

The Backpacker's Field Manual

THREE-SEASON BACKPACKING TRIP TEACHING PLAN

Equipment

- Clothing
- Layering for temperature control
- Boots
- Backpacks
- How to pack a pack
- Putting on a pack
- How to wear a pack
- Group equipment

Travel Techniques

- Pacing and rhythmic breathing
- Rest step
- Contouring
- Traversing an incline
- River crossings
- Rest stops
- Map reading
- Compass use

Camp Setup

- Location—Leave No Trace
- Tarp/tent setup
- Stove use and cooking area setup
- Food and nutrition
- Cooking
- Water purification
- Hygiene

Leave No Trace

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

First Aid

- First-aid kit
- Foot and blister care
- Hypothermia and hyperthermia
- Adequate hydration and nutrition
- Fatigue prevention

Safety and Emergency

- Risk Assessment & Safety Management
- Environmental hazards, based on location, activity, and season
- Equipment hazards
- People hazards
- Situational awareness