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  
  o Heaviest weight slightly raised off bottom

• Environmental Ethics  
  o 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

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

  Mountaineers Books. Original work published 1960)


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