



# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

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### Welcome to BKPS

#### Learning Objectives

- ✓ Understand BKPS Mission Statement.
- ✓ Learn about BKPS and other available CMC schools.
- ✓ Learn how BKPS is structured.

#### Class Preparation (~ 0 hr 10 min)

1. General (0 hr 0 min)
  - o None
2. On-Line Learning Modules<sup>1</sup> (~ 0 hr 10 min)
  - o CMC General Liability Waiver
  - o Welcome
3. Reading Assignments (0 hr 0 min)
  - o None

#### Instructor-Led Training [Location: N/A] (0 hr 0 min)

- ✓ None

<sup>1</sup> <https://cmc-schools.org>

<sup>2</sup> Material covers topics and details that were either covered in Wilderness Trekking School (WTS) [prerequisite] or are outside the scope of BKPS. Ask your instructor where other learning opportunities at the CMC and other organizations can be found.

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### Class #1: Gear Considerations

#### Learning Objectives

- ✓ Be able to identify gear needed for a backpacking trip, including “Going Lighter” and tips for staying warm.
- ✓ Be able to list three additional items one would bring for backpacking vs day hiking and why.
- ✓ Learn about clothing and footwear; PLBs, GPSs, and how to Make Your Own Gear.
- ✓ Learn the Ten Essentials and their meaning.

#### Class Preparation (~ 3 hr 0 min)

1. General (~ 0 hr 30 min)
  - o Compile a list of gear that you plan to use. Identify what you have, what you need, or what you want to add.
2. On-line Learning Modules<sup>1</sup> (~ 1 hr 30 min)
  - o Gear Overview (includes “Going Lighter”)
  - o Staying Warm
  - o The Backpack
  - o Clothing and Footwear
  - o Make Your Own Gear
  - o PLBs
  - o GPSs
  - o Ten Essentials
  - o Gear Stations
3. Reading Assignments (~ 1 hr 0 min)

Required Reading	Optional Reading <sup>2</sup>
<p>Backpacker's Field Manual</p> <ul style="list-style-type: none"><li>✓ Chapter 2 Sections:<ul style="list-style-type: none"><li>o Equipment Assessment</li><li>o Clothing</li><li>o Boots</li><li>o The Backpack</li><li>o Sleeping Equipment</li><li>o Shelter</li><li>o Cooking Equipment</li><li>o Miscellaneous Gear</li><li>o Technology in the Wilderness</li></ul></li><li>✓ Chapter 6 Sections:<ul style="list-style-type: none"><li>o Other Navigation Tools</li><li>o Global Positioning System (GPS)</li></ul></li></ul> <p>Backpacking School Website<sup>3</sup></p> <ul style="list-style-type: none"><li>✓ Three Season Backpacking Equipment List</li><li>✓ What to Pack</li><li>✓ Printable Equipment List</li><li>✓ Ten Essentials</li></ul>	<p>Backpacker's Field Manual</p> <ul style="list-style-type: none"><li>✓ None</li></ul> <p>Backpacking School Website<sup>3</sup></p> <ul style="list-style-type: none"><li>✓ Guidelines for Key Backpacking Gear</li><li>✓ Going Lighter Documents</li><li>✓ Erik The Black – Backpacking Clothing System</li><li>✓ Staying Warm Summary Sheet</li></ul>

1.

#### Instructor-Led Training [Location: AMC] (~ 1 hr 30 min)

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## Class & Field Curriculum

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- ✓ Gear Stations
- ✓ Small Group

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

### Class #2: Pre-Trip Activities

#### Learning Objectives

- ✓ Be able to describe components of a trip plan and trip safety preparations.
- ✓ Understand recommended camp set-up/tear-down activities and logistics (e.g., timing, sequence, cooking, bear bag).
- ✓ Be able to plan for calories & nutrition in order to prepare a nutritious cold or hot meal.

#### Class Preparation (~ 1 hr 37 min)

1. General (0 hr 0 min)
  - o None
2. On-line Learning Modules<sup>1</sup> (~ 0 hr 37 min)
  - o Trip Planning
  - o Time Management
  - o Nutrition & Meal Planning
  - o How to Improve Fitness
  - o Long Distance and Thru-Hiking Planning
3. Reading Assignments (~ 1 hr 0 min)

Required Reading	Optional Reading <sup>2</sup>
Backpacker's Field Manual ✓ Chapter 1 Sections: <ul style="list-style-type: none"> <li>o Basic Trip Planning</li> <li>o Trip Preparation Checklist</li> <li>o Route Difficulty</li> <li>o Planning a Route</li> </ul> ✓ Chapter 3 Sections: <ul style="list-style-type: none"> <li>o Energy and Nutritional Requirements</li> <li>o Basic Fluid Recommendations</li> <li>o Menu Planning</li> </ul> ✓ Chapter 5 Sections: <ul style="list-style-type: none"> <li>o Plan Ahead and Prepare</li> </ul> Backpacking School Website <sup>3</sup> ✓ Trip Planning - Additional Links and Planning Aids ✓ Approaches to Cooking	Backpacker's Field Manual ✓ Chapter 1 Sections: <ul style="list-style-type: none"> <li>o Long-Distance</li> </ul> ✓ Chapter 3 Sections: <ul style="list-style-type: none"> <li>o General Cooking Guidelines, Ingredients, and Recipes</li> <li>o Outdoor Baking</li> <li>o Food Equivalents</li> <li>o Measurement Equivalents</li> </ul> Backpacking School Website <sup>3</sup> ✓ Nutrition and Hydration for Backpackers ✓ 10 Things to Think About ✓ Long Distance (Various)

2.

#### Instructor-Led Training [Location: Webinar by each Group Leader] (~ 1 hr 30 min)

- ✓ Q&A with Instructors
- ✓ Field Day #1 Prep
- ✓ Field Day #2 - #4 plans

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

### Field #1: Gear Shakedown at AMC

#### Learning Objectives

- ✓ Demonstrate ability to erect tent with proper staking and tie outs and set up sleep system within tent.
- ✓ Demonstrate ability to filter 1 Liter of water.
- ✓ Demonstrate ability to safely use a stove and boil 2 Cups of water.
- ✓ Be able to describe how to pack effectively and efficiently.
- ✓ Review the Ten Essentials and How to Pack Your Pack.
- ✓ Be able to tie the BKPS core knots and provide examples of their use/application. Knots: clove hitch, square, bowline, trucker's hitch, taut-line hitch.

#### Field Preparation (~ 2 hr 16 min)

1. General (~ 1 hr 0 min)
  - o Bring your backpack packed as if you were going to be going on an overnight.
  - o Bring water and snacks for the day.
  - o Attempt all knots at least 3 times each before coming to class.
  - o Dress appropriately for being outside (weather permitting).
    - o NOTE - bathrooms available at the AMC and Parfet Park (across from AMC).
2. On-Line Learning Modules<sup>1</sup> (~ 0 hr 16 min)
  - o Field Day #1 Overview
  - o How to Pack Your Pack
  - o Knots
3. Reading Assignments (~ 1 hr 0 min)

Required Reading	Optional Reading <sup>2</sup>
<p>Backpacker's Field Manual</p> <ul style="list-style-type: none"><li>✓ Chapter 4 Sections:<ul style="list-style-type: none"><li>o Water Purification</li></ul></li><li>✓ Chapter 6 Sections:<ul style="list-style-type: none"><li>o Knots</li></ul></li></ul> <p>Backpacking School Website<sup>3</sup></p> <ul style="list-style-type: none"><li>✓ Packing Your Pack Videos (Watch 2 of 5)</li><li>✓ Knots - How and Why</li><li>✓ Water Treatment for Backpackers</li></ul>	<p>Backpacker's Field Manual</p> <ul style="list-style-type: none"><li>✓ Chapter 4 Sections:<ul style="list-style-type: none"><li>o Collecting and Storing Water in Cold Weather</li></ul></li></ul> <p>Backpacking School Website<sup>3</sup></p> <ul style="list-style-type: none"><li>✓ Backpacking Terms</li><li>✓ 5 Military Rucking Rules Everyone Should Know</li></ul>

3.

#### Instructor-Led Training [Location: AMC] (~ 5 hr 0 min)

- ✓ Welcome & Overview
- ✓ Station Rotation
- ✓ Backpacking Game
- ✓ Small Group

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

### Class #3: On the Trail and Post-Trip Activities

#### Learning Objectives

- ✓ Learn Leave No Trace (LNT) principles.
- ✓ List minimum of two attributes of a good campsite and be able to find one on a map.
- ✓ Learn considerations for hygiene in the wilderness.
- ✓ Identify three post-trip activities.

#### Class Preparation (~ 1 hr 45 min)

1. General (0 hr 0 min)
  - o None
2. On-Line Learning Modules<sup>1</sup> (~ 0 hr 45 min)
  - o Campsite Selection
  - o Footcare
  - o Hygiene
  - o Leave No Trace (LNT)
  - o Long Distance and Thru-Hiking Tips and Tricks
  - o Post-Trip Activities
3. Reading Assignments (~ 1 hr 0 min)

Required Reading	Optional Reading <sup>2</sup>
<p>Backpacker's Field Manual</p> <ul style="list-style-type: none"><li>✓ Chapter 4 Sections:<ul style="list-style-type: none"><li>o Keeping Clean on the Trail</li><li>o Washing Clothes</li><li>o Washing Dishes, Pots, and Utensils</li><li>o Women's Hygiene Issues</li></ul></li><li>✓ Chapter 5 Sections:<ul style="list-style-type: none"><li>o General Principles</li><li>o Plan Ahead and Prepare</li><li>o Travel on Durable Surfaces</li><li>o Camp on Durable Surfaces</li><li>o Setting up Camp</li><li>o Dispose of Waste Properly</li><li>o Other types of waste</li><li>o Minimize Campfire Impact</li><li>o Leave What You Find</li><li>o Respect Wildlife</li><li>o Be Considerate of Other Visitors</li></ul></li></ul> <p>Backpacking School Website<sup>3</sup></p> <ul style="list-style-type: none"><li>✓ Leave No Trace Principles</li><li>✓ Female Hygiene Tips (Women)</li></ul>	<p>Backpacker's Field Manual</p> <ul style="list-style-type: none"><li>✓ None</li></ul> <p>Backpacking School Website<sup>3</sup></p> <ul style="list-style-type: none"><li>✓ None</li></ul>

#### Instructor-Led Training [Location: Webinar by each Group Leader] (~ 1 hr 30 min)

- ✓ Q&A with Instructors
- ✓ Field Day #2 Prep

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

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✓ Field Day #3 - #4 plans

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

### Field #2: Basic (Overnight)

#### Learning Objectives

- ✓ Demonstrate and understand when to use the rest step.
- ✓ Select & describe why a campsite is good (or not).
- ✓ Understand the different solutions for securing food (e.g., bear bag, bear vault, etc).
- ✓ Understand where and how to dig a cat-hole.
- ✓ Prepare a nutritious cold or hot meal.
- ✓ Review basic navigation.
- ✓ Understand what should be in a first aid kit and how to use each item.
- ✓ Be able to set-up and tear-down camp and pack effectively and efficiently.

#### Field Preparation (~ 3 hr 10 min)

1. General (~ 2 hr 0 min)
  - o Come prepared with all gear, including your Ten Essentials and rope for bear bag hang.
2. On-Line Learning Modules<sup>1</sup> (~ 0 hr 10 min)
  - o Navigation Refresher
3. Reading Assignments (~ 1 hr 0 min)

Required Reading	Optional Reading <sup>2</sup>
Backpacker's Field Manual ✓ Chapter 6 Sections: <ul style="list-style-type: none"> <li>o Maps and Map Reading</li> <li>o Wilderness Navigation</li> <li>o Backcountry Travel</li> <li>o Traveling in Bear Country</li> </ul> ✓ Chapter 7 Sections: <ul style="list-style-type: none"> <li>o Natural Signs of Direction and Time</li> </ul> ✓ Chapter 9 Sections: <ul style="list-style-type: none"> <li>o Backcountry First Aid</li> <li>o Treatment and Documentation</li> <li>o General First-Aid Principles</li> <li>o Regulating Body Temperature</li> <li>o General Medical Issues</li> <li>o Organizations Providing Training in Wilderness First Aid</li> <li>o Altitude Illnesses</li> </ul> Backpacking School Website <sup>3</sup> ✓ The PCT Method	Backpacker's Field Manual ✓ Chapter 6 Sections: <ul style="list-style-type: none"> <li>o Calculating Location Using a Coordinate System</li> <li>o Using a Compass</li> <li>o Using a Map and Compass Together</li> <li>o Real-Life Navigation Scenarios</li> <li>o Stretches for Hiking</li> </ul> ✓ Chapter 9 Sections: <ul style="list-style-type: none"> <li>o All sections not listed under Required Reading</li> </ul> Backpacking School Website <sup>3</sup> ✓ Head to Toe Assessment ✓ Introduction To Wilderness First Aid ✓ CalTOPO & Other Mapping Tools (Multiple Links) ✓ Requirements for a Compass ✓ Map Reading and Bearing Exercise ✓ Map for Bearing Exercise

4.

#### Instructor-Led Training [Location: Determined by each Group Leader]

- ✓ Ten Essentials and Pack Weigh-in
- ✓ Basic Navigation Review
- ✓ Rest Step Review
- ✓ Campsite Selection
- ✓ Time Management

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

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- ✓ Cat-hole Dig Demonstration
- ✓ Bear Bag Hang Demonstration
- ✓ First Aid Kit Review

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

### Field #3: Advanced (Overnight)

#### Learning Objectives

- ✓ Cross water via direct entry and demonstrate proper stance and direction.
- ✓ Demonstrate the following knots: clove hitch, square, bowline, trucker's hitch, taut-line hitch
- ✓ Set up a tarp.
- ✓ Identify and understand different roles in an emergency and understand what to do in an emergency situation.
- ✓ Understand basic GPS functions such as marking the start location, tracking the route, determining a location, and navigating to a point (off trail).
- ✓ Be able to set-up and tear-down camp and pack effectively and efficiently.

#### Field Preparation (~ 2 hr 30 min)

1. General (~ 2 hr 0 min)
  - o Come prepared with all gear, including your Ten essentials.
  - o Bring your GPS units loaded with map points to use in field exercise.
2. On-Line Learning Modules<sup>1</sup> (0 hr 0 min)
  - o None
3. Reading Assignments (~ 0 hr 30 min)

Required Reading	Optional Reading <sup>2</sup>
Backpacker's Field Manual ✓ Chapter 6 Sections: o Off-Trail Hiking ✓ Chapter 8 Sections: o Dealing with Emergencies - Who's in Charge o Sending for Help o Evacuation Procedures o What to Do If You're Lost  <i>Backpacking School Website<sup>3</sup></i> ✓ Emergency First Aid Checklist and Report Form ✓ Search and Rescue Questions ✓ Emergency Fire Starting	Backpacker's Field Manual ✓ Chapter 8 Sections: o How Accidents Happen o Wilderness Survival  Backpacking School Website <sup>3</sup> ✓ UTM Exercise ✓ UTM Exercise Example Map ✓ Emergency Situation Documents (Multiple)

5.

#### Instructor-Led Training [Location: Determined by each Group Leader]

- ✓ Ten Essentials and Pack Weigh-In
- ✓ GPS Navigation Review
- ✓ Safe Water Crossing Demonstration
- ✓ Campsite Selection
- ✓ Time Management
- ✓ Knots Review
- ✓ Tarp Set-Up
- ✓ Emergency Situation Review

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# BACKPACKING SCHOOL (BKPS)

## Class & Field Curriculum

### Field #4: Graduation (Multi-night)

#### Learning Objectives

- ✓ Know how to develop a trip plan.
- ✓ Have fun and show off your new skills!

#### Field Preparation (~ 2 hr 30 min)

1. General (~ 2 hr 0 min)
  - o Trip Planning by Students.
  - o Come to field day with prepared group trip plan for multi night trip.
  - o Come prepared with all gear, including your Ten essentials.
2. On-Line Learning Modules<sup>1</sup> (0 hr 0 min)
  - o None
3. Reading Assignments (~ 0 hr 30 min)

Required Reading	Optional Reading <sup>2</sup>
Backpacker's Field Manual ✓ Chapter 10 Sections: <ul style="list-style-type: none"> <li>o Outdoor Leadership</li> <li>o Decision-Making Strategies</li> <li>o Reflection on the Experience</li> </ul> <i>Backpacking School Website</i> <sup>3</sup> ✓ Example Trip Plan ✓ Example Map	Backpacker's Field Manual ✓ Chapter 7 Sections: <ul style="list-style-type: none"> <li>o Weather</li> <li>o Climate and Season</li> <li>o Wind</li> <li>o Clouds</li> <li>o Barometric Pressure</li> <li>o Fronts</li> <li>o Extreme Weather Conditions</li> <li>o Thunderstorms</li> <li>o Predicting the Weather</li> <li>o Common Trees</li> <li>o Plants</li> <li>o Wildlife Observation and Animal Tracking</li> </ul> ✓ Chapter 8 Sections: <ul style="list-style-type: none"> <li>o Forest Fires</li> </ul> <i>Backpacking School Website</i> <sup>3</sup> ✓ Interpreting Mountain Weather ✓ Forest Fire ✓ Lightning

6.

#### Instructor-Led Training [Location: Determined by each Group Leader]

- ✓ Ten Essentials and Pack weigh in
- ✓ Use what you have learned and enjoy the backcountry with your group

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