



\_\_\_\_\_  
Pathfinder's Name

## Backpacking

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Clothing \_\_\_\_\_  
\_\_\_\_\_

Shoes \_\_\_\_\_  
\_\_\_\_\_

Rain gear \_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

Know at least three kinds of each that are available.

Sleeping Bags

Pads

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

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

\_\_\_\_\_

\_\_\_\_\_

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

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

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

\_\_\_\_\_

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

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

Campout date \_\_\_\_\_

Number of miles \_\_\_\_\_

Date completed \_\_\_\_\_

Instructor's Signature \_\_\_\_\_

# Backpacking, Chart #1

Menu for a weekend backpack trip

Breakfast	Lunch	Supper
		Friday
Saturday	Saturday	Saturday
Sunday	Sunday	

## Backpacking, Chart #2

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

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