

# Introduction to Backpacking for Scout Leaders

- This course is for all registered adult scouters (Scoutmasters, ASMs, Advisors and Assistant Advisors) who wish to learn more about backpacking and improve their backpacking knowledge and skills, especially in the scout context.
- Some of the topics that will be covered are:

- Backpacks

- Fitting a backpack
- Packing a backpack
- Organizing a backpack



- Food

- How to work out a meal plan
- Food choices
- Calorie density



- Cooking

- Stoves & Pots
- Fuel types
- Safety measures
- Cleaning



- Bathroom best practices

- Equipment
- Cat holes



- Water

- Purification
- Containers
- Capacity
- Hydration



- Safeguarding food

- Storing smellables
- Bear bags
- Bear canisters
- Safe cooking and cleaning practices



- Sleeps systems

- Sleeping bags
- Quilts
- Down vs synthetic
- Sleeping pads
- Pillows



- Hiking with scouts

- Venues
- Trip lengths
- Crew organization



- Clothing

- Cotton vs Synthetic
- Quantities
- Rain gear
- Layers



- Footwear

- Boots & Trail runners
- Socks & liner socks
- Camp shoes



- Navigation

- Map & Compass
- GPS & GPS Apps
- Satellite Communicators

