AMC NH CHAPTER SPRING WORKSHOP BACKPACKING 1

The Backpacking 1 section is for those individuals who are new to the world of Backpacking. Participants will be introduced to Backpacking in a safe environment close to Cardigan Lodge. The group will be comprised of up to eight participants and two instructors. This section will sleep outdoors in tents both nights and prepare Sunday breakfast in the field. Participants will camp close enough to the lodge to participate in workshop programming and to take shelter should it be necessary. Participants must provide their own pack, clothing, tent, and sleeping gear. Expect to spend up to 6 hours outside during the day on Saturday. After the evening programming Participants will spend Saturday night and remain in the field until around 3 PM on Sunday.

This will be a fun filled weekend in which participants will learn many of the skills necessary for a safe enjoyable Backpacking Trip including:

Different types of tents/shelters, including setting up and packing

Sleeping Bags and Insulating pads

Various types of Stoves and how to safely use them

Water Purification Techniques such as filters~~,~~ purification tablets, chlorine drops, boiling, and other methods

Meal planning and preparation

Back Country Camping ethics/rules including Leave No Trace principles

How to select and set up a camp site

Methods used to protect food from animals

Methods for packing gear

Trip planning

2.10.18