**SPRING AMC NH CHAPTER WORKSHOP**

**BEGINNER GROUP**

If you attend this workshop you will be given instruction in a small group setting. Groups will usually containing no more than 8 participants with two instructors. With the small instructor to student ratio you receive almost one on one experiential education instruction and should take a lot of useful information home with you.

The beginner spring hiking section is designed for those who are new or relatively new to hiking. You will be given basic instruction for safely hiking in the White Mountains, their Foothills and other mountains of the Northeast.

We will cover gear and clothing needs for three season hiking and will demonstrate the types of things you should be carrying into the back country to ensure a safe trip.

We will cover topics related to hiking boots/shoes (footwear), summer packs and how to best pack them, water needs and purification methods, nutritional needs covering foods that work better than others during the warmer months.

We will give you packing tips and informed decisions for the many choices you have in terms of packs, gear, base, mid, and outer layers of clothing, and give you tips for keeping your food and water insulated from the heat. Chocolate for instance will melt becoming a gooey mess in the heat of summer.

We will teach you the basics of Map & Compass and have you practice using the map and compass in the field.

We will also teach you how to manage an accident scene with the emphasis on managing the scene not first aid. You will be given the opportunity to take part in two accident scene scenarios which we hope will give you much food for thought. The weekend will include some first aid information but we will not be doing any first aid training. You can attain excellent first aid training elsewhere such as the Red Cross and other organizations.

The beginner group will spend up to 6 hours outside on Saturday and up to 4 hours on Sunday. Participants should come prepared to spend this much time outside possibly in damp raw chilly conditions or in nice warm conditions. Time will be spent outside regardless of what the weather is doing. You will hike up to 3.5 miles per day.

This is a fun filled weekend packed with good instruction and many opportunities for you to practice what you learn. We hope you will plan to join us!

2.10.18