



National 4-H Curriculum  
BU-08045

Name \_\_\_\_\_

County \_\_\_\_\_

# Backpacking Expeditions

LEVEL

**3**



**OUTDOOR ADVENTURES  
PROJECT ACTIVITY GUIDE**



# Note to the Outdoor Adventures Project Helper

Thank you for volunteering your time and talents to assist one or more young people in this project. This activity guide will introduce them to the exciting world of Outdoor Adventures. Your involvement will make a real difference in the quality of their experiences. You will play a valuable role in helping them learn the subject matter and practice the important life skills along the way. Your interest, enthusiasm and, most importantly, your time will be key ingredients to positive and successful experiences. With your guidance and support, youth will set goals and challenge themselves to work through the activities in this guide. It will be a journey into the world of Outdoor Adventures that everyone will enjoy.

## Your Role

- Become familiar with the material in this activity guide and the *Outdoor Adventures Project Helper's Guide*
- Support youth in their efforts to set goals and complete the activities
- Date and initial the activities on the Achievement Program as the youth complete them
- Help the youth know themselves, including their strengths and weaknesses
- Incorporate the use of the experiential learning cycle in all learning experiences

## The Outdoor Adventures Series

This guide, *Backpacking Expeditions*, is the third in the series of three for youth that also includes *Outdoor Adventures 1 Hiking Trails* and *Outdoor Adventures 2 Camping Adventures*. The three youth guides have been designed for grades 3-5, 6-8 and 9-12 respectively, but may be used by youth in any grade based on their outdoor project skills, experience and interest.

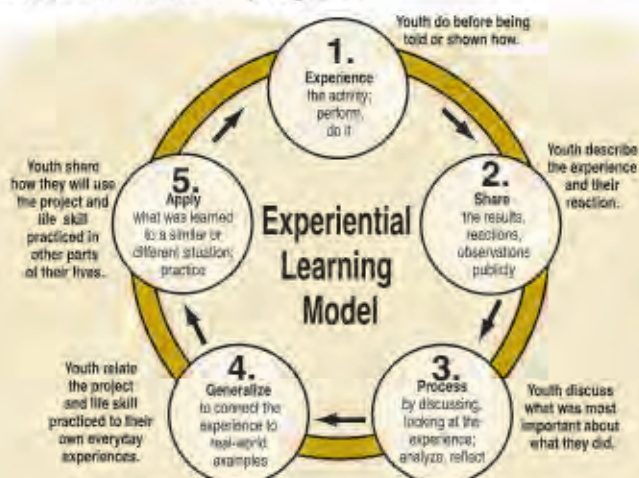


### Outdoor Adventures Outcomes

- Youth will practice and develop the life skills of relating to others, making decisions and communicating with others
- Plan and safely conduct camping, backpacking and wilderness excursions
- Develop minimum impact skills according to Leave No Trace techniques

### Outdoor Adventures Helper's Guide

The fourth publication in this series, the *Outdoor Adventures Helper's Guide*, provides additional learn-by-doing activities that can be adapted to 4-H Outdoor Adventures project groups, clubs or other groups. You'll also find helpful hints about characteristics of youth, life skill development, teaching experientially, project meeting ideas and resources for organizing a community Outdoor Adventures program.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals" © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

### Experiential Learning Model

This five-step model is used in each activity in this series. The youth first attempt the activity independently. After the youth do as much as they can and answer the questions, you discuss the questions with them. What did they do? What was important about what they did? How does their accomplishment relate to their lives? And finally, how might they use the life and project skills practiced in the future? The more you ask additional thought-provoking questions and help them clarify and expand on their ideas, the richer the youths' educational experiences will be.

All activities support the experiential learning model endorsed by the 4-H Program. Each activity lists the project skill, the life skill to be practiced and a success indicator. The success indicator indicates what the youth will do to successfully complete the activity. In addition, in the *Helper's Guide* you will find an evaluation piece to use to determine what the youth have learned from each activity.

Good luck in your role as Project Helper.

## Acknowledgments

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**Design and Production:** Northern Design Group, MN.

For more Outdoor Adventures check the other guides in this series.

## Level 1

### Hiking Trails

#### Chapter 1 – Planning Your Trek

So, You Want to Take a Hike?  
Hiking Essentials  
Get Packing!  
Outdoor Duds: Don't Lose Your Cool  
Layer Upon Layer  
These Boots Are Made for Walkin'

#### Chapter 2 – Healthy Hiking

Food Matters  
What's in a First Aid Kit?  
Hot Topics

#### Chapter 3 – Out in the Wide World

Leave No Trace  
Happy Hikers  
In the Right Direction  
A Bad Spell of Weather

#### Chapter 4 – Your Niche on the Trail

Protective Places  
Whose Footprints Are These?



Level 1  
BU-08043

## Level 2

### Camping Adventures

#### Chapter 1 – Camping Gear

Let's Go Camping  
Gearing Up!  
Rolling Up Group Gear  
Tool Time  
The Perfect Knot

#### Chapter 2 – Home Away from Home

Site it Right  
Nifty Niches

#### Chapter 3 – Camp Cuisine

What's Cookin'?  
Everything...but the Kitchen Sink  
Home, Home on the Range  
What's in Your Water?  
Dish Duty

#### Chapter 4 – Earth Care

Natural Wonders  
Down to Basics



Level 2  
BU-08044

### Group Activity Helper's Guide

#### Chapter 1 – Getting Organized

Creating Full Value Contracts  
Let's Make Plans

#### Chapter 2 –

##### Hiking Group Activities

Happy Hikers  
Get to the Point  
Playing T-R-A-I-L Bingo  
Gnome Homes  
Food Matters

#### Chapter 3 –

##### Camping Activities

Gearing Up!  
What's Cookin'?  
Pitching Practice  
Home, Home on the Range

#### Chapter 4 –

##### Backpacking Activities

Share the Load  
LNT in Your Place  
Skillathon Fun

#### Chapter 5 –

##### Your Backpack of Tricks

Take Note  
Camouflage  
Night Walks  
Notable Quotables



Group  
BU-08046



## Backpacking Expeditions Table of Contents

Note to the Project Helper .....	Inside Front Cover
Table of Contents .....	1
Let the Adventures Begin! .....	2
Planning the Journey .....	3
Backpacking Expeditions Achievement Program .....	4
Backpacking Expeditions Completing Certificate.....	5

### Chapter 1 – Pack It Up

Planning Your Trip.....	6
The Perfect Fit .....	8
Gathering Group Gear .....	10
Tent Tactics .....	12
Sleeping Lightly .....	14

### Chapter 2 – Trail Mix

The Weight Is Right.....	16
Food for Thought .....	18
Share the Load .....	20

### Chapter 3 – Naturally Notable

Leave No Trace in Your Place .....	22
Fun with Backpacking Pyramid.....	24

### Chapter 4 – Happy, Healthy Hiking

Train for the Trail.....	26
Finding Your Way.....	28
Sending a Message for Help.....	30

Backpacking Expeditions Glossary.....	32
What's In a Backcountry First Aid Kit? .....	34
Backpacking Expeditions Resources .....	35
Backpacking Expeditions Journal.....	36



# Let the Adventures Begin!

Welcome to *Backpacking Expeditions*! In this third activity guide of the Outdoor Adventures Curriculum, you will use both the hiking and camping skills you learned in Levels 1 and 2.

The activities will help you prepare to go on challenging backpacking trips. You will learn how to pack your backpack for a multi-day trip, including what you'll need for shelter, clothing and cooking. Backpacking is a challenging activity, but one that brings many rewards—a sense of achievement, a beautiful view and new connections with the people in your hiking group. Backpacking will teach you new things about yourself as well as about the natural world around you. You will be encouraged to apply the skills you learn through Outdoor Adventures to your daily life. Many of these skills you can use in other areas of your life, such as decision making, problem solving, communicating with others and more. Happy trails to you!

## How This Activity Guide Works

In each chapter, you will find activities and specific information under the titles of:

**Get in Gear** The activities invite you to explore a specific topic related to backpacking. Other images will let you know that there is more information available for you to learn.



This character will tell you about additional tips and tricks related to backpacking.



This picture will connect you to environmental issues related to backpacking and enjoying the natural world.



Reach the Peak encourages you to attempt additional activities pertaining to the topic.

At the end of an activity, if you still have questions, or would like to learn more, check out the Resources page at the end of the guide. You will also find glossary words in this guide.

## Backpacking Expeditions Project Guidelines

- Set your goals and record your Outdoor Adventures project highlights.
- Complete the before and after “What do you know?” evaluation.
- Complete the Backpacking Expeditions Achievement Program within three years.

## Your Project Helper

Your helper will support you in working through this Outdoor Adventures project. This person may be a Outdoor Adventures leader or advisor, a parent, neighbor or an older friend who knows about backpacking and is willing to support you and learn with you. You may want to continue to work with your helper from your day hiking and base camping experiences, or you may want to work with a new person. Discuss what you want to learn with your helper and how you can work together to make this a fun experience. As you do the activities, you'll discuss what you did by responding to the questions with your helper. Your helper may work with you to identify resources, including people, internet sites, organizations, events, magazines and books necessary to complete an activity.

Once you have successfully completed an activity, your helper will date and initial your achievement program record. Write the name, phone number and e-mail address of your helper below.

My project helper \_\_\_\_\_

Phone number \_\_\_\_\_

E-mail address \_\_\_\_\_

# Planning the Journey

## Project Goals

What I Plan to Learn about Backpacking

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My Backpacking Goals

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## What Do You Know?—Before and After

Here is a great way to see if you learn something new and develop important skills in this project. Before you start doing the activities in this guide indicate what you know **NOW**. Then when you complete the Backpacking Expeditions Achievement Program indicate what you know **AFTER**. You may be surprised what you learned. Share the results with your helper.

Begin each skill with the words – “I know how to \_\_\_\_\_.”  
Then circle **1** – (to a great extent); **2** – (somewhat); or **3** – (not at all)

Backpacking Expeditions		Before	After
Plan a backpacking trip.	1 2 3	1 2 3	
Select and adjust a backpack.	1 2 3	1 2 3	
Select group backpacking gear.	1 2 3	1 2 3	
Select and use a backpacking tent.	1 2 3	1 2 3	
Design a non-tent backpacking shelter.	1 2 3	1 2 3	
Plan meals for a backpacking trip.	1 2 3	1 2 3	
Plan a menu for a backpacking trip.	1 2 3	1 2 3	
Share responsibilities for campsite tasks.	1 2 3	1 2 3	
Research various environments.	1 2 3	1 2 3	
Conduct Backpacking Pyramid.	1 2 3	1 2 3	
Develop a personal conditioning program.	1 2 3	1 2 3	
Orient a map and use triangulation.	1 2 3	1 2 3	
Provide vital information to a rescue team.	1 2 3	1 2 3	

## My Backpacking Log Add additional entries on page 36.

Date	Location	Adventures	Challenges





# Backpacking Expeditions

COMPLETION CERTIFICATE

Backpacking  
I certify that

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has completed all requirement of the  
**Backpacking Expeditions**  
Achievement Program  
in the Outdoor Adventures Series.

Helper's signature \_\_\_\_\_

Date \_\_\_\_\_

My photo



Chapter  
**1**

Pack it  
Up

**Outdoor Skill:**  
Planning and preparation

**Life Skill:**  
Planning

**Educational Standard:**  
NPH.K-12.7 Understanding Challenge

**Success Indicator:**  
Plans a backpacking trip.

# Planning Your Trip

**A**ny backpacking journey begins with planning! There are many aspects to planning a backpacking trip you'll need to consider before you start your expedition. Before you begin to think about what gear you'll need, what food you'll bring and what you'll use for shelter, you need to decide where you are going to go, who's going with you and how long your trip will be. Get out your maps and hiking guide books and start planning! You'll find great questions to consider in Outdoor Tips.



*Planning all the details can be fun and helpful for a good trip.*

## Get in Gear

Now that you know where you'll go on your backpacking trip, work with your helper to draft an *itinerary* or trip plan.



Did you know?

Land that has a "Wilderness" designation has restrictions that may include: required permit use, limits on group size and prohibition against motor vehicle use. Be sure to follow all land management guidelines while backpacking. These guidelines help to preserve beautiful and unique tracts of land.

Trip Plan	
Who is going?	
What are you doing?	
When are you going?	
Where are you going?	
Why are you going?	
Local Hospital <small>(Name and Phone)</small>	
Emergency Contact Numbers	
Emergency Evacuation Plan	





## Talk it Over

### Share the Experience

- Why do you think it is important to have a trip plan?

### Reflections

- What did you learn while planning your trip?
- What was challenging about planning your backpacking trip?

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### Now What?

- What did you learn about planning in this activity that you could apply to your daily life?

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*Pinpointing your exact destination can help you decide what to take.*



## Planning a Backpacking Trip

### Questions to Consider

- Who is going? Include the names of the leaders as well as all of the group members.
- What are you doing? Will you be backpacking the entire time? Will you base camp?
- When are you going? Include times and dates of your departure for your trip and arrival back home, as well as a tentative outline for each day of your trip
- Where are you going? What trails will you be traveling on? Will you be staying at established sites or shelters?
- Why are you going? Is this a trip with your 4-H Outdoor Adventures group? Or with your family? What are your goals?
- Will you hike a loop on your trip? Or will you come back the same way you went in?
- Where will you find water along the way?
- Are shelters available along the trail? Are established tent sites available along the trail?
- Will you be traveling in a designated Wilderness Area? Forest Service Land? National or State Park? Land Management guidelines vary depending on where you are traveling. Be sure to check what the guidelines are before you go!
- Can you find evacuation trails along your route?

### Extra Copies of Trip Plan

You'll want to be sure to leave copies with people at home who will know where you are going and when you plan to be back. Keep a copy with your medical forms in the first aid kit.

### Glossary Words

#### • Itinerary



1. *Research what you can and cannot do in Forest Service Land, Bureau of Land Management (BLM) lands, State and National Park lands and Wilderness areas.*

2. *Report to your helper how each of these areas manages land.*



# The Perfect Fit

**Outdoor Skill:**  
Selecting and adjusting  
a backpack

**Life Skill:**  
Personal safety

**Educational  
Standard:**  
NT.K-12.1 Basic Operations  
and Concepts

**Success Indicator:**  
Selects and adjusts a backpack  
for an overnight expedition.

**Y**ou know where you are going on your backpacking trip and you are getting excited! Backpacking requires you to use a larger backpack than you used for day hiking, as you will have a lot more to pack in it. When deciding which backpack will work for you on an overnight or multi-day backpacking trip, you will need to keep several factors in mind, including: chest measurement, weight, type of trip, comfort and fit. What will be a comfortable fit for you?

## Get in Gear

To select the right backpack for you, you'll want to make sure you know the most critical measurements. First complete the information asking for these measurements and then estimate how much weight you can carry. Finally at an outfitter or gear rental shop try on a variety of different packs that fit your measurements and the amount of weight you estimated you could carry. Fully describe brand, price, size, comfort level and the features of the backpack you feel will be best for you. Check *Outdoor Tips* for help with measurements and other ideas.

**1** Length of Torso \_\_\_\_\_

**2** Height \_\_\_\_\_

**3** Weight I Can Carry \_\_\_\_\_

The Ideal Backpack for Me



*Cinching compression straps to get the perfect fit.*



*Backpacker's pack With a cushionized suspension system to adjust pack*

Glossary  
Words

Torso



## Talk it over

### Share the Experience

- Describe some of the challenges you experienced when fitting your backpack.

### Reflections

- Why is it important to have plenty of information before making decisions?
- If you didn't know how to fit your backpack, how did you figure it out?

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### Now What?

- What did you learn from the activity that you didn't know before?
- Why is personal safety important in choosing a backpack for your hiking expedition?

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Did you know?

A standard brown paper grocery bag has 400 cubic inches of storage, while a backpack may have from 2500 to more than 6000 cubic inches of storage.



## Choosing the Right Backpack

**Measure your torso length.** Although pack brands may differ in size, generally you'll need a small pack if your torso measures less than 18", a medium, if you measure between 18" and 20" and a large if your torso measures longer than 20". To measure your torso, follow the curve of your spine from the bony bump at the back of your neck to the low space between your hipbones. Use a soft tape to measure.

**Check those hips.** Be sure the hip belt is directly on the crest of the hips, not around the waist. The hip belt needs to fit snugly without slipping.

**Take time to select a pack.** Use the store to test your backpack. Try to use stairs, bend, sit, etc. with pack on and loaded to determine how comfortably it fits. The longer you test the pack, the better the chance you will like it after you purchase it.

**Treat yourself** to the best you can afford. Consider renting a pack before you purchase one.

**Know your load.** What you are going to carry, the approximate weight you will carry, how long you will carry the load, the seasonal and weather conditions during your trip all are important.

**Consider the environment** in which you will be backpacking—well maintained trails, versus back-country with no amenities.

**Think about versatility.** Will the pack double as a day-pack? Is it adjustable in length?

**Respect your idiosyncrasies.** Are you organized? Do you like pockets within reach? Do you want lots of pockets? Do you want a top loading pack? Do you want dividers in the pack?

**Plan** with your partner(s) and/or your group gear needs in mind? Who will carry what communal items to share the load?

**Think drink.** Does the pack contain space for hydration bladders, tubes or bottles?



1. Create a video, photo story, poster, or give a talk on how you selected your backpack and made adjustments. Share this information with others in your hiking group, class or with friends and family.

# Gathering Group Gear

**Outdoor Skill:**  
Selecting backpacking group gear

**Life Skill:**  
Teamwork and cooperation

**Educational Standards:**  
NPH.K-12.7 Understanding challenge

**Success Indicator:**  
Selects gear for backpacking.

**N**ow that you have your own backpack and probably most of the personal gear you need, what about group gear? What will you need to take that the entire group will share on the backpacking trip?

## Get in Gear

In the space provided list the group gear you feel your group will need according to the size of your group. If you have a catalog or access to a catalog online with equipment,



*Dividing up the gear amongst others in the group can save room in the pack.*

cutting and pasting pictures makes the gear needed more realistic. The choice is yours how you want to show the gear needed. Check *Outdoor Tips* for additional ideas.

Group Gear We Need



## Talk it Over

### Share the Experience

- How did the number of people in the group affect your decision with group gear?
- Which factors were most important to consider in choosing backpacking gear?
- How do you take safety into consideration when selecting group gear?

### Reflections

- How did your choices of backpacking gear differ from the choices you made selecting gear for base camping?
- How is the person selecting group gear responsible to the group?

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### Now What?

- How can you apply the group gear selection activity to your daily responsibilities?
- How prepared are you to choose the right gear and appropriate quantity for your backpacking expedition?

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## Group Gear Check List

### Tent Group

- 2-3 person tent
- Sleeping bag
- Sleeping pad
- Trowel and toilet paper
- Hand sanitizer
- Tarp (optional)
- Rope
- Extra tent stakes
- First aid kit

### Cook Group

- 4 qt. pot & lid
- 2 qt. pot & lid
- Frying pan
- Pocket knives
- Serving spoon
- Spatula
- Scouring pad
- Biodegradable soap
- Trash bags/ re-sealable bags (1 qt. and 1 gal. size)
- Water purification system
- Backpacking, single burner stove/fuel



Takin' a break!



1. Discuss weight issues with gear for backpacking.
2. Pack a backpack with some heavy base camping gear and discuss why you would not take it backpacking.
3. See if you can discover any alternatives to backpacking gear. What are some new technologies that will allow you to "go light"?