

Introduction to Backpacking for Scout Leaders

Training content and agenda

- **Orientation**

- An orientation session will be presented over Zoom to all participants on Wednesday, March 30, 2022 at 7:30 PM
- Agenda
 - Logistics on arrivals at Camp Wheeler for April 9, 2022
 - 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.)
- Eduard Mostert is inviting you to a scheduled Zoom meeting.
 - Topic: Introduction to Backpacking for Scout Leaders Orientation Session
 - Time: Mar 30, 2022 07:30 PM Eastern Time (US and Canada)
 - Join Zoom Meeting
 - <https://us02web.zoom.us/j/88599006276?pwd=TDFTdkhITWpwbHlJRdY0tZNUEvUT09>
 - Meeting ID: 885 9900 6276
 - Passcode: 645812
 - One tap mobile
 - +13017158592,,88599006276#,,,,*645812# US (Washington DC)
 - +13126266799,,88599006276#,,,,*645812# US (Chicago)
 - Dial by your location
 - +1 646 558 8656 US (New York)
 - +1 301 715 8592 US (Washington DC)
 - Meeting ID: 885 9900 6276
 - Passcode: 645812

- **Weekend course curriculum and sequence (timeline)**

- Arrival & check in
 - Camp Wheeler parking lot
 - Saturday, April 9, 2021 from 9:30 to 10:00 AM
- Saturday - Morning sessions (Starts at 10:00 AM)
 - Trek review (We'll do a 2 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 (3 mile hike with backpacks)
 - Thorns and Roses
 - Closing ceremony and snack
- Adjourn at 11:00 AM on April 10.