Pathfinder’s Name

Backpacking

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.

<table>
<thead>
<tr>
<th>Sleeping Bags</th>
<th>Pads</th>
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<tbody>
<tr>
<td>1.</td>
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- 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 backpack 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 ____________________
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Supper</th>
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Backpacking, Chart #2
Know the prevention and symptoms of, and the first aid for:

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Symptoms</th>
<th>First Aid</th>
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<tbody>
<tr>
<td>Sunburn</td>
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<td>Snake Bite</td>
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<td>Camps</td>
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<tr>
<td>Dehydration</td>
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