

Backpack Clinic Handout



Outdoor Adventures, UREC

In alliance with University Recreation's mission to engage the ASU campus community, Outdoor Adventures offers a variety of Educational Clinics. These clinics are intended to promote self-efficacy, leadership qualities, technical backcountry camping skills, and emotional and physical well-being. The following is what participants can expect to learn on this particular clinic.

- Have fun!
 - Meet new people on campus
- Description of the sport of backpacking
 - What is backpacking
 - What this boils down to:
 - Packing, walking, eating, unpacking, eating, sleeping, and packing
- Local Spots
 - San Angelo State Park
 - Enchanted Rock State Natural Area
 - Big Bend National Park
- What to bring
 - The Ten Essentials (Cox & Fulsas 2003, p. 35).
 - Navigation
 - Sun protection
 - Insulation
 - Illumination
 - First-aid supplies
 - Fire
 - Repair kit and tools
 - Nutrition
 - Hydration
 - Emergency shelter
 - Creature comforts
- Packing
 - Sizing
 - Packing
 - Gender specific weight scheme
 - Males
 - Heaviest weight at bottom

- Females
 - Heaviest weight slightly raised off bottom
- Environmental Ethics
 - Leave No Trace, Center for Outdoor Ethics
 - Seven principles
 - Plan ahead and prepare
 - Travel and camp on durable surfaces
 - Dispose of waste properly
 - Minimize campfire impact
 - Leave what you find
 - Be considerate of other visitors
 - Respect wildlife

References

Ajango, D. (Ed.). (2004). *Lessons learned: A guide to accident prevention and crisis response*.

Anchorage, Alaska: Northern Printing. (Original work published 2000)

Cox, S. M., & Fulsas, K. (Eds.).(2003).*Mountaineering: The freedom of the hills* (7th ed.).Seattle, WA: The Mountaineers Books. Original work published 1960)

Drury, J. K., Bonney, B. F, Berman, D., & Wagstaff, M. C. (2005). *The backcountry classroom* (2nd. ed.). Guilford, CT: The Globe Pequot Press.

Teaching Leave No Trace. (n.d.). Leave No Trace, Center for Outdoor Ethics.