

Name _____

Backpacking Workbook

1. Write a brief paragraph discussing the meaning of the motto: "Take nothing but pictures and leave nothing but foot- prints," and relate it to our backpacking trip.

2. Make a list of the proper clothing that needs to be taken on a backpacking trip.

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3. Demonstrate how to pack a pack properly.

Instructor's signature _____

4. List things to look for when buying a good quality backpack.

5. Show the proper way to put on and take off a backpack alone and with a friend.

Instructor's signature: _____

6. According to your weight, what is the maximum number of pounds you should be allowed to carry. _____ lbs.

7. Know the prevention, symptoms and first aid for:

a) Sunburn - _____

b) Blisters - _____

c) Frostbite - _____

d) Hypothermia - _____

e) Heat stroke - _____

f) Heat exhaustion - _____

g) Snake bite - _____

h) Cramps - _____

i) Dehydration - _____

8. Have a first aid kit and know how to use it.

9. What types of food are best for backpacking?

10. Visit a grocery store and list the foods found there that are suitable for backpacking.

11. Prepare a menu for a weekend backpack trip.

Sabbath Breakfast -

Sabbath Lunch -

Sabbath Supper

Sunday Breakfast -

Sunday Lunch -

11. Make a trail snack. List what you put in it. _____

12. Tell how to measure, package and label foods for a backpacking trip.

13. Make a list of the cooking utensils you will need for a backpacking trip.

14. What kind of sleeping bags are best for your area?. _____

Name three:

1) _____

2) _____

3) _____

15. What kind of sleeping pads are best for your area.

Name three:

1) _____

2) _____

3) _____

16. Know three ways to find direction without a compass.

(1) _____

(2) _____

(3) _____

17. Participate in a weekend backpacking trip of a least three miles and cook your own meals.

Instructor's signature _____

Date of trip _____