

Introduction to Backpacking for Scout Leaders

Training content, agenda and timeline

- **Course curriculum and sequence (timeline)**
 - Arrival & check-in
 - Camp Somers parking lot
 - Saturday, Sept. 13, 2025 from 9:30 to 10:00 AM
 - Saturday - Morning sessions (Starts at 10:00 AM)
 - Trek review (We'll do a 2-3 mile hike on Saturday before lunch)
 - Backpack fitting and packing a backpack
 - Meal review for the weekend (lunch, dinner & breakfast)
 - Hiking best practices
 - Hike to campsite (2 miles)
 - Lunch on the trail
 - Saturday - Afternoon sessions
 - Camp setup (including best practices, Bearmuda triangle, etc.)
 - Tents and shelters
 - Sleep systems (sleeping bags, quilts, sleeping pads, pillows)
 - Water containers, storage and purification
 - Bathroom best practices
 - Trek planning
 - Meal planning and creating mouthwatering meals
 - Stoves and cooking
 - Dinner (including mess kit sterilization, cleanup, etc.)
 - Saturday - Evening sessions
 - Safe storage of food - Bear bags and bear canisters
 - Clothing (synthetic vs cotton, rain gear, footwear, sleepwear)
 - Unexpected challenges (e.g. injuries, lost, animals, weather, etc.)
 - Navigation (maps, compass, gps, apps, satellite communicators)
 - Open Q&A and other topics
 - Thorns and Roses
 - Sleep
 - Sunday – Morning sessions
 - Wake up and camp breakdown
 - Pack up
 - Breakfast
 - Hike out (less than 1 mile hike with backpacks)

- Thorns and Roses
- Closing ceremony and snack
- Adjourn on Sunday at 11:00 AM.

- **Orientation**

- An orientation session for the course will be presented over Zoom to all participants on Thursday, September 4, 2025 at 7:30 PM
- Agenda
 - Logistics on arrivals at Camp Somers on day of the course
 - Gear list and required gear
 - Gear and equipment provided
 - Meals (three meals will be provided – lunch, dinner and breakfast)
 - Food allergies and dietary restrictions
 - Backpacks and how to pack a backpack
 - Trek planning (e.g. route, weather, escape routes, crew recruitment, crew roles, meal planning, crew gear, etc.)
- Topic: Orientation for Introduction to Backpacking for Scout Leaders
 - Time: September 4, 2025, at 07:30 PM Eastern Time (US and Canada)
 - Join Zoom Meeting
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 - <https://us02web.zoom.us/j/88184700731?pwd=WmdmRFFnSU4ZjNCc1BjYmd3S0JSUT09>
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 - Meeting ID: 881 8470 0731
 - Passcode: 645812
 - Dial by your location
 - +1 305 224 1968 US
 - +1 309 205 3325 US
 - +1 646 558 8656 US (New York)
 - +1 646 931 3860 US
 - +1 301 715 8592 US (Washington DC)
 - Find your local number: <https://us02web.zoom.us/j/88184700731?pwd=WmdmRFFnSU4ZjNCc1BjYmd3S0JSUT09>