

Recreation 200: Introduction to Backpacking

INSTRUCTOR:

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COURSE DESCRIPTION:

You'll be amazed at the places you can explore under your own power. Backpacking invites connection and allows for a deeper perspective on a given place, all while building a sense of accomplishment. This course provides an introduction to the foundational skills and knowledge pertinent to safe, comfortable and enjoyable human powered travel in a backcountry environment. Students will spend class time developing cognitive, motor and affective skills related to this life-long leisure pursuit. Field trip required.

COURSE OBJECTIVES:

Upon completion of this course, students should/be able to:

- Gain a general awareness of human powered travel in a backcountry setting.
- Appropriately select clothing for safe and enjoyable backcountry living.
- Demonstrate the ability to select and utilize proper equipment for a safe and enjoyable backpacking trip.
- Perform basic outdoor living techniques.
- Display backcountry travel and camping ethics.
- Perform as a contributing member of a group on an environmentally conscious course.

TEXT: (HIGHLY RECOMMENDED BUT NOT REQUIRED)

O'Bannon, A. & Clelland, M. (2001). *Allen & Mike's Really Cool Backpackin' Book*. Guilford, CT: Falcon Guide. ISBN # 978-1-56044-912-6

Wilderness Education Association (2008). *Hiking and backpacking*, Goldenberg, M. & B. Martin (Eds.). Champaign, IL: Human Kinetics. ISBN # 0-7360-6801-5

CLASS PROCEDURES:

Class Structure: This course is designed to be experiential and interactive in nature. Therefore attendance is critical. On-campus class "lecture" sessions will focus on knowledge acquisition and preparation for a short backpacking trip. The field portion will focus on hands-on backcountry travel skill development in an outdoor classroom setting.

Class Policy: The following policies will be utilized in this course to assist in making the learning environment more conducive.

- Please no cell phone use – **Including TEXTING** (during breaks is fine).
- Late work will not be accepted.
- Academic dishonesty will not be tolerated.
 - Any work where cheating or plagiarism is *suspected* will receive no credit.
- Respect your classmates and their time.
- No use of Alcohol or Tobacco during class time.

CLASS ASSIGNMENTS:

Skill Demonstration: (30%) Part of your grade will be based on knowledge and demonstration of outdoor living skills and backcountry travel techniques and skills.

Expedition Behavior: (30%) Your grade will also be based on your actions during the course. These include timely attendance at classroom sessions and active participation in field based activities. Also, your ability to interact positively with classmates is important, i.e. attitude, language, etc.

Readiness Assurance Process (RAP): (10%) This consists of completing the class reading packet by the second Wednesday of class and then taking an individual evaluation of the content directly followed by a group evaluation of the material.

Written Exam: (10%) At the end of the course a fill in the blank/short answer exam pertaining to backpacking skills and techniques will be given. The exam material is covered in the classroom, and during the field-based portion of the course.

Reflective Paper: (20%) The final aspect of your grade will be a two-three page paper, double-spaced, 12-point Times New Roman font, with 1 inch margins. The paper must be submitted electronically as a Word or RTF attachment. Your grade will be based on grammar and content, which should include what you learned about yourself on this course, what aspects of backcountry travel relate to your life, and your role in the outdoors.

GRADE SCALE: 100 – A – 90 – B – 80 – C – 70 – D – 60 – F – 0

COURSE OUTLINE:

Wednesday, October 14th :

5:00-5:30pm Welcome!

- Ice-breakers
- Intros
 - *Who are you?*
 - *Why are you here?*
 - *Goals?*
- Syllabus
- Waivers

5:30-6:15pm Baseline Introductory Knowledge.

- Historical Perspective
- Walking / Hiking / Car Camping / Backpacking
- Where can you go?
- Preparing for an Outing
- Stewardship

6:15-7:45-pm What to Pack.

- What do you carry with you?
- Clothing Selection
 - *Your outdoor clothing should:*
 - *Provide Insulation*
 - *Provide Protection*
 - *Base Layer*
 - *Insulating Layer*
 - *Protective Layer*
 - *Where to shop?*
- Footwear
- Personal Gear
- Food
- Cooking Supplies
- Safety Needs

7:45-8:15pm Where to Pack It.

- Types of Backpacks
- Sizes of Backpacks

8:15pm What's to Come

- Personal Gear Acquisition
- Training / Conditioning
- Assignment: Readings Packet.

Wednesday, October 21st:

5:00-5:15pm Welcome!

5:15-6:30pm Technical Skills.

- Packing your backpack
- Backcountry Stove Use and Cooking
- Water Purification
- Campsite Selection / Shelter Construction
- Navigation
- Personal Hygiene

6:30-7:45-pm Intellectual Skills.

- Plan Ahead and Prepare
 - Tent Groups
 - Cook Groups
 - Food Packing
 - Cooking Supplies/Water Purification/Wx Protection/First Aid

7:45-8:15pm Ethical Skills.

- Leave No Trace Outdoor Ethics
 1. *Plan Ahead and Prepare*
 2. *Travel and Camp on Durable Surfaces*
 3. *Dispose of Waste Properly*
 4. *Leave What You Find*
 5. *Minimize Campfire Impacts*
 6. *Respect Wildlife*
 7. *Be Considerate of Other Visitors*

8:15pm What's to Come

- Personal Gear Shakedown
- Field Experience *THIS* Coming Weekend!
 - What is the earliest you are available on Friday?
 - Car-pooling?
- Pack up Group Gear

Friday –Saturday, October 23rd-24th:

3:00pm Welcome!

- Meet at Touch of Nature, Camp II.
- Hit the trail

4:00pm **Field Experience: *Student Centered, Problem Based, Experiential and Collaborative Learning***

- Backpacking: Skill Development
 - *On and Off Trail Hiking Techniques*
 - *Campsite Selection*
 - *Water Purification*
 - *Disposing of Waste/Personal Hygiene*
 - *Cooking*
 - *Campfires*
 - *Foot care*
- Skill Demonstration / Assessment
 - *Proper Clothing Selection*
 - *Proper Gear Selection*
 - *Pack Packing*
 - *Campsite Selection / Shelter Construction*
 - *Water Purification*
 - *Stove Use / Cooking*
 - *Personal Hygiene*

3:00-4:00pm **Return to Safety Center**

- Gear Clean up
- Written Festival of Learning

Wednesday, Oct. 28th: *Reflection Paper DUE to Clayton via email to csheehan@siu.edu*

Student Packing List: Personal Gear

- Backpack:** *At least a 35-50 Liter pack.*
- Sleeping Bag:** *Synthetic fill at least rated down to 20 degrees. If opting for down fill, ensure you can keep it dry!*
- Sleeping Pad:** *Closed cell foam or self inflating.*
- Eating Utensils:** *Bowl with lid, cup, spoon and fork or spork.*
- Headlamp:** *with extra batteries!*
- Water bottle(s):** *At least two one-liter water bottles.*
- Personal Toiletries:** *Toothbrush, toothpaste, etc.*
- Knife:** *small, multipurpose with locking blades, such as a Swiss Army knife.*
- Clothing:** *See next page.*

The Outdoor Recreation and Leadership program will provide the group with maps, compasses, tents, whistles, soap, trowel, TP, stoves, fuel, water purification, first aid kit, and food.

Student Packing List: Clothing

Underwear: *Quick drying recommended for men; cotton for women*

- One pair per day

Base Layer: *Wicking/Quick-drying; silk, wool or poly-based fabric*

- Short-sleeve, lightweight tee (1)
- Long pants (1)
- Shorts (1)

Mid Layer: *Quick drying, insulating; synthetic, fleece, wool or wool-blend*

- Long-sleeve, light weave shirt (1)
- Thermal top (1)
- Long underwear bottom (1)
- Heavy jacket or vest (1)

Outerwear:

- Rain/wind parka; waterproof/breathable (1)
- Rain/wind pants (optional)

Head and Hands: *Wool, fleece or blend*

- Stocking cap that covers ears (1)
- Brimmed cap for sun protection (1)
- Gloves (1 pair)
- Bandanas (2 or more)

Socks: *Wool, synthetic or blend. NO Cotton!*

- Lightweight liner socks (2 –optional)
- Mid or Heavyweight socks (2 pairs)

Shoes and Boots:

- Boots for on trail (1 pair)
- Sneakers or closed-toe sandals for in camp (1 pair)