

UNLOUTDOOR ADVENTURES

ODED 107B Backpacking I 951

Syllabus

Course Information

University of Nebraska – Lincoln

Outdoor Adventures

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| Class Name | ODED 107B Backpacking I |
| Credit Hours | 0-1 (pass/no pass) |
| Semester | Spring 2013 |
| Classroom Location | Campus Recreation, Room TBA |
| Course Dates | Mondays and Wednesdays; 4/1 – 4/10 |
| Course Meeting Times | 4:30-6:50p |
| Field Experience Dates | 4/12 – 4/14 |
| Text | <i>The Backpacker's Field Manual</i> by Rick Curtis |

Instructor Information

| Instructor Name | Email | Office Phone | Office Hours |
|-----------------|-------|--------------|----------------|
| TBA | | | By appointment |
| TBA | | | By appointment |
| TBA | | | By appointment |

Goals

This course is designed to introduce the student to backpacking and backcountry travel with an emphasis on building fundamental backcountry skills. This course is designed for the novice backpacker. The goal of this introductory course is to help students develop basic knowledge and skills necessary for safe and comfortable backcountry travel/camping while minimizing environmental impacts.

Objectives

Upon completion of this class, each participant should be able to:

- Demonstrate the ability to hike, eat, sleep, and exist in an outdoor environment with minimal impact on the environment.
- Describe and demonstrate proper use and choice of equipment related to backpacking and backcountry camping.
- Demonstrate the ability to read maps and use them in conjunction with a compass.

Teaching Method

The course work for this class is largely experiential by nature. This means that there will be many activities, group discussions, and practical applications.

Assessment & Evaluation

This course is graded on a pass/no pass scale. It is an activity class and therefore it is essential that you attend class and participate. In order to receive a passing grade, the student must attend all classes. While we understand that this may be difficult in some cases, if the student has previous knowledge of a conflict, they must find an instructor beforehand and make aware to them of their absence. If instructors are notified after an absence, you may not pass.

Field Experience – April 12th – 14th, 2013

The field experience will take place in Indian Cave State Park, Nebraska. Students are expected to give 100% effort in all activities, demonstrate preparedness, act as a safe, positive member of this trip, create healthy meals in appropriate portions, and uphold leave no trace guidelines. Transportation to and from Indian Cave State Park will be provided by Outdoor Adventures in University vehicles. All backpacking gear and maps will be provided by Outdoor Adventures. Gear will be available for pick-up on **4/11 from 12-6p**. Menu planning and purchasing food will be the responsibility of each camp group. We will discuss details further in class. Also please see the trip information packet posted to Blackboard.

During this class and field experience the following items/activities are not allowed: drug use, alcoholic beverages, and dangerous weapons (as defined by the University's Student Code of Conduct).

Tentative Course Schedule

| Date | Topics | Readings Due/Assignments Due |
|-----------|---|---|
| 4/1/2013 | Introductions & Ice Breakers Syllabus & Group Project Overview Field Experience Overview <ul style="list-style-type: none"> ▪ Determine Camp & Project Groups ▪ Gear Reservations ▪ Sign Waivers & Health Statements | None |
| 4/3/2013 | Games Trip Planning, Preparation & 12 Essentials Clothing: Regulating Body Temperature Clothing: Layering Principles & Layers Clothing: Boots and Footwear | Chapter 1 – Trip Planning Chapter 2 – Equipment (pg. 20-38) |
| 4/8/2013 | Games Equipment: Packs Equipment: Sleeping Bags Equipment: Tents / Shelter Leave No Trace Video | Minor Waivers/Health Statements Chapter 2 – Equipment (pg. 38-65) Chapter 5 – Leave No Trace |
| 4/10/2013 | Games Energy & Nutrition Requirements Fluid Recommendations Menu Planning Stoves and Cooking Demonstration | Chapter 3 – Cooking & Nutrition |

Tentative Field Experience Itinerary – see trip information packet for more detailed information

| Date | Itinerary & Instructional Topics | Pre-Field Experience Reading Assignments |
|-----------|--|---|
| 4/12/2013 | Depart from Outdoor Adventures for Indian Cave State Park, NE Hike into the backcountry | |
| 4/13/2013 | Navigating with Map & Compass Water Purification Hygiene & Sanitation Traveling in Bear Country & Bear Hang Demonstration | Chapter 4 – Hygiene & Water Purification Chapter 6 – Wilderness Travel |
| 4/14/2013 | Return to Lincoln, NE | |