

Class Syllabus

March 17th – Introduction Class

Introductions and class requirements – Gather your course materials and help us lay out the class rules. Receive introductions from all of our volunteer instructors.

March 24th 6:30pm Indoor Class I

13 essentials/ boots – Learn the survival essentials you should take on every hike and the best way to fit those hiking boots.

March 31st 6:30pm Indoor Class II

Major Equipment/Water Treatment – Lecture on the major equipment used in backpacks (tents, sleeping bags, packs, etc...) and how to prevent illness by effectively treating your water through various methods.

April 7th 6:30pm Indoor Class III

Clothing/Weather - Sunny and 75 is that perfect weather! But we need to be prepared for what nature throws our way. This class will lecture on how to read the clouds and skies and the clothing options for typical weather on the trail.

April 8^t 10:00am

REI/Mountain Gear Sale event – come shop for gear and the directors will be there to answer questions.

April 14th 6:30pm Indoor Class IV

First Aid (required to graduate) – This is not a certification course. Lecture will cover the most common injuries observed on the trail and how to prevent and be prepared for these ailments.

April 21nd 6:30pm Indoor Class V

Outdoor Etiquette – We have to behave well on the trail! We will cover the various outdoor etiquette morals.

April 28th 6:30pm Indoor Class VI

Food Preparation and food planning

April 29th: 3:00pm – Outdoor Session I/II

Overnight test backpack with a morning hike on April 30th.

May 5th Ultralight Backpacking

Learn how to backpack using ultralight gear and eliminating that extra carriage!

May 12th 6:30pm Indoor Class VII

Trip Planning/ Basic Map and Compass – A successful trip is a well thought-out trip. And in those not-so-thought-out-I-am-now-lost moments you will be grateful to know the basics of reading that topo map.

May 13th 9:00am Outdoor Session III

Map and compass Outdoor course (required to graduate) – Put those skills to the test! Can your group complete the course?

May 19th 6:30pm Indoor Class VIII

Effective pack packing

Trip Preparations

May 27th – 29th Graduation Backpack

Graduation Requirements:

Attend 7 of the indoor classes - First aid and Outdoor Session III are mandatory.

No Less Than 3 training-hikes completed. Day-hikes are typically held on weekend mornings/days and Wednesday evenings (5:30pm). Additional hikes will be offered through the school by the instructors.

Trail Work Activity