

Backpacking Essentials

This two day course is for dayhikers and others who want to learn more about backpacking. No prior experience is necessary. This course starts at ground zero and conveys information about all important aspects of backpacking: physical conditioning, boots, clothing, packs, tents, sleeping bags, stoves, treating water, food & cooking, first aid kits, hazards, navigation, and trip planning. The course format is: lecture, discussion, demonstration, and working on relevant problems. The instructor has been backpacking since Boy Scouts & Explorers, and has been leading for over thirty years.



Cirque of the Towers, Wind River Range, Wyoming



Coyote Gulch, Grand Staircase Escalante NM, Utah



John Muir Trail, California

Course Content

- Dayhiking vs. Backpacking
- Your backpacking philosophy
- Physical conditioning
- Boots, socks, & proper fit
- Backpacks
- Packing your pack
- Tents, tarps, & hammocks
- Sleeping bags & pads
- Stoves
- First aid kits
- Clothing & layering
- Raingear
- Headlamps & flashlights
- Staying warm, cool, and dry
- Purifying water
- Food - calories, preparing, cooking
- Leave no trace
- Getting clean
- Waste disposal
- Hazards
- Trip planning & navigation
- Relevant hands on problems
- 90 page notebook

Course Details

Two day classroom course, 9:00 to 4:00

Instructor:

Ted Fryberger, 443-917-2902

ted.fryberger@BackpackSkiDive.org

www.BackpackSkiDive.org

www.TedFrybergerPhotography.com



Yellowstone National Park, WY



Evolution Lake, Sequoia & Kings Canyon Wilderness, CA



Cabane du Mont Fort, Haute Route, Swiss Alps



Yosemite NP, CA



Shenandoah National Park, VA