

## BACKPACKING

1. Discuss the prevention of and treatment for the health concerns that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters. [Health and Safety Resource Material](#)
2. Do the following:
  - a. List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary.
    - Pocket Knife
    - First-Aid Kit
    - Extra Clothing
    - Rain Gear
    - Water
    - Flashlight
    - Trail Food
    - Fire Starters
    - Sun Protection
    - Map and Compass
  - b. Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.
    - Do a shakedown before each trip to “shake out” everything you won’t need.
    - Divide crew gear so that each Scout carries a fair share.
    - Gradually replace your heavier equipment with lighter items.
    - Choose lightweight hiking boots over stiff, heavy footwear.
    - Prepare one-pot meals featuring pasta, powdered sauce mixes, and other ingredients that are dry, easy to pack, and not very heavy.
    - Match cookware with menus.
    - Get used to the hiking clothes that will be worn repeatedly throughout the trip.
    - Share personal items that will be enough for more than just one person.
    - Carefully consider not bringing anything that is not essential.
    - Review your gear after the trip to figure what you might have done without.
3. Do the following:
  - a. Define limits on the number of backpackers appropriate for a trek crew.
    - The size of the group influences the impact on the land, on the group’s safety, and on the quality of the wilderness experience.
    - Philmont Scout Ranch recommends seven to twelve individuals on a trek—the best number for sharing gear, food and chores.
  - b. Describe how a trek crew should be organized.
    - Make up a duty roster so that everyone has an equal chance to cook, clean up after meals, manage food storage, and take care of other camp tasks.
  - c. Tell how you would minimize risk on a backpacking trek.
    - Get in shape.
    - Adjust clothing layers to match changing weather.
    - Drink plenty of water.
    - Take care of gear.
    - Communicate with the crew regarding concerns or difficulties.

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- Train in first-aid and deal appropriately with health issues and injuries.
  - Watch where you step.
  - d. Explain the purpose of an emergency response plan.
    - An emergency response plan provides the crew with important information to use if it encounters backcountry difficulties.
4. Do the following:
- a. Describe the importance of using Leave No Trace principles while backpacking, and at least five ways you can lessen the crew's impact on the environment.
    - The principles of Leave No Trace help us live up to the responsibility of caring for the environment.
    - Travel and camp on durable surfaces.
    - Dispose of waste properly.
    - Leave what you find.
    - Minimize campfire impacts.
    - Respect wildlife.
  - b. Describe proper methods of handling human and other wastes while on a backpacking trek. Describe the importance of and means to assure personal cleanliness while on a backpacking trek.
    - Select a wash site at least 200 feet away from water sources.
    - Use a strainer to remove food particles out of dishwater and put the particles in a plastic bag with other bits of leftover food.
    - Urinate on rocks or bare ground away from trails, camps, and other gathering places.
    - Dig a cathole or pack out solid waste, checking with the land management agency for the preferred method.
  - c. Tell what factors are important in choosing a campsite.
    - Whenever possible, choose an established campsite.
    - Camp at least 200 feet from lakes or streams.
    - Keep campsites small and conduct activities where vegetation is absent.
5. Do the following:
- a. Demonstrate that you can read topographic maps.
  - b. While on a trek, use a map and compass to establish your position on the ground at three different locations OR use a GPS receiver to establish your position on a topographic map and on the ground at three different locations.
  - c. Explain how to stay found, and what to do if you get lost.
    - Make a trip plan and leave it with those at base camp.
    - Carry a topographic map and refer to it frequently.
    - Continuously try to match up points on the map with features around you.
    - If you cannot determine your position, don't panic.
    - Use the map and think about the way you came.
    - If you think you are lost, stay put and make yourself comfortable.
    - Erect a shelter. Build a safe campfire.
    - Three blasts of a whistle a minute apart can help a search party find you.
    - Be patient.

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6. Tell how to properly prepare for and deal with inclement weather.

- Keep your eye on the sky.
- In a thunder storm:
  - Get off a mountain top before lightning begins. Find a low spot.
  - Do not stand in open areas or near lightning targets.
  - Remove and keep your distance from any metallic frame packs.
  - Avoid outcroppings, overhands, and flood zones.
  - Squat down on the balls of your feet. Make yourself a small target.
  - If possible, take shelter in a steel-framed building or hard-topped motor vehicle without touching metal parts.
  - Stay away from objects using electrical power.
  - If boating, get to land immediately.
- Backcountry Food Handling and Storage

7. Do the following:

- a. Write a plan that includes a schedule for a crew backpacking hike of at least 2 miles.
- b. Show that you know how to properly pack your personal gear and your share of the crew's gear and food.
- c. Show you can properly shoulder your pack and adjust it for proper wear.
- d. While using the plan you developed for requirement 7a, carry your fully loaded pack to complete a hike of at least 2 miles.

8. Using Leave No Trace principles, participate in a backpacking treks of at least three days and at least 15 miles, and using at least two different campsites on each trek. Carry everything you will need throughout the trek.