

Lightweight Backpacking 2022 Application Form

Backpack Section
Loma Prieta Chapter
Sierra Club

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Student's Name:

Email Address:

Postal Address:

Phone Number(s):

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1. Have you previously taken the Backpack Section's Basic Backpacking course? If not, describe any training or education you've attended relating to backpacking.
 2. List the most notable locations where you have backpacked in the past (park name, trail names, etc.).
 3. Describe your "backpacking style." In other words, how do you use your time, and what activities most draw you into the wilderness? (Examples: Peak bagging, fishing, family entertainment, camp fires, photography, wildlife viewing, botany, geology, stargazing, etc.)
 4. Please describe any goals you hope this class will help you achieve; especially, if there is a specific adventure you're planning?
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5. **How many miles was the longest day-hike you've completed in the past 3 months?**
- a) Under 5 miles.
 - b) 5 to 10 miles.
 - c) 10 - 20 miles.
 - d) Over 20 miles.
6. **How many days was your longest-ever backpacking trip?**
- a) 3 days or less.
 - b) 4 or 5 days.
 - c) 6 to 9 days.
 - d) 10 to 14 days
 - e) Longer than 14 days.
7. **On a typical backpacking trip last season, how many miles did you hike on an average day?**
- a) Under 5 miles.
 - b) 5 to 8 miles.
 - c) 9 to 15 miles.
 - d) Over 15 miles.
8. **Estimate the starting weight of your backpack for a typical 3-day weekend, summer trip:**
- a) Under 20 pounds.
 - b) 20 to 30 pounds.
 - c) 30 to 45 pounds.
 - d) Over 45 pounds.
9. **How many overnights have you spent on backpacking trips in your life?**
- a) 1 to 25.
 - b) 25 to 50.
 - c) 50 to 100.
 - d) More than 100.
10. **Have you ever gone on backpacking trip solo?**
- a) Yes.
 - b) No.
11. **The instructor may recommend that class members replace one or more significant pieces of gear before the class outing. Are you willing and likely to do this?**
- a) Yes, definitely.
 - b) Perhaps, if necessary.
 - c) Maybe, depends on the cost.
 - d) Probably not.
12. **In the past 6 months, what type of aerobic exercise activity have you engaged in regularly (mark all that apply)?**
- a) Walking or hiking
 - b) Running
 - c) Bicycling
 - d) Swimming
 - e) Team sports (basketball, tennis, etc.)
 - f) Aerobic dance
 - g) Nordic skiing
 - h) Rowing/paddling
 - i) Other _____
 - j) None.
13. **Thinking about question 12, on average how many hours per week do you spend in all of these aerobic activities, combined?**
- a) Under 2 hours.
 - b) 2 to 5 hours.
 - c) 5 to 10 hours.
 - d) Over 10 hours.
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