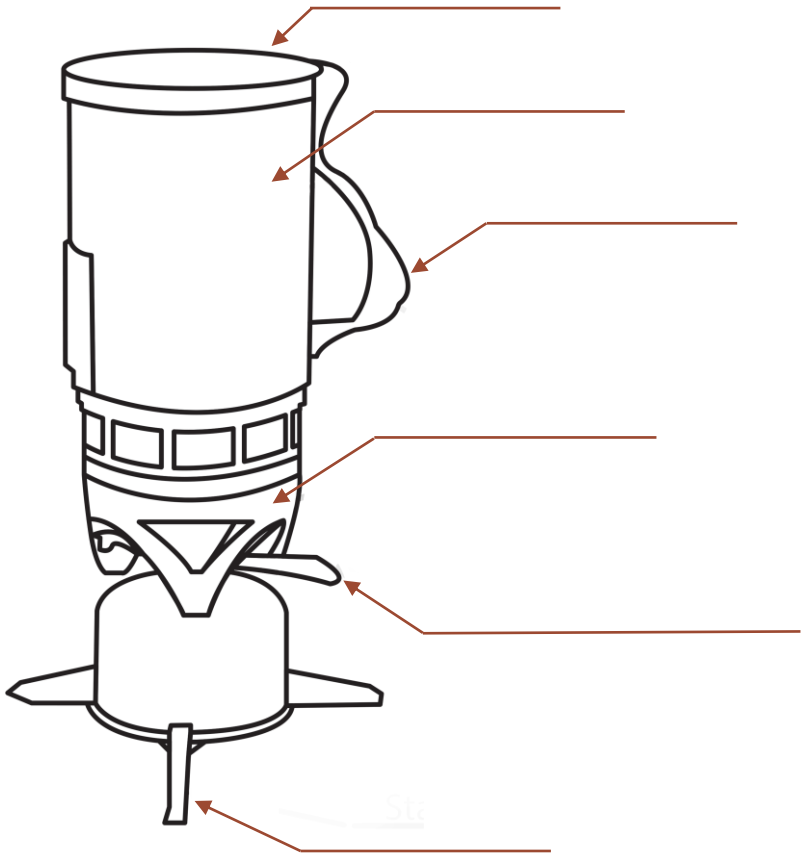
Fuel Regulator

Lid

Pot

Shroud

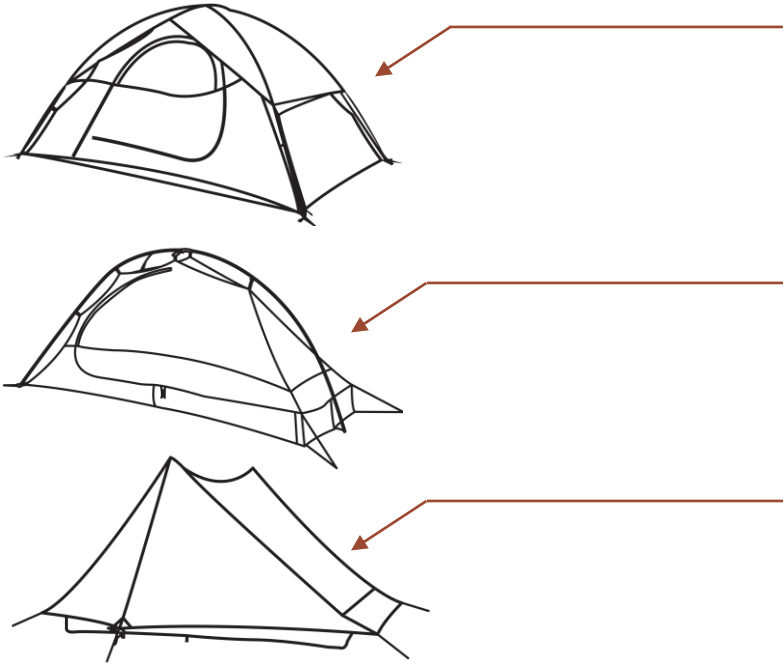
Stand



Setting Up a Tent

Activity: Standing Tent Types

Label whether the tents are freestanding, semi-freestanding, or non-freestanding.



Tent Placement Tips

Consider the slope of the ground. Position your head uphill.

Don't put your tent too close to a fire or smoke.

Consider the wind direction.

Camp in existing campsites or on surfaces that resist trampling like rock, sand, or gravel.

Remember to reduce signs of camping when you leave!

Activity: Labeling Tents

Using the word banks with each diagram, write the names of the parts the arrows are pointing to on their lines.

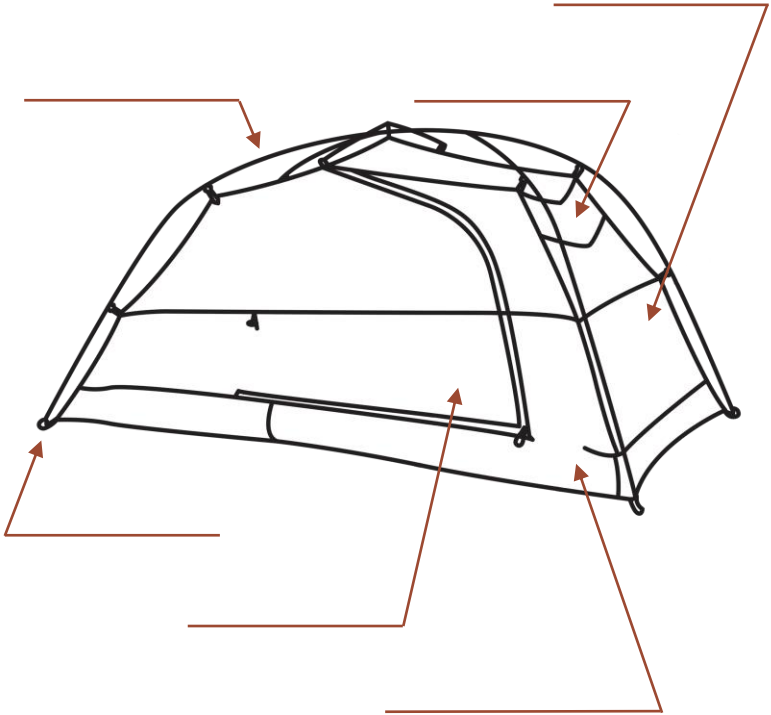
Tent Diagram 1

Word Bank

Bathtub Floor
Door (D-Door)

Fabric
Mesh

Poles
Stakes



Tent Diagram 2

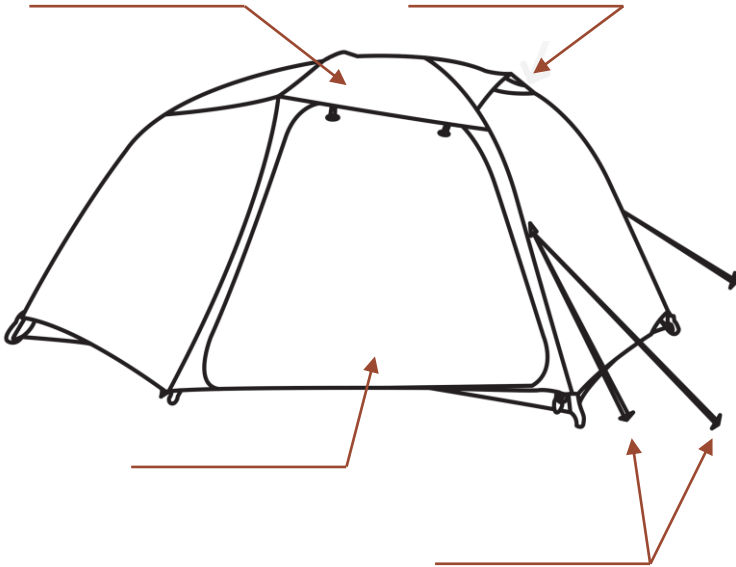
Word Bank

Guylines

Door

Rainfly

Vent



Notes

Building a Campfire

Fire Policies

Fire Location

Logs, Fuel, Kindling, & Tinder

Fire Starters

Fire Shapes

Label the fire shapes with names. Add the pros and cons.



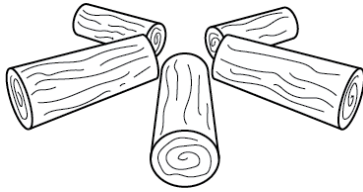
PROS

CONS



PROS

CONS



Fire Safety

PROS

CONS

Fire Extinguishing Checklist

- Drown the campfire with water.
- Mix the ashes and embers with soil and water.
- Scrape partially-burned sticks and logs to remove all hot embers.
- Repeat previous steps.
- Everything should be cool to the touch before you leave the fire area unattended.

1.2 TRIP BEST PRACTICES

Learning these outdoor principles will help your trip be safer and more fun. You will also learn how to keep the outdoors a great place for many people to enjoy.

Learning Objectives

After this module, and with some practice, you will be able to:

1. Know and apply the principles of the Trip Best Practices.
2. Understand how visitors can impact public lands in positive and negative ways (and be motivated to choose positive options!).

Activity: Trip Best Practices

With your instructor's help, fill in the blanks with the Trip Best Practices. Take notes on the lines and in the boxes with each practice. (A completed list is in the Frequently Used Information section of the manual.)

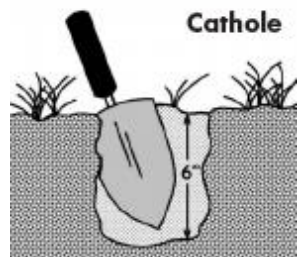
1. _____

2. _____

| DURABLE SURFACES | NON-DURABLE SURFACES |
|------------------|----------------------|
| | |

3. _____

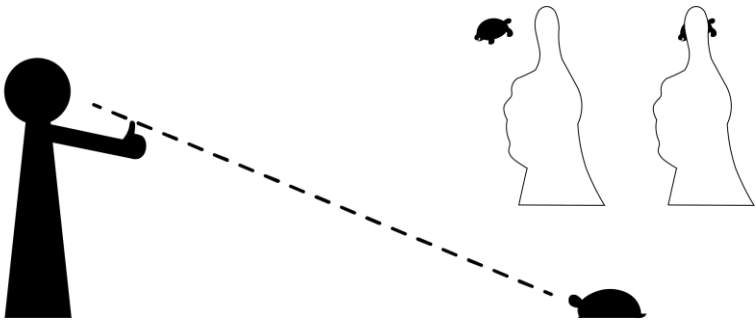
4. _____



5. _____

6. _____

7. _____



8. _____

1.3 TEN PLUS ESSENTIALS


Are you prepared for common accidents and emergencies on outdoor trips? You may have heard of the ten essentials—a list of items you should always carry just in case. In this module, you will review the basic ten essentials plus a few other important ones. You will understand why they can be important when in the wilderness.

Learning Objectives

After this module, and with some practice, you will be able to

1. Know the Ten Plus Essentials*
2. Understand the purpose and need for them
3. Have a plan on inexpensive ways to get your own Ten Plus Essentials

*A full reference list with notes of the Ten Plus Essentials is in the Frequently Used Information section.

| TEN PLUS ESSENTIALS | |
|--|--|
|  | |
| Notes | |
| | |
| | |
| | |
| | |



Notes



Notes



Notes



Notes



Notes



Notes



Notes



Notes



Notes

ESSENTIAL PLUS+



Notes

Additional Notes

What do you have?

What do you need?

1.4 DAY TRIPS

The secret to a successful outdoor recreation trip is to have a good plan. The weather can turn bad, equipment can break, and people can forget to bring things. Mishaps may happen, but a trip can still be fun with a good plan. Are you ready to make a good plan for a trip?

Learning Objectives

After this module, and with some practice, you will be able to:

1. Determine intent, goals, and objectives for a day trip.
2. Pick the right location to meet those objectives.
3. Plan a trip considering key factors and logistics (safety, ability levels, group preferences, and so on).

Activity: Planning a Trip

Using the Trip Form and the instructor's help, plan a trip for your group. Keep the following questions in mind:

1. What is the intent of your trip?

My trip:

Examples:

Fun

Social bonding

Exercise

Develop confidence

Challenge

2. What are your goals and objectives?

My Goals:

My Objectives:

3. What location fits your objectives?

Location Notes:

Plan for Logistics

Fill in the blanks while you discuss what you need to plan for.

1. P _____ C _____

Matching the trip experience with the participants

2. S _____ & I _____

Knowing where we are going and how long it will take

3. D _____ D _____

Maps and location devices

4. P _____

Do I need a permit or reservation? Always check!

5. T _____

How will we get to the trailhead?

6. C _____

How will I communicate if an emergency happens?

7. B _____

How much will this trip cost?

8. G _____ & E _____

Remember the Ten Plus Essentials

9. W _____

10. R _____

How can I learn about our trip and share what I know?

11. T _____ **B** _____ **P** _____

12. S _____ **M** _____

If something goes wrong, what is the plan?

Introduction to Risk Management

Activity: Basic Risk Management Process

Fill in the blanks using the word bank as you go over the **Basic Risk Management Process** with your instructor.

Word bank

identify

implement

risk manager

assess

addresses

adjustments

1. _____ the hazards.
2. _____ the hazards.
3. Make a plan that _____ the hazards.
4. _____ the plan.
5. Continually assess your plan and make any necessary _____.
6. Recognize you are your own best _____.

EXAMPLE DAY TRIP FORM

Trip Name

Red Rock Canyon National Conservation Area

Trip Location

1000 Scenic Loop Dr, Las Vegas, NV 89161

Trip Purpose & Objectives

Explore Red Rock and do a hike

Trip Leader 1 Name

Jeni Scout

Cell Phone #

1-702-333-3333

Trip Leader 2 Name

Tyler Hyke

Cell Phone #

1-702-555-5555

Trip Emergency Contact

Friend Smith

Cell Phone #

1-702-444-5555

Checklist

- Permits Printed or Saved
- Weather Links sent to participants
- Driving Directions sent to participants
- Map or topo info sent to participants
- Additional resource info sent to participants
- _____
- _____
- _____

DAY TRIP FORM (continued)

| | |
|--|--|
| <p>List of Vehicles</p> <p><i>Tyler's Expedition</i></p> <p><i>Jeni's minivan</i></p> | <p>Weather Report (update morning of trip)</p> <p><i>Sunny, lows of 48F and highs of 70F. Check day of at Redrockcanyonlv.com/weather</i></p> |
|--|--|

Resources
www.redrockcanyonlv.org

TRIP ITINERARY

Date *4/20/25*

| Time | Activity | Location |
|---------------|-----------|---|
| 9:00am | Departure | <i>Jeni's house</i> <i>XXXX 4th St, Las Vegas</i> |
| 9:15-9:45am | Driving | <i>Red Rock Canyon Entrance</i> |
| 10:00-12:00pm | Activity | <i>Hiking Calico Tanks</i> |
| 12:00-1:00pm | Lunch | <i>Picnic at the trailhead</i> |
| 1:00-1:30pm | Return | <i>Return to Jeni's house</i> |
| | | |

DAY TRIP FORM (continued)

SAFETY MANAGEMENT PLAN

Address & Phone # of hospitals and health care facilities
(along the way and near the destination)

*Summerlin Hospital Medical Center - 702-233-7000
657 Town Center Dr.
Las Vegas, NV*

Name & Phone # of Search & Rescue:

Las Vegas METRO Search and Rescue call 911

List of Participants with First Aid Training
(and their level of training)

Jeni has CPR and first aid

Emergency Response Steps

1. STOP and assess
2. Provide care to the injured based on your training
3. Decide if an evacuation is needed and make a plan
4. Communicate with:
 - Other participants
 - Search & Rescue
 - Medical Assistance
 - Emergency Contacts
 - Your organizations

Checklist

- Communication Device or Plan (other than the leader's cell phone)
- Liability/waiver form for organization
- _____
- _____
- _____
- _____

DAY TRIP FORM (continued)

TRIP BUDGET

| Expense | Amount | Notes |
|----------------------|--------|---------------|
| Transportation | \$50 | Gas |
| Food | \$50 | lunch |
| Permit | \$30 | Entrance fee |
| Supplies/Gear | \$40 | First aid kit |
| Total | \$170 | |
| # of Participants | 10 | |
| Cost per Participant | \$17 | |

TEN PLUS ESSENTIALS PACKING LIST

Navigation: Map, Compass, & GPS System












Everyone has Gaia downloaded with the area downloaded for using offline

Sun Protection: Sunglasses, Sunscreen, & Sun Hat



Bottle of SPF 30
Hat
Sunglasses

| | |
|---|--|
| Insulation: Jacket, Hat, Gloves, Rain Shell, & Thermal Underwear | |
|  | <i>Fleece Jacket</i> |
| Illumination: Flashlight, Lantern, & Headlamp | |
|  | <i>Head lamp with extra batteries</i> |
| First Aid Supplies | |
|  | <i>First aid kit</i> |
| Fire: Matches, Lighter, & Firestarter | |
|  | <i>Lighter and matches</i> |
| Repair Kit and Tools: Duct Tape & Multi-tool | |
|  | <i>Duct tape and jeni has a multi-tool</i> |
| Nutrition: Food Makes All the Difference | |
|  | <i>Snickers bar Pedialyte</i> |

| Hydration: Water & Water Treatment Supplies | |
|---|--|
|  | Camelback 32 oz Two extra bottles (24 oz each) |
| Shelter | |
|  | Emergency blanket |
| Disposing of Human Waste | |
|  | Use outhouses at trailhead, Tyler has a WAG bag for emergency needs on the trail |

1.5 CAMPING AND OVERNIGHT TRIPS

Once a leader is comfortable with day trips, a good next step is to lead an overnight camping trip. To learn to do so, you will build upon your skills for planning a day trip and add what is needed for an overnight trip.

Creating a plan will help get the right people to the right place at the right time to have a meaningful experience. Like day trips, the weather can turn bad, equipment can break, and people can forget to bring things. As a leader, you can be prepared to turn any mishap into a good memory instead of a ruined trip.

Learning Objective

After this module and with some practice, you will be able to:

1. Prepare an effective plan for an overnight outdoor group adventure.
2. Plan for safe food storage and meals to accommodate different dietary needs.
3. Select appropriate camping gear for location and weather conditions (with an emphasis on tents, sleeping bags, and sleeping pads).

Activity: What Makes a Good Overnight Trip?

1. *What are your favorite memories from overnight trips?*

2. *What do you need to make your overnight trip successful?*

My trip:

Examples:

Fun activities

Good food

Somewhere to sleep

Activity: Discussion & the Trip Form

Fill out the Trip Form for your overnight trip. Be sure to consider the Plan for Logistics section of Module 4: Day Trips when making decisions.

Intentions of the Trip

Overnight Specific Logistics

During your group discussion, add the details you find useful for the following logistics specific to overnight camping.

Pre-trip: _____

Campsites: _____

Food/Water: _____

Hygiene: _____

Trash: _____

On the Trip

Setting up Camp Checklist

- If loaning gear to participants, you may decide to have people check it out before the trip or once you reach your destination.
 - Numbering items and tracking who is borrowing each one provides accountability.
- If everyone is responsible for their own gear, do a quick gear check before heading out.
 - This could happen at a pre-trip meeting or where you meet before heading out to your destination.
- If it is warm, coolers should be in the shade, if possible.
- Set up tents 15 ft upwind from any grills or fire pits.
- Make sure tents are being set up on established pads and are not encroaching on neighboring sites
- Set up tents first. Have more experienced people help the less experienced.
- If necessary, demonstrate how to inflate sleeping pads.
- Do you need someone to fill up a water container or is there a spigot at the site?
- If appropriate, have the group help set up the camp kitchen and other group equipment.

Assign Camp Task Roles

Assign roles to the members of your group. In a large group or for a long trip, rotate the roles to share the burden of the needed work.

Write the name of the role next to the responsibilities.

| ROLE | RESPONSIBILITIES |
|------|--|
| | Keep gear organized and protected. Load vehicles with heavy items first unless they need to be accessible. <i>(1-2 people)</i> |
| | Keep track of time and set the pace. Point out dangers and help others avoid them. <i>(1 person)</i> |
| | Assist everyone in keeping the camp clean. Inspect the camp for trash before leaving. Clean the kitchen area after cooking (though everyone cleans their own dishes after eating). <i>(2 people)</i> |
| | Cook all meals for the group daily. This may include meal prep, serving food, and putting the food away in storage containers after each meal. <i>(2 people)</i> |
| | Keep track of the mood and add safe fun and humor to activities. Help those with heavier loads enjoy their responsibility. <i>(1 person)</i> |
| | Track the group's health and awareness of their surroundings. Encourage water drinking and ensure everyone is urinating. Immediately report safety concerns to the group leader. <i>(1 person)</i> |

Trip Security Discussion

- Group your trip participants in pairs to assign them to keep track of each other.
 - These pairs should ideally be people who don't know each other well, since couples often go off together.
- Lead a discussion about group norms on the trip. Some example things to consider include:
 - Quiet hours
 - Respecting neighboring groups
 - Any assigned jobs like meal prep or cleaning
 - Communication expectations:
 - If people leave the site: names, destinations, and expected time of return
 - Which leader is responsible for handling emergencies in the middle of the night and how to find their tent.
- State clear fire safety rules.
- Make sure trip participants know what they need for each activity and when to be ready.

Packing Up

- Check in all borrowed gear as you pack up.
- Have the group help clean up and pack shared gear.
- Clean all trash and microtrash. Be prepared to take trash home with you, if needed.
- Do a final site inspection. Leave each area in better shape than when you arrived.

When You Get Back

- Get feedback from your participants so you can improve and plan for your next trip.
- Unpack and clean your gear. Take care of it so it is ready for the next trip.
- Replace any items used or used up (first aid kits, standard kitchen items like towels or soap).
- Debrief with your leaders to improve your next trip.

Car Camping Checklist

The advantage of car camping is being able to take more supplies with you. Below is an extensive list of items to consider bringing when car camping. Check off items as you pack them.

Clothing (*cold weather items)

| Head and Upper Body | Lower Body and Feet |
|--|---|
| <input type="checkbox"/> Beanie (fleece or wool hat) | <input type="checkbox"/> Hiking boots |
| <input type="checkbox"/> Brimmed hat | <input type="checkbox"/> Pants (nylon, spandex, breathable fabric) |
| <input type="checkbox"/> Fleece or wool jacket | <input type="checkbox"/> Shorts (nylon, spandex, breathable fabric) |
| <input type="checkbox"/> Long-sleeve shirt (wool, thermal or a sunshirt) | <input type="checkbox"/> Snow pants* |
| <input type="checkbox"/> Poncho (if your jacket is not waterproof) | <input type="checkbox"/> Socks (wool, cotton, liner) |
| <input type="checkbox"/> Scarf or face mask* | <input type="checkbox"/> Tennis or running shoes |
| <input type="checkbox"/> Snow jacket* | <input type="checkbox"/> Thermals* |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Warm gloves* | |
| <input type="checkbox"/> Rain/wind jacket | |

Cooking Supplies

| Equipment and Cleaning | Dishes and Silverware |
|--|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Biodegradable dish soap<input type="checkbox"/> Measuring cups<input type="checkbox"/> Pot handles<input type="checkbox"/> Small container of bleach<input type="checkbox"/> Stove (with fuel bottle)<input type="checkbox"/> Waterproof matches or lighter<input type="checkbox"/> Ziploc bags | <ul style="list-style-type: none"><input type="checkbox"/> Dish bins (3)<input type="checkbox"/> Frying pan<input type="checkbox"/> Mug or unbreakable cup for each person<input type="checkbox"/> Pots (with lids)<input type="checkbox"/> Serving spoon<input type="checkbox"/> Spatula<input type="checkbox"/> Spoons, forks, knives for each person<input type="checkbox"/> Tupperware containers for food storage<input type="checkbox"/> Unbreakable bowls and plates for each person |

Sleeping, Shelter, and Hygiene

| Sleeping and Shelter | Hygiene |
|--|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Nylon ropes<input type="checkbox"/> Sleeping pad<input type="checkbox"/> Smaller tarp<input type="checkbox"/> Tent/tarp<input type="checkbox"/> Winter*/Summer sleeping bag | <ul style="list-style-type: none"><input type="checkbox"/> Brush and comb<input type="checkbox"/> Bug spray<input type="checkbox"/> Dromedary bag (washing)<input type="checkbox"/> Lip balm<input type="checkbox"/> Pads or tampons if needed<input type="checkbox"/> Sunscreen<input type="checkbox"/> Toilet paper/paper towels<input type="checkbox"/> Toothbrush and toothpaste |

Useful and Optional Items

| Useful Items | Optional Items |
|--|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Bandanas<input type="checkbox"/> Duffle bag or storage tubs<input type="checkbox"/> Extra batteries<input type="checkbox"/> First aid/repair kit<input type="checkbox"/> Headlamp/camp lamp<input type="checkbox"/> Medications (as necessary)<input type="checkbox"/> Plastic bags (heavy-duty)<input type="checkbox"/> Pocket knife<input type="checkbox"/> Sunglasses<input type="checkbox"/> Water bottles | <ul style="list-style-type: none"><input type="checkbox"/> Books<input type="checkbox"/> Camera<input type="checkbox"/> Field guides<input type="checkbox"/> Notebook and drawing supplies |

Add Your Own List Items

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Tents -Optional

Activity: Tent Terms

Fill in the blanks using the word bank as you go over the terms used for describing tent types.

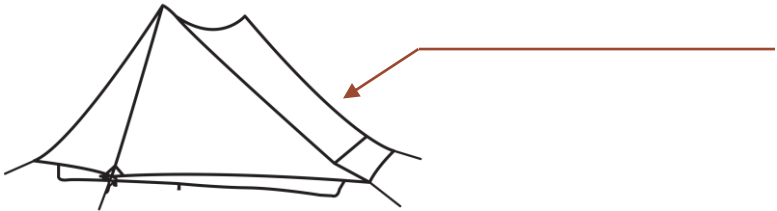
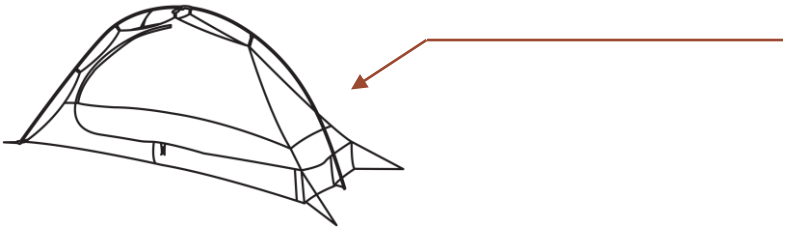
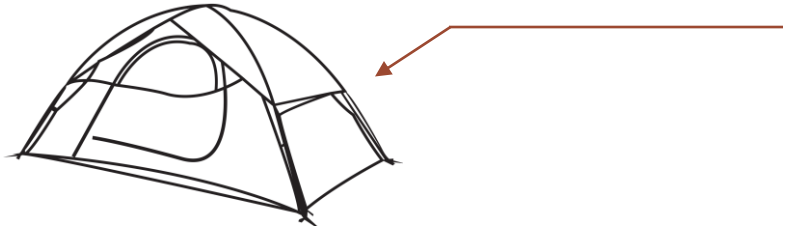
Word bank

| | | |
|-------------------|------------------|------------|
| Freestanding | Non-freestanding | 3-season |
| Semi-freestanding | Pop-up | All season |

1. _____ Poles fully support the shape of the tent without stakes.
2. _____ Tent will stand without stakes but will not have its full shape. Often a few stakes make it fully supported. Sometimes manufacturers call these freestanding.
3. _____ Tent requires stakes to have a shape. Likely useless without stakes.
4. _____ May have built in poles or wires to unfold and support it as you open it up. Easy to set up, but less durable. The poles can break, and the tent doesn't withstand wind well.
5. _____ Not suitable for cold or extreme weather. Lighter and fine for most uses. More mesh and better airflow.
6. _____ Built to withstand extreme weather like snow and heavy rain. Less mesh. Better at trapping body heat.

Activity: Standing Tent Types

Label whether the tents are freestanding, semi-freestanding, or non-freestanding.



Tent Placement Tips

- Consider the slope of the ground. Position your head uphill.
- Don't put your tent too close to a fire or smoke.
- Consider the wind direction.
- Camp in existing campsites or on surfaces that resist trampling like rock, sand, or gravel.

Remember to reduce signs of camping when you leave!

Sleeping Bags and Pads -Optional

Sleeping Bag Terms

Fill in the blanks with the proper terms.

Insulation

S _____

- The filling of the sleeping bag is synthetic, regardless of the cloth the cover is made of.




| PROS | CONS |
|---|---|
| <ul style="list-style-type: none">• Less expensive than down• Warm when wet• Easy to wash | <ul style="list-style-type: none">• Heavy• Take up a lot of space/don't pack down much |

D _____

- The filling is either goose or duck down.
- Hydrophobic down: down that has been treated to resist water.
- Duck down: less expensive and less warm than goose.
- Goose down: more expensive and warmer than duck.

| PROS | CONS |
|--|---|
| <ul style="list-style-type: none">• Lightweight• Usually warmer than synthetic• Packs down small | <ul style="list-style-type: none">• More expensive than synthetic• Requires special care when cleaning |

- How lofty or fluffy the filling is. Higher fill power is loftier, warmer, and lighter.
 - Lowest quality: about 500 fill (500 cubic inches)
 - Highest quality: about 900 fill (900 cubic inches)

| Types of Sleeping Bags | |
|--|--|
| <p>R</p>  | <p>Zip up the side. Most space. Comfortable.</p> |
| <p>M</p>  | <p>They are tapered to fit your body snugly. Faster to warm up. Lighter. Include a hood to keep your head warm. Some find them constraining or claustrophobic.</p> |
| <p>Q</p>  | <p>Like mummy bags but missing the hood and the part you lie on. Some are closed at the bottom while others are open. Less common than other bag types and more expensive.</p> <p>People sleep on sleeping pads directly with the quilt wrapped around them. Lightweight but still warm. Flexible for temperature because they can be thrown off like a blanket.</p> |

Sizing

Warmth Rating

| SUMMER | SPRING AND FALL | WINTER |
|---------|-----------------|------------|
| 30° bag | 15°-30° bag | 0°-15° bag |

Other Sleeping Bag Notes

Sleeping Pad Terms

| MATERIAL | DESCRIPTION |
|-----------------|--|
| | The foam equivalent of an egg carton with the foam protected by an outer coating that may add some insulation. |
| | Has a valve that will allow air to enter the pad automatically when it is open. |
| | Requires you or a pump to get air into it. |
| INSULATION TERM | DESCRIPTION |
| | The higher this value, the better the insulation. Values below 2 are only suitable for warm weather. Values from 3-4 appear to be most popular, but values can go up to 7. |

Sleeping Pad Notes

EXAMPLE CAR CAMPING TRIP FORM

Trip Name

Red Rock Canyon National Conservation Area

Trip Location

Group Campground, 3293 Moenkopi Rd, Las Vegas, NV
89161

Trip Purpose & Objectives

Explore Red Rock and camp

Trip Leader 1 Name

Jeni Scout

Cell Phone

1-702-333-3333

Trip Leader 2 Name

Tyler Hyke

Cell Phone

1-702-555-5555

Trip Emergency Contact

Friend Smith

Cell Phone

1-702-444-5555

Checklist

- Permits Printed or Saved
- Weather Links sent to participants
- Driving Directions sent to participants
- Map or topo info sent to participants
- Additional resource info sent to participants
- Pack items from car camping checklist
- Prepare and pack food plan
- _____

| | |
|---|---|
| List of Vehicles Tyler's Expedition Jeni's minivan | Weather Report (update morning of trip) Low: 52F High: 73F, sunny Check morning of trip at Redrockcanyonlv.com/weather |
|---|---|

| |
|--|
| Resources www.redrockcanyonlv.org |
|--|

TRIP ITINERARY

| |
|--------------------|
| Date 5/9/25 |
|--------------------|

| Time | Activity | Location and Notes |
|--------------|-------------------------------------|--|
| DAY 1 | | |
| 9:00am | Departure | Jeni's house XXXX 4 th St, Las Vegas |
| 9:15-9:45 | Driving | Red Rock Canyon Entrance |
| 10:00-11:30 | Set up campsite and get oriented | Red Rock Campground |
| 11:30-12:00 | Lunch | Picnic at campsite |
| 12:00-4:00 | Hike | Kraft Mountain (3.5 mi) |
| 4:00-6:00 | Downtime | Cooks prep for dinner starting at 5 p.m. |
| 6:00-7:00 | Dinner | Family-style dinner and clean up |
| 7:00-8:00 | Group Game | Assassin is a fun group game |
| 8:00-10:00 | Campfire with group day debrief | Tell stories |

| DAY 2 | | |
|-------------|--|---|
| 8:00-9:00 | Breakfast, Put camp away for the day to protect gear from wind and animals | Cooks need to prep at 7:30 and put our lunch for individuals to pack for the day |
| 9:00-12:00 | Climbing | Meet guide |
| 12:00-12:30 | Lunch break at climbing area | Sweep area after eating |
| 12:30-3:00 | Climbing | |
| 3:00-5:30 | Downtime at campsite | Journal, group games, personal time to bathe |
| 5:30-6:30 | Dinner | Cooks need to prep at 4:30 |
| 6:30-7:30 | Group Game | Capture the Flag |
| 7:30-9:30 | Campfire with group day debrief | Facilitate discussion on the value of wildlands |
| DAY 3 | | |
| 8:00-9:00 | Breakfast | Cooks prep at 7:30 and put out lunch for group to pack |
| 9:00-10:00 | Pack up camp | Sweep camp, have loaders organize gear and load into vehicles |
| 10:00-11:00 | Drive home | |
| 11:00-11:30 | Trip debrief | |
| 12:00 | Pick up time and lunch with parents | |

SAFETY MANAGEMENT PLAN

Address & Phone # of hospitals and health care facilities
(along the way and near the destination)

*Summerlin Hospital Medical Center - 702-233-7000
657 Town Center Dr.
Las Vegas, NV*

Name & Phone # of Search & Rescue (County Sheriff)

Call 911 if it's an emergency for Metro police and search and rescue

List of Participants with First Aid Training
(and their level of training)

Jeni has CPR and first aid

Emergency Response Steps

1. STOP and assess
2. Provide care to the injured based on your training
3. Decide if an evacuation is needed and make a plan
4. Communicate with:
 - Other participants
 - Search & Rescue
 - Medical Assistance
 - Emergency Contacts
 - Your organizations

Checklist

- Communication Device or Plan (other than the leader's cell phone)
- Liability/waiver form for organization
- _____
- _____
- _____
- _____

| TRIP BUDGET | | | | |
|-----------------------------|----------------|--|---------------------|---|
| Expense | Amount | Notes | | |
| Transportation | \$50 | Gas | | |
| Food | \$360 | Food for three days \$10 per person per day | | |
| Campground | \$168 | C-Road Runner | | |
| Supplies/Gear | \$40 | First aid kit | | |
| Total | \$618 | | | |
| # of Participants | 10 | | | |
| Cost per Participant | \$61.80 | | | |
| TRIP ROSTER | | | | |
| Name (role) | Contact # | Emergency Contact | Emergency Contact # | Health Considerations & Signs of Issues |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |

TEN PLUS ESSENTIALS PACKING LIST

Navigation: Map, Compass, & GPS System



Everyone has Gaia downloaded with the area downloaded and Friend has a compass and topo map of the area

Sun Protection: Sunglasses, Sunscreen, & Sun Hat



Bottle of SPF 30
Hats and sunglasses
The campsite has some shade over the tables

Insulation: Jacket, Hat, Gloves, Rain Shell, & Thermal Underwear










Fleece jackets and emergency rain ponchos

Illumination: Flashlight, Lantern, & Headlamp



Head lamp with extra batteries and 4 group lanterns with extra batteries

| First Aid Supplies | |
|---|---|
|  | <p>First aid kit for group</p> |
| Fire: Matches, Lighter, & Firestarter | |
|  | <p>Lighter and matches 3 bundles of local firewood Box of fire starters</p> |
| Repair Kit and Tools: Duct Tape & Multi-tool | |
|  | <p>Duct tape, multi-tool, and some repair kits that came with some of the sleeping pads and tents</p> |
| Nutrition: Food Makes All the Difference | |
|  | <p>See meal plan for details Individuals will bring their favorite snacks and drinks Pairs will be assigned to bring and cook each meal</p> |
| Hydration: Water & Water Treatment Supplies | |
|  | <p>Camelback 32 oz Two extra bottles (24 oz each) Campsite has running water</p> |

| | |
|---|---|
| Shelter | |
|  | Emergency blanket for hikes, but everyone has tents for shelter |
| Disposing of Human Waste | |
|  | Campsite has latrines |

Sample Food Plan Form

| Day | Breakfast (groceries) | Lunch (groceries) | Dinner (groceries) | Morning Snack | Afternoon Snack | Dessert | Prep |
|-----|--|---|--|------------------|---|--------------|---|
| 1 | On own | Turkey wraps (wrap tortillas, turkey, mustard, mayo, coleslaw) | Dutch oven lasagna (box of noodles, bottle of marinara, bag of mozzarella, container of ricotta, bag of spinach, garlic bread) | Apple and bars | Chips and salsa | Baked goodie | Pack as is in cooler and food box |
| 2 | Bagels, cream cheese, apples, bananas, oranges | Sandwiches (turkey, ham, sliced cheese, mustard, mayo, spinach, red pepper), Pringles | Calabacitas (squash, corn, black beans, onion, sweet potato, tortillas, green chili, shredded cheese, garlic, oregano) | Oranges and bars | Caprese (tomatoes, mozzarella slices, balsamic vinegar) | Cookies | Make and freeze calabacitas, put remainder in cooler and food box |

Options for Additional Meals

| Day | Breakfast (groceries) | Lunch (groceries) | Dinner (groceries) | Morning Snack | Afternoon Snack | Dessert | Prep |
|-----|--|---|---|----------------------|--------------------|----------------|--|
| 3 | Vanilla yogurt, granola, muffins | Pitas, hummus, tabouli, tomatoes, cucumbers, summer sausage | Rice, sausage, veggies (minute rice, turkey sausage, red pepper, cherry tomatoes, onion, pesto) | Apples and bars | Oreos | Jell-O pudding | Pack as is in cooler and food box |
| 4 | Breakfast burritos (eggs, hash browns, salsa, tortillas) | PB & J (bread, almond butter, peanut butter, strawberry jam, grape jam) | Pesto, pasta, zucchini, red pepper, and sun-dried tomatoes | Dried fruit and bars | Goldfish | Oreo pie | Make and freeze eggs and potatoes, box and cooler for the rest |

1.6 TRIP SAFETY

Accidents and illness are an everyday reality, and doubly so when on an outdoor adventure. When you lead a group, you need to be able to handle medical issues. Having supplies, information, and a plan to handle emergencies can help keep you and your group safe.

Learning Objectives

After this module and with some practice you will be able to:

1. Know a variety of items in different first aid kits.
2. Pack a first aid kit appropriate for different activities and group sizes.
3. Develop a plan in case of a medical emergency that addresses the needs of an entire group.
4. Know about opportunities for expanded training like Wilderness First Aid and Wilderness First Responder.

First Aid Kits

First aid kits can vary depending on the nature of the expedition, the group's requirements, and individual preferences. Review the commercially-available kits and the home-built kits while making notes of the contents and design.

What did you like about the kits?

What did you dislike about the kits?

What do you think is essential in a first aid kit?

Additional Notes

Emergency Planning

Assigning Roles

You must assign roles when an emergency arises during an outdoor trip. Use the table below to identify and define each roles' responsibilities.

| ROLE | RESPONSIBILITIES |
|---|------------------|
| Person(s) focused on the injured | |
| Person(s) focused on the group's safety | |
| Person(s) going for help if necessary | |
| HELP PLAN | |
| Where will they go for help? | |
| How will they communicate? | |

Have clear plans to communicate before the trip because communication on a trip can be limited, especially if there is an emergency.

Make sure everyone knows how to use the communication equipment and practices using it in advance.

Medical Facilities

Know the medical facilities in your area, including a trauma center if possible since they specialize in life threatening injuries. Having this information allows for quick and efficient access to medical care in the event of an emergency.

Use the table on the next pages to record important information about the medical facilities near your planned outdoor location. Record information for multiple medical facilities of each area to ensure you have viable back up options in case of emergencies.

Consider navigating to the nearest hospital just before your trip so that it is in the list of recent locations.

Personal Beacons

Personal Locator Beacons (PLBs) and satellite messengers are the two best options for sending distress signals in remote areas. They work with satellites instead of cell phone towers. Emergency responders can receive distress calls more reliably.

Notes

| Location of Trip | Facility Name & Address | Phone Number | Hours of Operation |
|------------------|-------------------------|--------------|--------------------|
| | | | |
| | | | |
| | | | |

Emergency Supplies

You should have supplies for spending the night unexpectedly in case of emergencies. These supplies are in addition to a first aid kit and the Ten Essentials (see Module 3). The number of each supply item should be relative to the number of people in your group.

Use the Emergency Supplies table on the next page to identify and define why the item is necessary in an emergency and how to use it.

Emergency Supplies

| ITEM | NECESSARY FOR/HOW TO USE |
|------------------------------|--------------------------|
| Emergency bivvy | |
| Extra meal or two | |
| Extra water | |
| Instrument for cooking meals | |
| Layers for cold | |
| | |

More Opportunities for Safety Training

There are opportunities for expanded training and certifications that provide specialized training for emergencies in outdoor environments. These may include Wilderness First Aid (WFA), Wilderness First Responder (WFR), and Cardiopulmonary Resuscitation (CPR).

Below is a table containing reputable sources* for expanded training, certifications, and more.

| Resource | Website | Contact |
|-------------------------------------|--|---|
| NOLS | www.nols.edu/en/ | info@nols.edu 800-710-6657 |
| Wilderness Medicine Training Center | www.wildernessmedicine.com | carl@WildernessMedicine.com 303-688-5176 |
| Red Cross | www.redcross.org/ | support@redcross.org 1-800-RED-CROSS 1-866-381-0022 |

*This information is up to date as of December 2024.

1.7 NAVIGATION

“When walking alone in a jungle of true darkness, there are three things that can show you the way: instinct to survive, the knowledge of navigation, creative imagination. Without them, you are lost.” – Toba Beta

ABOUT

Brief Description

Do you rely on a map app to get where you need to be? Wilderness locations are often poorly mapped. Directions can be unavailable or incorrect with standard map apps, even when trying to locate a trailhead.

Relying on your phone and a hiking app can work in many situations, but problems can happen. Relying on your phone requires understanding the app you are using and having a reliable backup system you know how to use. It also requires having a working phone, and phones can die or break.

This workshop will help you better use your favorite app and teach you the basic skills of using a map and compass.

Learning Objectives

After this module and with some practice you will be able to:

1. Describe the pros and cons of different navigation tools.
2. Find reliable information regarding the locations of trailheads, trails, campsites, and other destinations.
3. Discuss some available hiking apps and situations each is suited for.
4. Demonstrate basic skills with a compass and a map.

Navigation Tools

Hiking Apps

Write down some of the apps discussed.

App Name _____

Notes _____

App Name _____

Notes _____

App Name _____

Notes _____

App Name _____

Notes _____

Hiking Apps (cont.)

App Name _____

Notes _____

App Name _____

Notes _____

App Name _____

Notes _____

App Name _____

Notes _____

Hiking App Pros and Cons

What are some of the pros and cons of using hiking apps?

| PROS |
|------|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| CONS |
|------|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

GPS Units -Optional

GPS Brands and Models

Notes on traditional GPS units

Notes on GPS units with communication capabilities

Notes on GPS watches

Compasses and Maps

Compass and Map Experience

Write a little about your previous experience or inexperience using a map and compass.

Topographic Maps

*This section is adapted from Penn State / 4-H publication **Trees + Me = Forestry***

The most obvious way in which topographic maps differ from other maps is that they contain many thin, curved lines that appear to wrap around certain areas. These lines are called **contour lines**. They connect points of equal **elevation**. This means that if you were to walk along the ground represented by a contour line, you wouldn't go uphill or downhill.

A **topographic map** will tell you whether an area is steep or level. Places where the lines are close together are very steep. Where the lines are far apart, the land is relatively flat. The actual elevation is written on every fifth line. In the United States we measure elevation beginning with 0 feet at sea level.

Exercise 1

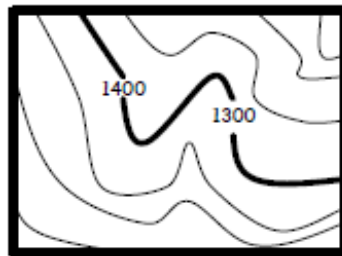
Contour lines have four important characteristics:

1. All points along the same contour line are at the same elevation.
2. All contour lines eventually connect with themselves.
3. Contour lines never cross each other.
4. Contour lines never split or branch.

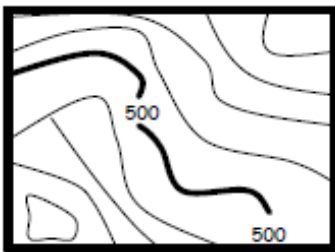
Each drawing below violates a rule of contour lines. Match each rule with the drawing that violates the rule.



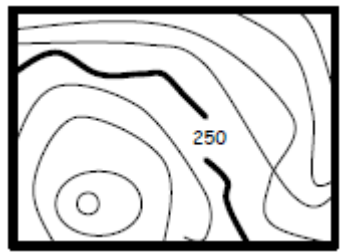
A. _____



B. _____



C. _____



D. _____

Exercise 2:

Adapted from *The Language of Maps* – 1983 by Pitman Learning Inc.

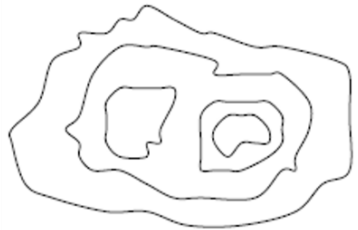
Part 1: Match each image below with the appropriate description

1. _____ Gentle slope on all sides.
2. _____ Round hill with two peaks.
3. _____ Steep south side.
4. _____ Two peaks with east side higher

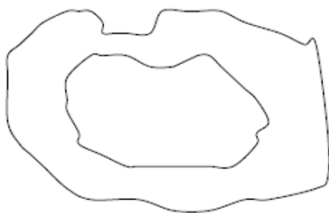
A



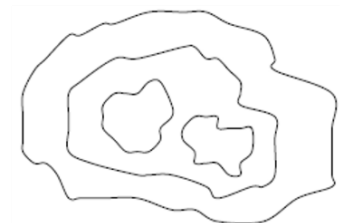
B



C

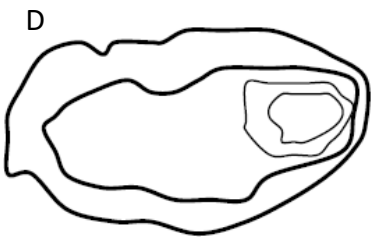
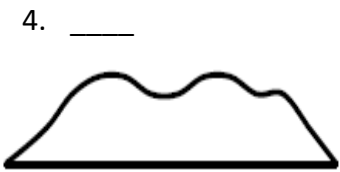
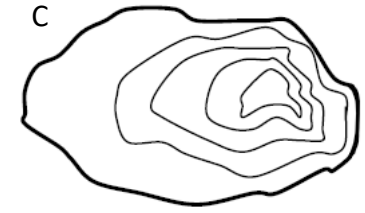
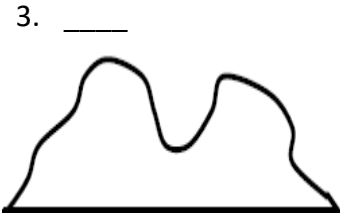
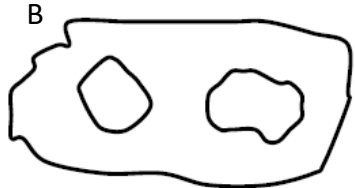
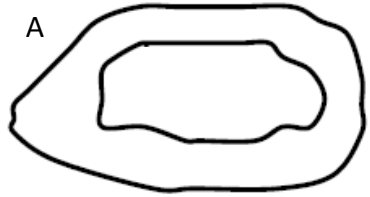


D



Adapted from *The Language of Maps* – 1983 by Pitman Learning Inc.

Part 2: Match each side view image with the correct contour lines.



Orientation to Maps

Fill in the blank with the correct term.

_____ : Degrees measured from the equator (0°) to the poles (90°). Lines north of the equator may be indicated as north or with a positive number. Lines south of the equator may be indicated as south or with a negative number.

_____ : Degrees measured east and west of the Prime Meridian in Greenwich, England. The Prime Meridian is 0° , with numbers going up to 180° east and west where they meet on the other side of the planet.

Degrees are divided into minutes ($1/60$ of a degree) and seconds ($1/60$ of a minute or $1/3600$ of a degree).

Coordinates can be in degrees or decimals. For example, the Hoover dam is located at $36^\circ 0' 56''$ N, $114^\circ 44' 16''$ W or 36.016045, -114.737839.



Label the Compass

Word Bank

Direction of Travel Arrow

Magnetic Needle or "Red Fred"

Meridian Lines

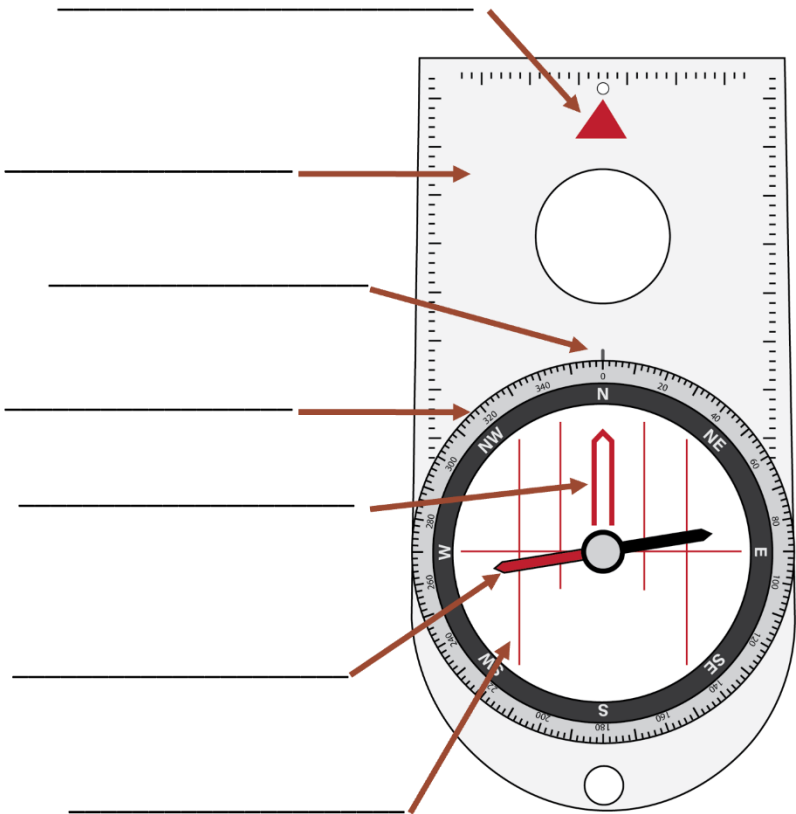
Orienting Arrow or "The Shed"

Baseplate

Bezel

Index Line

Label the parts of a compass with the words in the word bank.



TIER 2 WORKSHOPS

These workshops are designed to take 1-3 days and build on the information covered in the Tier 1 workshops. If you are not experienced with the basic skills covered in Tier 1, we suggest you reach out to the Tier 2 workshop instructors to make sure they are teaching the material in a way that will work for you or sign up for a Tier 1 workshop to build those skills before attempting a Tier 2 workshop.

2.1 Intermediate Camping

2.2 Backpacking

2.1 INTERMEDIATE CAMPING

This module teaches skills for camping overnight at established campgrounds or near existing infrastructure where campers take their gear to a site in a vehicle.

Spending a night in the great outdoors can be an incredible bonding experience for groups and families, but there is a lot more involved compared to a day hike or barbeque. There is more gear, coordination, and rules and regulations.

In this module, you will plan a camping trip and practice key camping skills. You will also learn different types of gear and what you should bring when planning a trip. While gear comes in a range of prices, few people need the most expensive stuff. Sometimes the cheapest gear is great. You will learn how to care for your gear so even cheap gear will last for years.

Learning Objective

After this module and with some practice, you will be able to

Pre-Trip Planning Meeting

1. Complete a trip plan for camping using the Trip Form.
2. Pack appropriate items for activities, locations, and weather conditions.
3. Plan for the health and safety of their group members including food, water, overall wellbeing, and special needs.
4. Consider different backgrounds and ability levels while planning.
5. Apply best practices for camping throughout the trip.
6. Pack and use the Ten Plus Essentials.
7. Assess and mitigate risks for their trip conditions.

Camping Trip

1. Set up and maintain a campsite in an established campground.
2. Apply best practices for camping at the campsite and throughout the trip.
3. Set up a tent and use Guylines.
4. Set up a group camp kitchen including sanitation and waste management.
5. Understand and apply Trip Best Practices.

Pre-Trip Planning Meeting

Activity: Fill Out the Trip Form

Fill out the Trip Form for your overnight trip. Be sure to consider the Plan for Logistics section of **Module 1.4: Day Trips** and **Module 1.5: Camping & Overnight Trips** when making decisions. Other **Tier 1 Modules** may help as well.

Notes for Planning

On The Camping Trip

Setting Up Your Campsite

See **Module 1.2: Trip Best Practices** for campsite tips.

Notes

Tents

See **Module 1.1: Core Camping Skills** for diagrams and activities.

Notes

Food Storage and Trash

Coolers

| Cooler Types | |
|---------------------|------|
| Styrofoam | |
| Pros | Cons |
| | |
| Soft-sided | |
| Pros | Cons |
| | |
| Hard plastic | |
| Pros | Cons |
| | |
| Roto-molded | |
| Pros | Cons |
| | |

Notes on food storage

Disposing of Human Waste

See **Module 1.2: Trip Best Practices & Module 1.3: Ten Plus Essentials** for notes and information.

Notes: _____

Making Fires

See **Module 1.1: Core Camping Skills** for diagrams and activities.

Notes: _____

Using Stoves

See **Module 1.1: Core Camping Skills** for diagrams and activities.

Notes

Gear Geeking

Notes

Evening Debrief

What was your highlight so far?

What was your biggest challenge?

What was the best thing you learned today?

Morning After Gear Review

What gear worked well for you and the other participants?

What gear didn't work well?

What do you want to change for next time?

Car Camping Checklist

The advantage of car camping is taking more supplies with you. This list offers suggestions for a car camping trip. Check off what fits your trip or items as you pack them.

Items marked with a * are for winter trips.

Clothes

| Head and Upper Body | Lower Body and Feet |
|--|---|
| <input type="checkbox"/> Beanie (fleece or wool hat) | <input type="checkbox"/> Hiking boots |
| <input type="checkbox"/> Brimmed hat | <input type="checkbox"/> Pants (nylon, spandex, breathable fabric) |
| <input type="checkbox"/> Fleece or wool jacket | <input type="checkbox"/> Shorts (nylon, spandex, breathable fabric) |
| <input type="checkbox"/> Long sleeve shirt (wool, thermal) | <input type="checkbox"/> Snow pants* |
| <input type="checkbox"/> Poncho (if your jacket is not waterproof) | <input type="checkbox"/> Socks (wool, cotton, liner) |
| <input type="checkbox"/> Scarf or face mask* | <input type="checkbox"/> Tennis or running shoes |
| <input type="checkbox"/> Snow jacket* | <input type="checkbox"/> Thermals* |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Warm gloves* | |
| <input type="checkbox"/> Waterproof rain/wind jacket | |

Cooking Supplies

| Equipment and Cleaning | Dishes and Silverware |
|--|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Biodegradable dish soap<input type="checkbox"/> Measuring cups<input type="checkbox"/> Pot handles<input type="checkbox"/> Small container of bleach<input type="checkbox"/> Stove (with fuel bottle)<input type="checkbox"/> Waterproof matches or lighter<input type="checkbox"/> Ziploc bags | <ul style="list-style-type: none"><input type="checkbox"/> Dish bins (3)<input type="checkbox"/> Frying pan<input type="checkbox"/> Mug or unbreakable cup for each person<input type="checkbox"/> Pots (with lids)<input type="checkbox"/> Serving spoon<input type="checkbox"/> Spatula<input type="checkbox"/> Spoons, forks, knives for each person<input type="checkbox"/> Tupperware containers for food storage<input type="checkbox"/> Unbreakable bowls and plates for each person |

Sleeping, Shelter, and Hygiene

| Sleeping and Shelter | Hygiene |
|--|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Nylon ropes<input type="checkbox"/> Sleeping pad<input type="checkbox"/> Smaller tarp<input type="checkbox"/> Tent/tarp<input type="checkbox"/> Winter*/Summer sleeping bag | <ul style="list-style-type: none"><input type="checkbox"/> Brush and comb<input type="checkbox"/> Bug spray<input type="checkbox"/> Dromedary bag (washing)<input type="checkbox"/> Lip balm<input type="checkbox"/> Pads or tampons if needed<input type="checkbox"/> Sunscreen<input type="checkbox"/> Toilet paper/paper towels<input type="checkbox"/> Toothbrush and toothpaste |

Useful and Optional Items

| Useful Items | Optional Items |
|--|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Bandanas<input type="checkbox"/> Duffle bag or storage tubs<input type="checkbox"/> Extra batteries<input type="checkbox"/> First aid/repair kit<input type="checkbox"/> Headlamp/camp lamp<input type="checkbox"/> Medications (as necessary)<input type="checkbox"/> Plastic bags (heavy-duty)<input type="checkbox"/> Pocket knife<input type="checkbox"/> Sunglasses<input type="checkbox"/> Water bottles | <ul style="list-style-type: none"><input type="checkbox"/> Books<input type="checkbox"/> Camera<input type="checkbox"/> Field guides<input type="checkbox"/> Notebook and drawing supplies |

Add Your Own List Items

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

EXAMPLE CAR CAMPING TRIP FORM

Trip Name

Red Rock Canyon National Conservation Area

Trip Location

Group Campground, 3293 Moenkopi Rd, Las Vegas, NV
89161

Trip Purpose and Objectives

Explore Red Rock and camp

Trip Leader 1 Name

Jeni Scout

Cell Phone

1-702-333-3333

Trip Leader 2 Name

Tyler Hyke

Cell Phone

1-702-555-5555

Trip Emergency Contact

Friend Smith

Cell Phone

1-702-444-5555

Checklist

- ✓ Permits Printed or Saved
- ✓ Weather Links sent to participants
- ✓ Driving Directions sent to participants
- ✓ Map or topo info sent to participants
- ✓ Additional resource info sent to participants
- ✓ Pack items from car camping checklist
- ✓ Prepare and pack food plan
- ✓ _____

| | |
|--|---|
| <p>List of Vehicles</p> <p>Tyler's Expedition</p> <p>Jeni's minivan</p> | <p>Weather Report (update morning of trip) Low 51, High 78, no rain Check morning of trip at Redrockcanyonlv.com/weather</p> |
|--|---|

| |
|---|
| <p>Resources www.redrockcanyonlv.org</p> |
|---|

TRIP ITINERARY

| |
|---------------------------|
| <p>Date 5/9/25</p> |
|---------------------------|

| Time | Activity | Location and Notes |
|------|----------|--------------------|
|------|----------|--------------------|

DAY 1

| | | |
|-------------|-------------------------------------|--|
| 9:00am | Departure | Jeni's house XXXX 4 th St, Las Vegas |
| 9:15-9:45 | Driving | Red Rock Canyon Entrance |
| 10:00-11:30 | Set up campsite and get oriented | Red Rock Canyon Group Campground |
| 11:30-12:00 | Lunch | Picnic at campsite |
| 12:00-4:00 | Hike | Kraft Mountain (3.5 mi) |
| 4:00-6:00 | Downtime | Cooks need to prep for dinner at 5 |
| 6:00-7:00 | Dinner | Family style dinner and clean up |
| 7:00-8:00 | Group Game | Assassin is a fun group game |
| 8:00-10:00 | Campfire with group day debrief | Group can help anyone having gear issues |

| DAY 2 | | |
|-------------|--|---|
| 8:00-9:00 | Breakfast, Put camp away for the day to protect gear from wind and animals | Cooks need to prep at 7:30 and put our lunch for individuals to pack for the day |
| 9:00-12:00 | Climbing | Meet guide |
| 12:00-12:30 | Lunch break at climbing area | Sweep area after eating |
| 12:30-3:00 | Climbing | |
| 3:00-5:30 | Downtime at campsite | Journal, group games, personal time to bathe |
| 5:30-6:30 | Dinner | Cooks need to prep at 4:30 |
| 6:30-7:30 | Group Game | Capture the Flag |
| 7:30-9:30 | Campfire with group day debrief | Chat or play games by lantern light |
| DAY 3 | | |
| 8:00-9:00 | Breakfast | Cooks prep at 7:30 and put out lunch for group to pack |
| 9:00-10:00 | Pack up camp | Sweep camp, have loaders organize gear and load into vehicles |
| 10:00-11:00 | Drive home | |
| 11:00-11:30 | Trip debrief | |
| 12:00 | Pick up time and lunch with parents | |

SAFETY MANAGEMENT PLAN

Address and Phone # of hospitals and health care facilities
(along the way and near the destination)

*Summerlin Hospital Medical Center - 702-233-7000
657 Town Center Dr.
Las Vegas, NV*

Name and Phone # of Search & Rescue (County Sheriff)
*Call 911 if it's an emergency for Las Vegas Metro police
and Search and Rescue*

List of Participants with First Aid Training
(and their level of training)

Jeni has CPR and first aid

Emergency Response Steps

1. STOP and assess
2. Provide care to the injured based on your training
3. Decide if an evacuation is needed and make a plan
4. Communicate with:
 - Other participants
 - Search & Rescue
 - Medical Assistance
 - Emergency Contacts
 - Your organizations

Checklist

- Communication Device or Plan (other than the leader's cell phone)
- Liability/waiver form for organization
- Driving directions sent to participants
- _____
- _____
- _____
- _____

| TRIP BUDGET | | | | |
|-----------------------------|---------------|-------------------|--|---|
| Expense | Amount | | Notes | |
| Transportation | \$50 | | Gas | |
| Food | \$360 | | Food for three days \$10 per person per day | |
| Campground | \$168 | | C-Roach Runner | |
| Supplies/Gear | \$40 | | First aid kit | |
| Total | \$618 | | | |
| # of Participants | 10 | | | |
| Cost per Participant | \$61.80 | | | |
| TRIP ROSTER | | | | |
| Name (role) | Contact # | Emergency Contact | Emergency Contact # | Health Considerations & Signs of Issues |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |

TEN PLUS ESSENTIALS PACKING LIST

Navigation: Map, Compass, & GPS System



Everyone has Gaia downloaded with the area downloaded and Friend has a compass and a topo map of the area

Sun Protection: Sunglasses, Sunscreen, & Sun Hat



Bottle of SPF 30
Hat
Sunglasses
Campground has shade

Insulation: Jacket, Hat, Gloves, Rain Shell, & Thermal Underwear










Fleece Jacket
Rain ponchos and emergency blankets for hiking and unexpected weather

Illumination: Flashlight, Lantern, & Headlamp



Head lamp with extra batteries and four lanterns for the group with extra batteries

| First Aid Supplies | |
|--|---|
|  | <p>First aid kit for the group</p> |
| Fire: Matches, Lighter, & Firestarter | |
|  | <p>Lighter and matches 3 bundles of local firewood A box of fire starters</p> |
| Repair Kit and Tools: Duct Tape, & Multi-tool | |
|  | <p>Duct tape and Tyler has a multitool. A few people are bringing the repair kits that came with their sleeping pads and tents.</p> |
| Nutrition: Food Makes All the Difference | |
|  | <p>See the meal plan for details Each participant is bringing their favorite snacks and beverages Pairs have been assigned shopping for and cooking each meal</p> |

| Hydration: Water & Water Treatment Supplies | |
|---|--|
|  | <p>Camelback 32 oz Two extra bottles (24 oz each) The campsite has running water</p> |
| Shelter | |
|  | <p>Tents and everyone has an emergency blanket in case of an emergency when we hike</p> |
| Disposing of Human Waste | |
|  | <p>Use outhouses at campsite Tyler has a WAG bag as backup for hikes</p> |

Sample Food Plan Form

| Day | Breakfast (groceries) | Lunch (groceries) | Dinner (groceries) | Morning Snack | Afternoon Snack | Dessert | Prep |
|-----|--|---|--|------------------|---|--------------|---|
| 1 | On own | Turkey wraps (wrap tortillas, turkey, mustard, mayo, coleslaw) | Dutch oven lasagna (box of noodles, bottle of marinara, bag of mozzarella, container of ricotta, bag of spinach, garlic bread) | Apple and bars | Chips and salsa | Baked goodie | Pack as is in cooler and food box |
| 2 | Bagels, cream cheese, apples, bananas, oranges | Sandwiches (turkey, ham, sliced cheese, mustard, mayo, spinach, red pepper), Pringles | Calabacitas (squash, corn, black beans, onion, sweet potato, tortillas, green chili, shredded cheese, garlic, oregano) | Oranges and bars | Caprese (tomatoes, mozzarella slices, balsamic vinegar) | Cookies | Make and freeze calabacitas, put remainder in cooler and food box |

Options for Additional Meals

| Day | Breakfast (groceries) | Lunch (groceries) | Dinner (groceries) | Morning Snack | Afternoon Snack | Dessert | Prep |
|-----|--|---|---|----------------------|--------------------|----------------|--|
| 3 | Vanilla yogurt, granola, muffins | Pitas, hummus, tabouli, tomatoes, cucumbers, summer sausage | Rice, sausage, veggies (minute rice, turkey sausage, red pepper, cherry tomatoes, onion, pesto) | Apples and bars | Oreos | Jell-O pudding | Pack as is in cooler and food box |
| 4 | Breakfast burritos (eggs, hash browns, salsa, tortillas) | PB & J (bread, almond butter, peanut butter, strawberry jam, grape jam) | Pesto, pasta, zucchini, red pepper, and sun-dried tomatoes | Dried fruit and bars | Goldfish | Oreo pie | Make and freeze eggs and potatoes, box and cooler for the rest |

2.2 BACKPACKING

In this workshop, you will learn backpacking skills and how to lead a group in a backpacking adventure. You will learn planning and logistics, gear options, how to pack a backpack, and how to stay safe.

Learning Objective

After this workshop and with some practice, you will be able to:

Pre-Trip Planning Meeting

1. Select appropriate clothing and equipment for a backpacking trip
2. Pack a backpack for up to a three-day backpacking trip, including the Ten Plus Essentials
3. Assess the weather (and throughout the backpacking trip)
4. Plan rations for healthy meals
5. Plan water for the trip: where to collect it, what equipment is needed to make it safe, and how much to carry
6. Create a trip plan from a scenario
7. Review a trip plan and assess the itinerary, mileage, elevation gain and loss, participants' experience and fitness levels, and anticipated hazards

Backpacking Trip

1. Navigate to a backcountry destination using a map and compass
2. Select a campsite
3. Set up a tent and tarp
4. Properly dispose of human waste in the backcountry

5. Properly gather and treat water in a backcountry setting
6. Use proper hygiene in the backcountry on multi-day trips
7. Properly store food and supplies in a backcountry setting
8. Use a backpacking stove to cook healthy meals in the backcountry
9. Assess basic risks along the way and increase situation awareness to keep participants and their group safe

Pre-Trip Planning Meeting

What do you want to keep in mind for your backpacking trip?

Activity: Gear Review

Is your gear ready for your backpacking trip? Is there anything you need or want to change?

Other Gear Notes

Activity: Food Planning

What is the plan for food for the trip?

What do you need to pack for food on your trip?

Gear Principles Discussion

Backpacks

Fill in the blank: Hikers should not carry more than ____% of their body weight in their backpacks.

My Backpack Measurements

- Torso length: _____
- Backpack hip belt: _____

Backpack Capacity

With your instructor's help, fill in the trip length and gear capacity for the Backpack Capacity Table.

Backpack Capacity

| Trip Length | Gear Capacity | Notes |
|-------------|---------------|--|
| | | <p>If you are camping alone and must carry everything yourself, you will probably need the full 50 liters unless you are camping without a tent. When backpacking with a group, you can divide shared gear and get away with a smaller bag. Smaller bags can work if you strap some of your gear to the outside of your bag.</p> |
| | | <p>Most people recommend a 55–65-liter bag for most situations. Exceptions are for increased colder weather gear or if you are leading a group and need to carry more gear as backup gear and first aid gear need more space. Smaller bags can work if you strap some of your gear to the outside of your bag.</p> |
| | | <p>Experienced long-distance (aka thru) hikers often use smaller bags, but only ultralight backpackers use much smaller bags. On extended trips, the extra room isn't for more gear as your base weight (or weight of non-consumable gear) will be similar to what you carry for shorter trips. The extra room is for more food and possibly water if you are traveling through drier areas.</p> |

Backpack Terms

Write the correct term for each definition.

Word Bank

Hydration sleeve
Rain cover

Capacity
Base weight

1. _____: weight of all non-consumables in your pack plus the pack itself
2. _____: volume of space in the pack (in liters)
3. _____: a pocket in some packs that isolates a hydration bladder from the rest of the pack
4. _____: cover that protects backpack from rain.

Backpack Diagrams

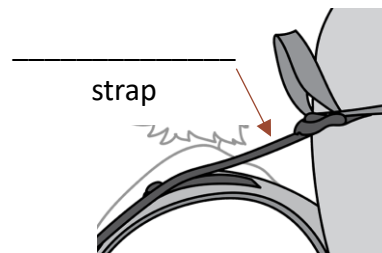
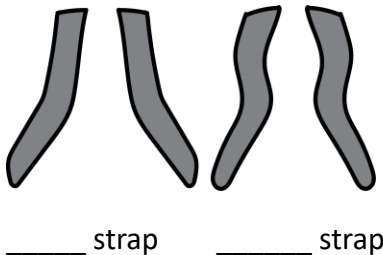
Write the correct terms in the blanks.

Word Bank

J strap

S strap

Load lifter strap



Backpack Diagrams (cont.)

Write the correct terms in the blanks.

Word Bank

External frame pack

Internal frame pack

Hip belt

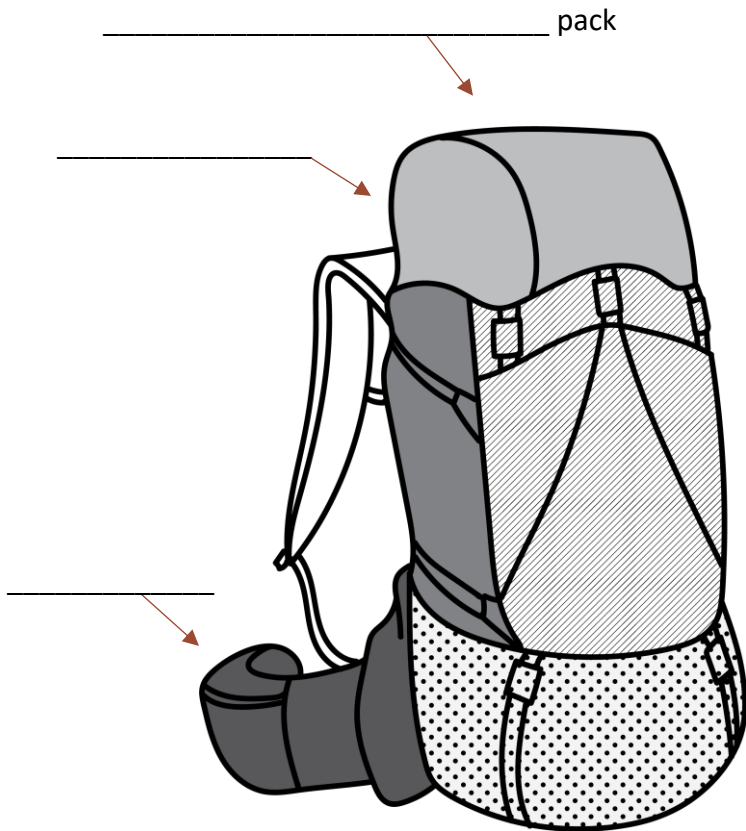
Sternum straps

Frameless pack

Lid (or brain)

Daisy chains

Haul loop



Backpack Diagrams (cont.)

Write the correct terms in the blanks.

Word Bank

External frame pack

Internal frame pack

Hip belt

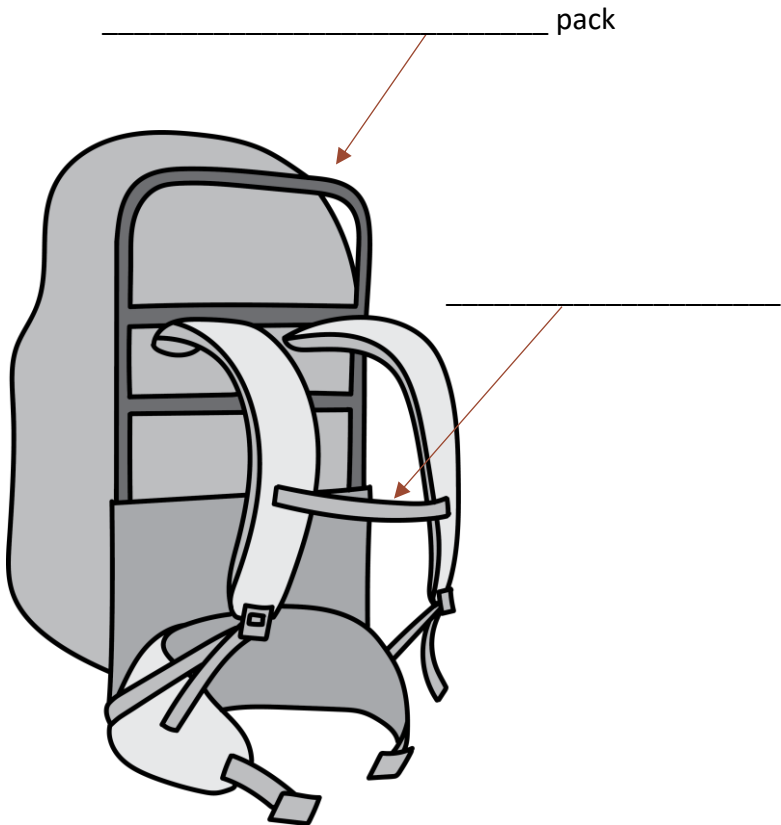
Sternum straps

Frameless pack

Lid (or brain)

Daisy chains

Haul loop



Backpack Diagrams (cont.)

Write the correct terms in the blanks.

Word Bank

External frame pack

Internal frame pack

Hip belt

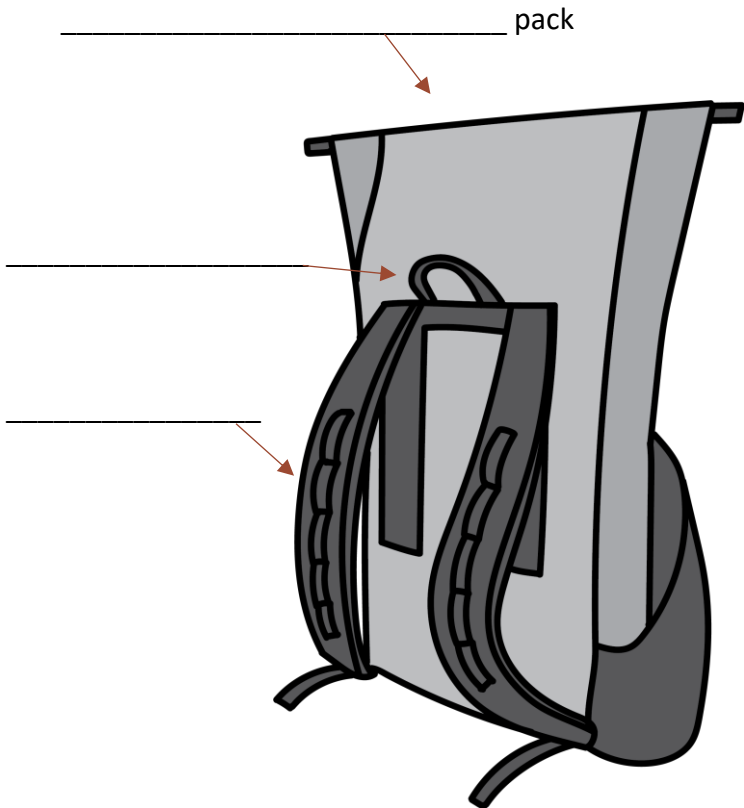
Sternum straps

Frameless pack

Lid (or brain)

Daisy chains

Haul loop



Tent notes

See **Module 1.1: Core Camping Skills** for more information.

Sleeping Bags and Sleeping Pads

See **Module 1.5: Camping and Overnight Trips** for more information

What kinds of sleeping equipment do you need for your trip and weather?

Weather-Appropriate Clothing

What layers might you need during the day?

What do you need for sleeping?

What do you need for unexpected weather conditions?

Other Clothing Notes

Water

Bring _____ liter per person for every two miles of moderate hiking in moderate temperatures (based on hiker's personal ability level).

What will you need water for on your trip?

How will you clean on your trip?

Filtration and purification notes

Water bottle and hydration bladder notes

How much water will you need on your trip?

First Aid Kit Notes



See **Module 1.6: Trip Safety** for more information.



Stove and Cookware Notes


Food Storage Notes

Packing a Backpack

Color and label the section of the backpack that shows where the items should be packed.

| Compartment | Items |
|--|--|
| <p>_____ of main compartment</p>  | <p>Midweight items you won't need until camp like sleeping gear.</p> <p>Some packs have a divider and a separate zipper to access this section to allow for easier access without unpacking the entire pack. The divider and zipper add weight.</p> <p>Place your sleeping bag at the bottom of your pack. It can be kept in a stuff sack or compression sack or kept loose as other items will compress it. If you will be in wet conditions, you can cover your sleeping bag with a plastic bag.</p> |
| <p>_____ of main compartment _____ from back</p>  | <p>Lightest gear is stored here to avoid making you prone to losing your balance.</p> <p>Lighter clothing like a puffy jacket and camp towels can help fill in space left by objects closer to your back.</p> <p>Lightweight toiletries can be kept here.</p> |

| Compartment | Items |
|---|--|
| <p>_____ of main compartment _____ to your back</p>  | <p>Heaviest gear should be kept close to the body.</p> <p>Hydration bladders go here if used. Food you don't need until camp is the heaviest item after water.</p> <p>Keep your cooking and eating gear here. Make sure fuel containers are tightly sealed and positioned upright to minimize the risk of spills. Canisters and smaller stoves may fit inside cookware to save space. Keep fuel below food to prevent contamination in case there is a leak.</p> |
| <p>Some suggest packing your tent in this area. If the tent is compressed, it is heavy for the space it will occupy. If the tent is loose, you can wrap the tent body and rainfly around heavier items.</p> | |
| <p>_____ of main compartment and _____</p>  | <p>Things you might need when hiking:</p> <ol style="list-style-type: none"> 1. First aid kit 2. Water filter 3. Compass and map 4. Sunscreen 5. Rain jacket (if rain is possible) 6. Snacks 7. Extra layers for warmth <p>Toilet kit (WAG bags, trowel, toilet paper, hand sanitizer, and any other items)</p> |

| Compartment | Items |
|--|---|
| <p>_____</p> <p>_____ on</p> <p>the _____</p> <p>and elsewhere</p>  | <p>Suggestions (but see what works best for you):</p> <ol style="list-style-type: none"> 1. Sunscreen 2. Compass and map 3. GPS unit 4. Bug spray 5. Lip balm 6. Snacks 7. Headlamp 8. Water bottles 9. Rain cover (if you carry one) 10. Car keys, cash, and ID (many bags have a clip inside an accessory pocket) |

_____ and _____

Use loops to attach things to the outside of your pack. You can clip clothing that needs to dry (bring safety pins to help support it). Some loops can store trekking poles.

You can strap a large sleeping pad or tent to the bottom of most packs with a sewn-on strap. You can loosen the straps that attach the lid to the pack and slide a larger item in that space.

Secure items attached outside the pack, so they do not bounce. Bouncing items can jostle you while walking and add to your energy expenditure. A swinging item outside a pack acts like an item ten times its weight. Tight and neat backpacks carry better and allow you to be more efficient in your movements.

Evening Debrief

What was the highlight of your day?

What was the low point of your day?

What was the best thing you learned?

Goal for the next day:

Final Debrief

What did you enjoy most?

What was your biggest challenge?

What gear did you like most? Why?

What will you do differently on your next trip?

Backpacking Checklist

This is an extensive list of items you should bring on a backpacking trip. This can be adjusted based on experience, gear weight, preference, and physical capabilities.

| Backpack Gear |
|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Backpack (typically 50-80 liters)<input type="checkbox"/> Sleeping bag or backpacking quilt<input type="checkbox"/> Sleeping pad<input type="checkbox"/> Pillow<input type="checkbox"/> Rain protection for inside the backpack (trash bag or waterproof stuff sac) |
| Kitchen |
| <ul style="list-style-type: none"><input type="checkbox"/> Lightweight stove & fuel<input type="checkbox"/> Cookpot & lid<input type="checkbox"/> Lighter & backup fire starter<input type="checkbox"/> Eating utensils<input type="checkbox"/> Cup or mug<input type="checkbox"/> Biodegradable soap<input type="checkbox"/> Cloth for cleaning<input type="checkbox"/> Bear canister, food bag, or hang bag & 50 ft nylon cord |
| Food & Water |
| <ul style="list-style-type: none"><input type="checkbox"/> Water bottles (plastic ones are lighter than traditional water bottles)<input type="checkbox"/> Water filtration or purification (primary & secondary options)<input type="checkbox"/> Meals (aim for 2500-3000 calories per person)<input type="checkbox"/> Energy food and drinks (trail mix, salt replacement, or bars)<input type="checkbox"/> Collapsible water container |

Backpacking Checklist (Cont.)

Health & Personal Items

- Toilet paper & Ziploc to carry out used tissue
- Digging trowel
- Hand sanitizer
- Prescriptions
- Contact lenses
- Menstrual products
- Toothbrush, toothpaste, & floss
- Chap stick
- Earplugs
- Sunscreen

Clothing (Weather & Area Dependent)

- Hiking pants or shorts
- Wicking shirt, tank top, long-sleeve shirt for sun and bugs
- Quick-dry underwear (at least 2)
- Down jacket or fleece jacket
- Rain wear (jacket and pants)
- Base layers
- Shoes suited for terrain
- Socks (hiking & sleeping) (synthetic or wool)
- Hats or beanies (warmth or sun protection)
- Sunglasses
- Gloves
- Bandana (for washcloth, emergency use, or sun protection)
- Head net for mosquitos (note: pre-treat clothing with permethrin bug repellent)
- Gaiters (rainy, snowy, muddy conditions)
- Sandals (water crossing or camp shoes)

Navigation

- Map
- Compass
- GPS
- Satellite messenger, personal locator beacon or both

Emergency Kit

- Whistle
- Black marker
- Duct tape or other repair tape
- Sleeping pad patch kit
- Super glue
- Needle & thread
- First aid supplies (include moleskin, antihistamines, anti-diarrheal medicine, gauze pads, medical tape, antibiotic ointment, & athletic tape)
- Itinerary left with a friend & in your car

Tools

- Light pocketknife or multitool
- Headlamp & extra batteries
- Power bank & charging cords, wall plug if needed
- Assorted Ziploc bags
- Cash, ID, credit card, insurance card, & permits

Other

- Bear spray (in grizzly country)
- Camera
- Cards and camp games
- Trekking poles
- Phone
- Day pack
- Waterproof pencil

EXAMPLE BACKPACKING TRIP FORM

Trip Name

Charleston Peak South Trail

Trip Location

1208 Cathedral Picnic Area Rd, Mt Charleston, NV 89124

Trip Purpose and Objectives

Enjoy cooler temperatures in the summer and camp

Trip Leader 1**Name**

Jeni Scout

Cell Phone #

1-702-333-3333

Trip Leader 2**Name**

Tyler Hyke

Cell Phone #

1-702-555-5555

Trip Emergency**Contact**

Friend Smith

Cell Phone #

1-702-444-5555

Checklist

- Permits Printed or Saved
- Weather Links sent to participants
- Driving Directions sent to participants
- Map or topo info sent to participants
- Additional resource info sent to participants
- Prepare and pack food
- Pack items from backpacking checklist

EXAMPLE BACKPACKING TRIP FORM (CONT.)

| | |
|---|--|
| List of Vehicles Tyler's Expedition Jeni's minivan | Weather Report (update morning of trip) Low 53, High 81, cloudy, 5% rain Check morning of trip at https://mtcharlestonweather.com/go-mt-charleston |
|---|--|

Resources

<https://www.alltrails.com/trail/us/nevada/charleston-peak-south-trail>

<https://www.gomtcharleston.com/mount-charleston-national-recreation-trailsouth-loop/>

TRIP ITINERARY

Date 7/19/25

| Time | Activity | Location and Notes |
|--------------|--------------------------------|--|
| DAY 1 | | |
| 9:00am | Departure | Jeni's house XXXX 4 th St, Las Vegas |
| 9:15-9:45 | Driving | Charleston Peak South Trailhead |
| 10:00-10:30 | Organize gear. | Trailhead |
| 10:30-12:00 | Hike | Goal of 2-3 miles |
| 12:00-12:30 | Lunch | Trail |
| 12:30-4:00 | Hike | Goal of 3-5 miles depending on group |
| 4:00-6:00 | Set up camp and downtime | Cooks need to prep for dinner at 5pm |

BACKPACKING EXAMPLE TRIP FORM (CONT.)**DAY 1 (CONT.)**

| | | |
|------------|---------------------------------|---|
| 6:00-7:00 | Dinner | Family style dinner and clean up |
| 7:00-8:00 | Group Game | Play cards or games like Assassin that don't require anything |
| 8:00-10:00 | Campfire with group day debrief | Tell stories |

DAY 2

| | | |
|----------------|---|---|
| 8:00-9:00 am | Breakfast, put away camp gear to protect gear from wind and animals | Cooks need to prep at 7:30am and put out lunch supplies for individuals to pack for the day |
| 9:00-12:00 pm | Finish hike to peak | Last couple of miles is hard; make time to enjoy the view at the top |
| 12:00-12:30 pm | Lunch break at peak | |
| 12:30-5:30 pm | Hiking down | Plan to be back at cars no later than 6 pm |
| 5:30-6:00 pm | Pack gear into cars | If finished at 6pm, group goes into town for pizza |

SAFETY MANAGEMENT PLAN

Address and Phone # of hospitals and health care facilities
(along the way and near the destination)

*Centennial Hills Hospital (702) 835-9700
6900 N Durango Dr.
Las Vegas, NC 89149*

Name and Phone # of Search & Rescue (County Sheriff)

Las Vegas Metro police and Search and Rescue: Call 911 if it's an emergency.

List of Participants with First Aid Training
(and their level of training)

Jeni has CPR and first aid

Emergency Response Steps

5. STOP and assess
6. Provide care to the injured based on your training
7. Decide if an evacuation is needed and make a plan
8. Communicate with:
 - Other participants
 - Search & Rescue
 - Medical Assistance
 - Emergency Contacts
 - Your organizations

Checklist

- Communication Device or Plan (other than the leader's cell phone)
- Liability/waiver form for organization
- _____
- _____
- _____
- _____

| TRIP BUDGET | | | | |
|----------------------|-----------|---|---------------------|---|
| Expense | Amount | Notes | | |
| Transportation | \$50 | Gas | | |
| Food | \$200 | Food for two days \$10 per person per day | | |
| Permit | NA | | | |
| Supplies/Gear | \$90 | First aid kit and WAG bags | | |
| Total | \$340 | | | |
| # of Participants | 10 | | | |
| Cost per Participant | \$34 | | | |
| TRIP ROSTER | | | | |
| Name (role) | Contact # | Emergency Contact | Emergency Contact # | Health Considerations & Signs of Issues |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |

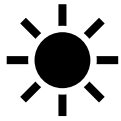
TEN PLUS ESSENTIALS PACKING LIST

Navigation: Map, Compass, & GPS System



Everyone has Gaia downloaded with the area downloaded
Jeni and Friend both have compasses and paper topo maps for the area

Sun Protection: Sunglasses, Sunscreen, & Sun Hat



Bottle of SPF 30
Hat
Sunglasses
Sunshirts

Insulation: Jacket, Hat, Gloves, Rain Shell, & Thermal Underwear







Fleece jacket and rain jackets in case chance of rain increases




Illumination: Flashlight, Lantern, & Headlamp



Head lamps with extra batteries

First Aid Supplies

| | |
|--|---|
|  | <p>First aid kit for group and small personal ones for blisters</p> |
| <p>Fire: Matches, Lighter, & Firestarter</p> | |
|  | <p>Lighter and matches plus 3 backpacking stoves and isobutane fuel canisters</p> |
| <p>Repair Kit and Tools: Duct Tape, & Multi-tool</p> | |
|  | <p>Duct tape and Tyler has a multitool</p> |
| <p>Nutrition: Food Makes All the Difference</p> | |
|  | <p>See meal plan Participants are bringing their own snacks and electrolytes for two days</p> |
| <p>Hydration: Water & Water Treatment Supplies</p> | |

| | |
|---|--|
|  | <p>Camelback 32 oz Two extra bottles (24 oz each) Each participant also has a small filter for emergency use</p> |
| Shelter | |
|  | <p>Tents and Emergency blanket for hike to peak</p> |
| Disposing of Human Waste | |
|  | <p>Use outhouses at trailhead and then WAG bags on the trail</p> |

Sample Food Plan Form

| Day | Breakfast (groceries) | Lunch (groceries) | Dinner (groceries) | Morning Snack | Afternoon Snack | Dessert | Prep |
|-----|-----------------------|---|--|----------------------|----------------------|----------------------------|---|
| 1 | On own | Turkey wraps (wrap tortillas, turkey, mustard, mayo packets, lettuce) | Ramen noodles with freeze-dried veggie mix and shelf-stable packs of chicken | Participant provided | Participant provided | Friend is bringing cookies | Pack as is in cooler for drive and keep turkey in soft cooler on hike |
| 2 | Instant oatmeal | Sandwiches (ham, sliced cheese, mustard, mayo, spinach, red pepper), Pringles | Pizza in town! | Participant provided | Participant provided | | Pack as is in cooler for drive and keep ham in soft cooler on hike |

Options for Additional Meals

| Day | Breakfast (groceries) | Lunch (groceries) | Dinner (groceries) | Morning Snack | Afternoon Snack | Dessert | Prep |
|-----|--|---|---|----------------------|--------------------|----------------|--|
| 3 | Vanilla yogurt, granola, muffins | Pitas, hummus, tabouli, tomatoes, cucumbers, summer sausage | Rice, sausage, veggies (minute rice, turkey sausage, red pepper, cherry tomatoes, onion, pesto) | Apples and bars | Oreos | Jell-O pudding | Pack as is in cooler and food box |
| 4 | Breakfast burritos (eggs, hash browns, salsa, tortillas) | PB & J (bread, almond butter, peanut butter, strawberry jam, grape jam) | Pesto, pasta, zucchini, red pepper, and sun-dried tomatoes | Dried fruit and bars | Goldfish | Oreo pie | Make and freeze eggs and potatoes, box and cooler for the rest |

FREQUENTLY USED INFORMATION

Many of the workshops will use these documents and forms. Your instructor will tell you if you should turn to one of these for an activity.

- **Ten Plus Essentials**
- **Trip Best Practices**
- **Blank Trip Form**

TEN PLUS ESSENTIALS

Navigation: Map, Compass, & GPS System



Navigation systems are used before your trip when planning your route. You use them during your trip when you need help orienting yourself in your surroundings.

Know how to use a topographical or relief map as well as your compass or GPS unit before going out.

Sun Protection: Sunglasses, Sunscreen, & Sun Hat



Sun protection is necessary to protect your skin and eyes from UV rays that can cause sunburn and skin cancer.

Consider wearing sunglasses, sunscreen, and hats. Sun-protection clothing such as pants and long sleeve shirts can also help minimize your exposure to the sun.

Insulation: Jacket, Hat, Gloves, Rain Shell, & Thermal Underwear



Nature is unpredictable. Be prepared for sudden changes in weather conditions.




Pack an extra layer of clothing that reflects the most extreme weather conditions you could encounter.

Illumination: Flashlights, Lantern, & Headlamp



You will need to bring your own lighting for many outdoor adventures.

Flashlights, lanterns, and headlamps are great options. Headlamps are preferred because you don't need your hands to use them. Be sure to pack extra batteries.

| First Aid Supplies | |
|---|---|
|  | <p>Be prepared for emergencies by packing first aid supplies with you.</p> <p>Start with a pre-made kit and modify it to fit your trip and medical needs. Check the expiration date on all items and replace them as needed.</p> <p>Consider including an emergency guide in case you are faced with an unfamiliar medical emergency.</p> |
| Fire: Matches, Lighter, & Firestarter | |
|  | <p>Fire can be an emergency signal and a heat source for cooking and staying warm.</p> <p>Pack matches (preferably waterproof) and fire starters (items that catch fire quickly and sustain a flame, like a lighter).</p> <p>Familiarize yourself with the fire use regulations of your park before heading out.</p> |
| Repair Kit & Tools: Duct Tape, & Multi-tool | |
|  | <p>Carry a basic repair kit with you to help repair equipment. The kit should include items such as duct tape, a knife, and scissors.</p> <p>Consider packing a multi-tool, a compact version of many tools that can include a knife, screwdriver, can opener, and more.</p> <p>Be sure to bring any tools specific to your trip and your activity.</p> |

Nutrition: Food Makes All the Difference



You should always be prepared for possible changes to your trip plans. Pack an extra day's supply of food.

No-cook items that have good nutritional value will keep your energy high without much effort.

Salty and easy-to-digest snacks like trail mix, nuts, and granola bars work well for outdoor activities.

Hydration: Water & Water Treatment Supplies





Staying hydrated on your trip is of utmost importance!

Physical activity increases your risk of dehydration, which can lead to negative health consequences.

Dehydration is a loss of water and forms of salt from the body.

If you're active outdoors, especially in hot weather, you should drink water often and before you feel thirsty. Prepare your water before you need it and do not allow yourself to become dehydrated.

Before heading out on your trip, be sure to identify if there are bodies of water at your destination you could collect water from. Remember to treat your water using water treatment supplies.

| | |
|---|--|
| Shelter | |
|  | <p>Shelter is one of the most important elements during an emergency survival situation. It can protect you from severe weather conditions and exposure to the elements.</p> <p>A tent, tarp, bivy sack, or emergency space blanket are all lightweight options for emergency shelter.</p> |
| ESSENTIAL PLUS+ | |
| Disposing of Human Waste | |
|  | <p>As outdoor spaces are being used more and more, it is critical for the public to be better equipped to dispose of human waste on public lands.</p> <p>If there is not a restroom, please take a “WAG bag.” This is a disposable toilet kit with waste treatment powder or gel, toilet paper, and hand sanitizer. They are easy to use, sanitary, and easy to dispose of in a trashcan when you return from your trip.</p> <p>You should also learn how to dig catholes, where to dig them, how to pack out used toilet paper, and about alternatives like backpacking bidets.</p> |

Ten Essentials list adapted from
<https://www.nps.gov/articles/10essentials.htm>

Trip Best Practices

1. Plan ahead & prepare. (See Trip Form)

This includes:

- Trip purpose
- Trip location and itinerary or schedule
- Trip leaders and their contact information
- Permit requirements
- Weather report
- Safety management
- Equipment list
- Trip budget
- Trip participant list and their emergency contacts

2. Camp & travel on durable surfaces.

Camp in campsites that are already made or on surfaces that resist trampling.

- Durable surfaces: rock, sand, gravel, snow, trail, and grass.
- Non-durable surfaces: moss, wildflowers, wetlands, steep slopes, cryptobiotic soil.
- Stick to existing paths to keep the environment neat and healthy.

3. Dispose of waste properly.

Use provided trash cans and dumpsters at campgrounds and trailheads.

- On busy weekends, trashcans and dumpsters can be full. Bring heavy duty garbage bags in case you need to take your garbage home with you.
- Do not burn trash unless it can completely burn in your fire. Remove and properly dispose of anything that doesn't fully burn.

Pack it in, pack it out.

- Do a sweep of your camp to make sure there is no litter, food, or trash behind—even if it isn't yours.
- Do not let trash blow away—animals become campground pests if they find food there.

4. Dispose of human waste properly.

Use trailhead outhouses to minimize what you pack out.

- Don't throw trash into latrines. They are emptied using a pump system. Trash must be manually removed with great expense and difficulty.
- Do not leave any trash or human waste within 200 ft of waterways.
- Deposit solid human waste in catholes dug at least six inches deep and at least 100 ft away from trail and camp. Cover and disguise the cathole afterwards.
- Pack out toilet paper and hygiene products. This can be done with a zippered plastic bag and duct tape.
- In popular areas, canyons, or alpine areas please use a wag bag and pack out your human waste.

5. Minimize campfire impacts.

Use camp stoves instead of campfires.

If using a campfire, use existing fire rings.

- Do not build fires near stone or areas that will create fire scars. Remove all signs that a fire existed.
- Be aware of restrictions. Many national parks restrict fires.

6. Leave what you find.

Take photos of plants and cultural artifacts instead of taking the objects themselves.

- This helps others be able to enjoy them as well.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

7. Be considerate of wildlife & people.

Watch wildlife from a distance.

- The recommended distances are:
 - around 25 yards for small animals
 - around 100 yards for large animals

The “rule of thumb” is a helpful tool for estimating distance for viewing animals.

- You should be far enough away that your thumb totally blocks your view of the animal if you extend your arm and look at the animal.

8. Recognize the needs of your group.

Consider the age, abilities, and experience of the group when planning an activity.

- For example, consider sharing gender assigned bathrooms if you have a large group to save valuable packing time or daylight.

9. Familiarize yourself with the policies of the land you are visiting.

Agencies have different policies on groups, camping, permits, and so on.

- Often state and federal lands overlap with tribal lands, which can have unique policies as well. Find out if you will be visiting a tribe’s land and read their policies for visitors.

- State and federal agencies follow different laws. Be sure to comply with them to the best of your ability.












Examples:

- Cannabis is illegal on any federal land, even if that land is in a state that has legalized it.
- Vaping and smoking indoors is illegal in Utah and California with limited exceptions, and it is prohibited in federal buildings.
- Nevada bans guns in state parks unless they are unloaded in a vehicle or on a concealed carry permit holder. Firing a gun is illegal even in self-defense. National parks allow open carrying but defer to state laws regarding concealed carry.
- Alcohol is generally allowed away from vehicles and outside of buildings.

| TRIP FORM | |
|---|--|
| Trip Name | |
| Trip Location | |
| Trip Purpose and Objectives | |
| Trip Leader 1 Name | Cell Phone # |
| Trip Leader 2 Name | Cell Phone # |
| Trip Emergency Contact | Cell Phone # |
| Checklist <ul style="list-style-type: none"> <input type="checkbox"/> Permits Printed or Saved <input type="checkbox"/> Weather Links sent to participants <input type="checkbox"/> Driving Directions sent to participants <input type="checkbox"/> Map or topo info sent to participants <input type="checkbox"/> Additional resource info sent to participants <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ | LIST OF VEHICLES |
| | RESOURCES |
| | WEATHER REPORT (update morning of trip) |
| | |
| | |

| TRIP ITINERARY | | |
|---|----------|--|
| Date | | |
| TIME | ACTIVITY | LOCATION |
| | | |
| | | |
| | | |
| | | |
| | | |
| SAFETY MANAGEMENT PLAN | | |
| Address & Phone # of Hospitals (along the way and nearest to destination) | | |
| Name & Phone # of Search and Rescue (County Sheriff) | | |
| List of Participants with First Aid Training (and their level of training) | | |
| Checklist <input type="checkbox"/> Communication device or plan (other than the leader's cell phone) <input type="checkbox"/> Liability/waiver form for organization <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ | | Emergency Response Steps 1. STOP and assess 2. Provide care to the injured based on your training 3. Decide if an evacuation is needed and make a plan 4. Communicate with: <ul style="list-style-type: none"> • Other participants • Search & Rescue • Medical assistance • Emergency contacts • Your organization(s) |

TEN PLUS ESSENTIALS PACKING LIST

| | | | |
|---|--|---|--|
| Navigation: Map, Compass, & GPS System | | Sun Protection: Sunglasses, Sunscreen, & Hat | |
|  | |  | |
| Insulation: Jacket, Hat, Gloves, Rain Shell, & Thermal Underwear | | Illumination: Flashlight, Lantern, & Headlamp | |
|  | |  | |
| First Aid Supplies | | Fire: Matches, Lighter, & Firestarter | |
|  | |  | |
| Repair Kit and Tools: Duct Tape & Multi-tool | | Nutrition: Food Makes All the Difference | |
|  | |  | |
| Hydration: Water & Water Treatment Supplies | | Shelter | |
|  | |  | |
| Disposing of Human Waste | | | |
|  | | | |

| TRIP BUDGET | | | | |
|-----------------------------|------------------|--------------------------|----------------------------|--|
| Expense | Amount | Notes | | |
| Transportation | | | | |
| Food | | | | |
| Permit | | | | |
| Supplies/Gear | | | | |
| Total | | | | |
| # of Participants | | | | |
| Cost per Participant | | | | |
| TRIP ROSTER | | | | |
| Name (role) | Contact # | Emergency Contact | Emergency Contact # | Health Considerations & Signs of Issues |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| 11. | | | | |
| 12. | | | | |

Food Plan Form

| Day | Breakfast (groceries) | Lunch (groceries) | Dinner (groceries) | Morning Snack | Afternoon Snack | Dessert | Prep |
|-----|--------------------------|----------------------|-----------------------|------------------|--------------------|---------|------|
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |

APPENDICES

- Appendix A: Glossary
- Appendix B: Gear Guide
- Appendix C: Additional Resources

APPENDIX A - GLOSSARY

This section provides a list of terms and definitions. Diagrams of items can be found in their respective modules.

Organizations and their initialisms

- Bureau of Indian Affairs (BIA)
- Bureau of Land Management (BLM)
- Bureau of Reclamation (Reclamation)
- Fish and Wildlife Services (USFWS)
- International Grizzly Bear Committee (IGBC)
- National Park Services (NPS)
- Outdoor Recreation Leaders Program (ORLP)
- Sierra Interagency Black Bear Group (SIBBG)
- Southern Nevada Area Partnership (SNAP)
- United States Forest Services (USFS)
- United States Geological Survey (USGS)

Vocabulary

3-season tent: A tent designed for spring, summer, and autumn. They tend to be light and fine for most uses. 3-season tents have more mesh and airflow making them better for warmer temperatures.

All season tent (or 4-season tent): A tent designed to handle strong weather including heavy rain, wind, and snow and generally have less mesh and are warmer than 3-season tents.

Base weight: The total weight of all non-consumables in your pack, including the pack itself. This excludes food, water, and fuel (but not fuel containers). Typical backpacker base weight is 25-30 lbs., lightweight backpacker base weight is generally

10-20 lbs., and ultralight is under 10 lbs. Reaching a base weight of under 10 lbs. requires specialty gear that is typically very expensive and leaving behind items many backpackers feel are essential.

Bathtub: The waterproof floor of a tent that is designed with raised edges, typically a few inches high, to prevent water from entering the tent.

Burner: The part of the stove with the fuel and flames.

Bivvy: (aka bivy) This term is short for bivouac shelter. A small shelter that is functionally a waterproof layer for a sleeping bag. Historically these were lighter than tents, but that generally no longer true. The term is also used for lightweight disposable emergency shelters made from mylar or a similar material. They are similar to emergency blankets, but resemble a sleeping bag in design.

Capacity: The volume of space in the packs, typically measured in liters. Some manufacturers include large external pockets in their estimate of capacity, so read product details carefully for internal capacity.

Cardiopulmonary Resuscitation (CPR): An emergency life-saving procedure that combines chest compressions and artificial ventilation to maintain circulatory flow and oxygenation in a person who has suffered cardiac arrest.

Cathole: A hole dug for solid human waste in the wilderness. Catholes should be at least 6" deep and at least 100 feet away from trail and camp. Cover and disguise a cathole after use.

Closed cell foam: The foam equivalent of an egg carton with the foam protected by an outer coating that may add some insulation.

Daisy chains: Term used to describe straps sewn into a series of loops instead of lying flat. Can be used to attach items to the pack.

Dispersed camping or backcountry camping: Camping in undeveloped areas outside of designated campgrounds, often in remote or wilderness locations. This type of camping usually involves setting up a tent or other shelter without amenities such as running water, toilets, latrines, or established fire pits.

Down insulation: A natural material that comes from the soft, fluffy plumage of ducks, geese, and other waterfowl. Traps air to prevent heat loss. Lightweight and breathable. Loses insulation properties when wet. Some down is treated to repel water, but it can still lose insulation properties. It is often used for sleeping bags and jackets.

Dry campsite: A campsite that doesn't have access to water.

Durable surfaces for camping: Surfaces that resist tramping and don't take much damage from camping. Examples include rock, sand, gravel, snow, trail, and grass.

External frame packs: Older backpack technology that isn't common today. It has a visible metal frame with the pack on one side and straps on the other. These can carry heavier loads, provide better airflow to your back, are less expensive than internal frame packs, and have many attachment locations for items on the exterior. They tend to be heavier and stick out from your body which can be uncomfortable, restrict head movement, and make it difficult to pass through tight spaces.

Fill Power: How lofty or fluffy insulation filling is. Higher fill power means insulation is loftier and warmer at a lower weight.

Fire blanket: A blanket made of fire-resistant materials used to smother flames.

Fire starter: A tool or material used to help ignite a fire more easily. Fire starters are designed to catch fire quickly and burn hot enough to ignite larger pieces of fuel like wood or charcoal. They come in various forms, including chemical fire starters, wax-coated sawdust, or natural materials like fatwood and may supplement or replace tinder (see below).

Frameless packs: These packs are backpacks with shoulder straps and often a hip belt. These are exceptionally lightweight but are missing many features of heavier packs. They don't tend to have as many organizational pockets, padding for the back to protect from hard objects, ventilation for the back, or the ability to transfer weight to the hips. They require careful packing and cannot carry the same weight as more structured packs even if there is capacity for more items. These packs are popular with ultralight backpackers.

Freestanding tent: A tent with support poles that can maintain its shape without being staked down.

Frontcountry camping: Camping in established campgrounds that are easily accessible by vehicle, typically offering amenities like restrooms, picnic tables, fire rings, and sometimes even electrical hookups. Frontcountry campsites are often located near roads, parking lots, and recreational facilities, making them more convenient and less rugged than backcountry or dispersed camping. They can also be called **developed campsites**.

Fuel Regulator: The knob that controls the fuel flow out of the burner.

Gas regulator: Controls the amount of fuel pressure that feeds into a Coleman-style stove.

Global Positioning System (GPS): A navigation system using satellites developed by the Department of Defense for military use in the 70s. It is now managed by the National Executive Committee for Space-Based Positioning, Navigation and Timing (PNT) since most users are no longer military.

Ground cloth (or Footprint): A sheet of fabric that goes underneath your tent. It provides extra protection for the bottom of your tent and can keep it dry when the ground is damp. It is less expensive to replace a ground cloth than an entire tent. Ground cloths may attach to a tent, be made for a specific tent model, or be an inexpensive tarp. Those for specific models are called footprints.

Guylines: A cord used to tie down a tarp, tent or rainfly using stakes. They keep the rainfly away from the tent to prevent leakage. They also create stability against high winds or snow.

Hang bag: A bag that keeps food up and off the ground outside your tent. Often counterbalanced by a bag weighted with rocks. These are often not allowed in places with bears and should be well sealed to prevent animals and birds from dropping into them from above. May also be called a food bag. These generally hang from hardware that is different from the hardware used to close the bag.

Haul loop: A loop at the top of the bag for lifting. You should always use a haul loop to lift a backpack and never the shoulder straps.

Hip belt: The main way packs transfer weight to the hips. A properly fitted hip belt will put about 80% of the pack weight on your hips. The shoulder straps of bags with hip belts are largely designed to help the pack stay in position on your body so the weight sits on your hips instead of your shoulders. Some hip belts pivot with your body to reduce pack movement when you hike. Some companies make accessory pockets that can be added to hip belts. Padding on hip belts varies between brands and some brands fit bodies differently. Try on several packs with weight in them to find what works for you. Some companies use materials that can be molded to your personal shape using heat. Work with a certified person in-store to get the best results.

Hydration sleeve: A pocket in some packs that isolates a hydration bladder from the rest of the pack. Some pockets are positioned for bladder access without opening the pack. Others are fully inside the main compartment. These sleeves may feature a clip for hanging the bladder so it doesn't get compressed at the bottom of the bag. Many backpackers prefer water bottles to hydration bladders because bottles are easier to access and the water level can be seen easily.

Inflatable pad: A pad that requires you, or a pump, to get air into it.

Internal frame packs: Newer back technology with thinner and lighter support frames entirely inside the pack. These packs are designed to have a smaller profile and move with the hiker's body, making it easier to navigate rough terrain and tight spaces. They weigh less than external frame packs but cost more and have fewer spots for attaching items. The structure transfers weight to your hips reducing fatigue and back strain. Many, but not all, offer some amount of

ventilation for the back, which can reduce discomfort in hot and humid weather.

Isobutane fuel canister: Canister for camping stoves filled with isobutane. They are lighter than propane canisters and have more energy for their volume. Use only with isobutane stoves.

J-straps and S-straps: Versions of the shoulder straps of a backpack based on their shapes. J-straps are more common and appear to come straight down from the top of the backpack and then curve to attach to the bottom of the pack. S-straps were designed for men with larger chest muscles and women and curve out at the chest to create extra room.

Kevlar bag: A bag designed to hold up to bear claws. Lighter and easier to pack than canisters. Not approved at all bear locations. Small animals can chew holes through Kevlar.

Kindling: Small combustible material used to help logs catch fire and burn. Kindling is typically materials like twigs, small sticks, and dry leaves.

Latitude: Degrees measured from the equator (0°) to the poles (90°). Latitudes north of the equator may be indicated as north or with a positive number. Latitudes south of the equator may be indicated as south or with a negative number.

Latrine: A simple outdoor toilet, often a pit or trench, used in remote or undeveloped areas. Also called a pit toilet.

Lid (also known as the Brain): A top compartment in some packs. These sit over the main compartment to provide additional storage. Some are removable and some have straps to turn into a fanny pack.

Load lifter straps: Small straps at the top of the backpack that connect the main compartment with the shoulder straps. They help pull weight off shoulders and should be angled around 45°. Often missing on inexpensive and ultralightweight packs.

Longitude: degrees measured east and west of the Prime Meridian in Greenwich, England. The Prime Meridian is 0°, with longitude going up to 180° east and west where they meet on the other side of the planet.

Microtrash: Small pieces of litter, such as cigarette butts, plastic bits, and food wrappers, that are often overlooked but can harm the environment.

Mummy sleeping bag: A sleeping bag that is tapered to fit your body snugly. Faster to warm up and lighter than rectangular sleeping bags. Include a hood to keep your head warm. Some find them constraining or claustrophobic.

Non-durable surfaces for camping: Surfaces that are dangerous for camping or are damaged easily. Examples include moss, wildflowers, wetlands, steep slopes, and cryptobiotic soil.

Non-freestanding tent: A tent that requires staking to have any shape at all. Some utilize hiker trekking poles for support.

Out-and-back hike: A hiking trail that begins and ends at the same location, connecting two points like a trailhead and a destination.

Personal Locator Beacon (PLB): A device that uses a satellite connection to call for help. These may only function to contact search and rescue or may have additional capabilities including messaging personal contacts.

Piezo Igniter: The part of the stove that sparks to ignite the fuel. Also available as a separate tool.

Pop-up tent: A tent with built in poles that can be set up quickly and easily. This term may be used to describe tents with built-in telescoping poles, or those with tensioned wire rings similar to some windshield shades.

Pot Support: A structure that supports a pot above a burner.

Propane fuel canister: Canister for camping stoves filled with propane. They are heavier than isobutane canisters but fit more common tent camping stoves. Use only with propane stoves.

R-value: A measurement for insulation. The higher the value, the better the insulation. Values below 2 are only suitable for warm weather. Values from 3-4 appear to be most popular, but values can go above 10.

Rain cover: Protects backpack from rain. Backpacks are generally not waterproof. Some packs come with rain covers but others need to be purchased separately. An inexpensive alternative to a rain cover is to use a high-quality trash bag to line your backpack. Your pack will get wet and heavier, but your gear will stay dry.

Rainfly: A waterproof cover that fits over the roof of the tent. It can be used for rain or for additional warmth. It also reduces condensation inside the tent from people breathing inside as the condensation will form on the rainfly instead of the tent.

Rat bag: A chainmail type bag that is much harder for small animals to chew through. These are heavier than regular hang bags. The food inside can be squashed by larger animals if it is not hung up.

Self-inflating pad: A pad that has a valve that will allow air to enter the pad automatically when it is open. These pads must be stored inflated to function properly and may require a little air from your breath or a pump to fully inflate.

Semi-freestanding tent: A tent that will stand without stakes, but not have its full shape. Often a few stakes will make it fully supported. These are sometimes called freestanding by manufacturers.

Shroud: A part on a Jetboil-style stove made of plastic that allows you to safely hold the burner without injury. This is an insulated layer around the pot.

Sleeping quilt: A blanket shaped like a mummy bag but missing the part you lay on and hood. Some are closed at the bottom while others are open. Less common than other bag types and often more expensive. People sleep on sleeping pads directly with the quilt wrapped around them. Lightweight but still warm. Flexible for temperature because they can be thrown off like a blanket.

Stakes: Stabilizers for tents that are similar to large nails. They come in a variety of materials, shapes, and sizes. Should be considered a required part of pitching a tent. They prevent the tent from moving in windy or stormy weather. Stakes may be required to keep the rainfly off the main tent or to add ventilation.

Sternum straps: Small straps that run between the shoulder straps across the sternum or chest to stabilize the pack when hiking. These straps help stabilize the bag while hiking. Sternum straps should be adjusted to about an inch below the collarbone. They should be tightened to avoid slack, but not restrict movement and breathing.

Temperature control knob: Controls the height and heat of a flame on a Coleman-style stove.

Tinder: Smaller combustible material used to ignite a fire. Once ignited, tinder burns rapidly and provides the initial heat needed to ignite kindling, which then helps build a larger, sustained fire.

Topographical map: A map with lines that show elevation.

Trailhead: The starting point or entrance of a hiking trail, often marked with signs or maps.

WAG bag (Waste Alleviating Gel bag): A resealable plastic bag with waste alleviating gel inside. Used to carry solid human waste out of wilderness areas.

Widowmakers: Dead, loose, or broken branches or debris in trees that could fall and harm those below.

Wilderness First Aid (WFA): A specialized type of first aid focused on providing medical care in remote or outdoor settings where professional help may be delayed.

Wilderness First Responder (WFR): A trained individual certified to provide advanced medical care and emergency response in remote or wilderness settings, often acting as the primary medical provider until professional help arrives.

Wind shield: Foldable walls for a stove that help block wind.

APPENDIX B – ADDITIONAL RESOURCES

In this section we list a number of ORLP staff vetted resources that instructors and participants can use to review or learn more about the topics covered in the ORLP curriculum. Note, websites were vetted in December 2024 and may not continue to work or may not continue to provide good information. They have been grouped by workshop topic, but Camping is covered in three workshops and so those have been combined. In addition, please note that resources listed under Planning Day and Overnight Trips may include good information for camping and backpacking.

Camping Information:

<https://www.nps.gov/subjects/camping/how-to-camp.htm>

<https://www.blm.gov/programs/recreation/camping>

<https://www.npr.org/2020/07/22/894312084/new-to-camping-heres-how-to-get-started>

<https://www.blm.gov/programs/recreation/recreation-activities/nevada>

<https://parks.canada.ca/voyage-travel/hebergement-accommodation/camping-101>

<http://www.backcountryattitude.com/campfire-problems.html>

<https://www.rei.com/learn/expert-advice/campfire-basics.html>

<https://www.rei.com/learn/expert-advice/camping-for-beginners.html>

<https://www.coleman.com/camping-101-guide.html>

Outdoor School Hiking and Camping: The Definitive Interactive Nature Guide

How to Camp in the Woods: A Complete Guide to Finding, Outfitting, and Enjoying Your Adventure in the Great Outdoors by Devon Fredericksen

10 Plus Essentials Information:

<https://www.nps.gov/articles/10essentials.htm>

<https://americanhiking.org/resources/10essentials/>

<https://www.outdoors.org/resources/amc-outdoors/outdoor-resources/the-10-essentials-what-to-pack-for-a-backcountry-hike/>

<https://visitguadalupemountains.com/desert-hiking-essentials/>

<https://Int.org/how-to-reduce-stops-by-packing-the-10-essentials-on-your-next-trip/>

<https://www.backpacker.com/survival/survival-gear/ten-essentials-less-important-than-you-think/>

Trip Best Practices:

<https://Int.org/why/7-principles/>

<https://www.thisexpansiveadventure.com/blog/planninganadventure/>

<https://www.outsideonline.com/outdoor-adventure/exploration-survival/everymans-guide-planning-epic-adventure/>

<https://veggievagabonds.com/adventure-planning/>

<https://recreation.richmond.edu/common/PDF/oa-r-planning-future-trips-.pdf>

Planning a Day or Overnight Trip (also see Camping Resources):

<https://www.outsideonline.com/outdoor-adventure/hiking-and-backpacking/how-plan-day-hike/>

<https://americanhiking.org/resources/planning-your-hike/>

<https://www.hikingdude.com/hiking-planning.php>

<https://forecast.weather.gov/MapClick.php?lat=36.2176&lon=-115.0232#.YeXmzRPMI-Q>

<https://mtcharlestonweather.com/>

<https://weather.com/weather/today/l/Lake+Mead+National+Recreation+Area+NVNPSLAME:13:US>

How to Suffer Outside: A Beginner's Guide to Hiking and Backpacking by Diana Helmuth

Pocket Guide to Hiking/Backpacking by Ron Cordes

The Ultimate Hiker's Gear Guide (2nd Ed.): Tools and Techniques to Hit the Trail by Andrew Skurka

Websites to reserve campsites on public lands:

<https://parks.nv.gov/about/reservations>

<https://www.recreation.gov/>

Trip Safety:

<https://wildernessmedicine.com/>

<https://www.nols.edu/en/>

<https://www.coursera.org/> (search for wilderness first aid courses)

<https://www.rei.com/learn/expert-advice/wilderness-first-aid-basics.html>

<https://intermountainhealthcare.org/classes-events>

<https://www.acls.net/wilderness-first-aid-basics>

<https://www.redcross.org/take-a-class/cpr/wilderness-sports?srsItd=AfmBOorUXUfINeFBXN4kmKgMKVIShldJ6Q3xd2WgS0CVd2j9wUyRpCKA>

Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergencies by Tate Higgins and Ali Arastu

Navigation:

<https://americanhiking.org/resources/how-to-use-a-compass/>

<https://www.rei.com/learn/expert-advice/navigation-basics.html>

<https://www.backpacker.com/skills/how-to-use-a-compass/>

<https://www.gore-tex.com/blog/how-to-use-a-compass>

<https://wildernesstimes.com/how-to-use-a-compass/>

<https://www.maptools.com/declination>

<https://edrnet.com/wp-content/uploads/2014/08/US-Topo-Map-Symbols.pdf>

<https://pubs.usgs.gov/gip/TopographicMapSymbols/topomapsymbols.pdf>

In case your maps are all VERY old, additional information can be found here:

https://www.usgs.gov/faqs/where-can-i-find-a-topographic-map-symbol-sheet?qt-news_science_products=0#qt-news_science_products

If you have time to go into symbols in more detail:

<https://s3.amazonaws.com/wateratlasimages/HowToReadTopoPlusActivity.pdf>

Wilderness Navigation: Finding Your Way Using

Map, Compass, Altimeter & GPS, 3rd Edition (Mountaineers Outdoor Basics) by Bob Burns and Mike Burns. Mountaineers Books. February 24, 2015.

Wilderness Navigation: Finding Your Way Using Map, Compass, Altimeter & GPS, 3rd Edition (Mountaineers Outdoor Basics) by Bob Burns and Mike Burns. Mountaineers Books. February 24, 2015

Backpacking (also see Day and Overnight Trips):

<https://andrewskurka.com/beginner-first-time-backpackers-advice-info-tips-resources/>

<https://outwardbound.org/blog/beginners-guide-backpacking/>

<https://www.shedreamsofalpine.com/blog/backpacking-for-beginners>

<https://amandaoutside.com/backpacking-tips-for-beginners/>

<https://www.backpacker.com/skills/beginner-skills/the-total-beginners-guide-to-backpacking/>

<https://www.rei.com/learn/expert-advice/backpacking-beginners.html>

<https://www.treelinereview.com/backpacking>

The Backpacker's Field Manual, Revised and Updated: A Comprehensive Guide to Mastering Backcountry Skills by Rick Curtis

How to Survive Your First Trip in the Wild: Backpacking for Beginners by Paul Magnanti

The Backpacker's Handbook (4th Ed.) by Chris Townsend