

## BIG On-Trip Training Outline

This guide is designed to help leaders remember everything to cover on a beginning trip:

1. Adjusting your backpack before hitting the trail
  - a. weight on hips
  - b. pack near body
  - c. tuck in dangling straps
2. checklist of items to have at hand:
  - a. Water and snack (w/small bag for garbage)
  - b. Compass and map
  - c. Sunglasses and hat, warm layer, rain gear
  - d. Bandana pocket knife, whistle, first aid kit (bandaids, moleskin)
3. Map and Compass
  - a. Use compass to orient yourself ( which way is north?)
  - b. Align map with compass
4. Trail guidelines
  - a. Select scout leader
  - b. Map and compass skills
  - c. Stop at all trail junctions (red light, green light)
  - d. Stop for water, adjustments at time intervals decided upon by leader (20-30 minutes)
  - e. Keep leaders and hikers at the rear in sight (unless told otherwise)
5. Camp Setup
  - a. Washing station (bucket and cup)
    - i. Have a friend help you rinse or use the one-handed method
    - ii. Keep soap and cup out of bucket
  - b. Food Hanging
    - i. Hang away from shelters and hang **before** sunset
    - ii. Double check **pack** for food items
    - iii. Double check **clothes pockets** for food items
  - c. Backpacks
    - i. **Triple check pack** for food items
    - ii. Keep covered at night and when not in camp
    - iii. People have priority over packs in shelters (both are ok)
    - iv. Covered pack can be used as a windbreak/wall at one end of shelter
    - v. if any gear has food smell, keep it away from the shelter
  - d. Sleeping Area
    - i. Place Tyvek writing side down and completely under tarp
    - ii. No outside clothes in sleeping bag
    - iii. Keep tarp from touching sleeping bag
  - e. Keeping Nature Noise Free
    - i. All scouts must be in their sleeping bags between 9:30 and 10:00 P.M.
    - ii. No noise is permitted after 10:00 P.M.
    - iii. No electronics except for taking pictures,
    - iv. No alcoholic beverages or smoking.
    - v. Recommend at least one leader carry a phone for emergencies and one per carpool for driving home
6. Shelters
  - a. Knots

- i. Bowline (at the grommet)
- ii. Taut Line for staking
- iii. Half Hitch
- iv. Other knots

b. Guidelines

- i. How to setup A-frame -some have clips instead of knots
- ii. Careful not to poke holes in tarp
- iii. Find level ground—think about water pooling
- iv. Plan (and test) for your head to be uphill
- v. Think about wind direction
- vi. Use nearby trees or bushes
- vii. Start with corners
- viii. Get it standing
- ix. Tighten the lines last; tighten again before going to bed
- x. Stake angle away from shelter, slide rope around stake to the ground
- xi. slide tautline knot up toward shelter to tighten

7. Backpacking Stoves

- a. Compressed butane/propane
- b. Lighting stoves: lighter, matches
- c. Keep hair, dangling compass/whistle and loose sleeves out of the way
- d. Only cooks in the kitchen area
- e. Separate serving area from cooking
- f. Keep picnic bench near stove empty (don't sit near)

8. First Aid and Hygiene

- a. Blisters; Burns; Cuts
- b. Poison Oak
  - i. Identification
  - ii. Symptoms
  - iii. What to do if exposed, treatment
- c. Insects: Ticks, Mosquito Bites, Spiders
- d. Dysentery/Intestinal parasites
  - i. Due to giardia (bacteria, viruses) in the water
  - ii. Due to poor cleanliness on YOUR part
  - iii. Handwashing station; hand sanitizer
  - iv. Water purification (iodine, chlorine tablets)
- e. "Cat Hygiene" - the Sierra Scoop
  - i. 100 feet away from water sources, 6" deep hole
  - ii. Carry out used TP and menstrual supplies
  - iii. Explain Pee rag
- f. Hypothermia & Hyperthermia (Heat Exhaustion)
  - i. Causes
  - ii. Treatment
  - iii. Prevention
- g. Fatigue
  - i. The importance of water - two full liter bottles ready each hiking morning
  - ii. Snack along the way; keep snacks close

- iii. Symptoms and bodily needs
- iv. Prevention and cure

9. Dish Duty

- a. Everybody does their part
  - i. Some cook, some clean
  - ii. Assembly line, or each does their own
- b. Clean dishes 100 feet away from water sources
- c. Use small (one or two drops) amount biodegradable soap

10. Leave no trace

- a. Carry out all trash (even that of others)
- b. No fire rings - dig a shallow pit in mineral soil
- c. No trenching around a shelter (or fill-in trench before leave)