

Backpack Beginners Course 2019

Course Content

The course is addressed towards people with little or no experience in backpacking but who want to explore backcountry trails and get away from the crowds.

Topics are:

- Equipment (clothing, tents, sleeping bags and pads, backpacks, boots, stoves)
- Safe wilderness travel
- Trip planning
- Basic navigation skills
- Backcountry food and cuisine
- How to operate a stove
- How to treat water
- Common problems in the backcountry and how to avoid them
- Wilderness ethics and low impact camping

Course Format

The course consists of:

- **A full-day indoor session on Saturday, March 23, 2019, including a series of short lectures, discussions, slide and equipment show. The event will be hosted from 9:00 – 5:00 at the Naturebridge Conference Center (Golden Gate National Recreation Area).**
- **An overnight field trip at a weekend (Sat/Sun) in April/May in small groups lead by experienced instructors. There are 4 dates to choose from.**

During the overnight trip you will have the opportunity to try out your gear, learn how to set up a tent and operate a backpack stove, practice basic navigation skills and, most important, experience what it feels to hike with a heavy pack on your back.

Participation in the overnight backpack trip requires attendance at the indoor session. No exceptions.

Requirements

You need to be in good physical shape and have no serious health conditions. **Experience in day hiking is necessary.** Sierra Club membership is **not** required.

Families with Children

Families with children age 12 and older are welcome. Unfortunately, the course is not suited for children under the age of 12. Contact Thomas Meissner for details.

Participants under the Age of 18

For all participants under the age of 18, who are not accompanied by a legal guardian, a minor release form needs to be signed. Contact Thomas Meissner for details.

Food and Equipment

The Sierra Club will provide lunch, snacks and soft drinks at the indoor session. For the overnight backpack trips, we will provide hot water commissary (stoves, cooking equipment for boiling hot water) and group first aid kit.

Participants need to provide all other gear (clothing, tent, backpack, sleeping bag, sleeping pad, boots, etc.) and their own food at the field trip. We strongly recommend that you wait until after the indoor session before making any purchases.

Transportation

Transportation to and from the indoor session and to and from the overnight backpack trip trailheads is the responsibility of each participant. A roster will be provided to each sign-up so that participants can arrange carpooling.

Trip Fee and Refund Policy

The trip fee is **\$ 110**. For participants age 12 – 22 a reduced fee of **\$ 55** applies. We will refund your money if we have to refuse your application due to physical or medical conditions, if the course is full, or in the event that the Sierra Club has to cancel. **No refund will be given if a participant cancels.**

Sign Up and Notification

- Advanced sign up is mandatory. No drop ins.
- In order to sign up, please complete the attached application form and email it to **meissner.thomas@sbcglobal.net**.
- **Payment: PAYPAL.** You will receive instructions for paying the trip fee with PayPal.
- Accepted participants will receive a confirmation and further information about meeting time and place for the indoor session and a trip roster for arranging carpools.
- Applications are reviewed in the order they are received.
- Application deadline is March 8, 2019.

Questions

Thomas Meissner, email: meissner.thomas@sbcglobal.net (strongly preferred),
Phone: 707-795-7980 (please use only if you do not have email).

Sierra Club SF Bay Chapter Backpack Section Beginners Course Spring 2019: Application Form

(One separate application is needed for each participant!)

Advanced sign-up is mandatory. No drop-ins. To sign up, please fill out both pages, don't forget to initialize at the last page and email to:

meissner.thomas@sbcglobal.net

You will be emailed instructions how to pay the trip fee with PayPal. You are signed up and confirmed after we receive your PayPal payment.

Please print. One separate application is required for each participant.

Personal Information (all fields are mandatory)

Name:

Full address:

Phone including area code:

Email:

Medical and Physical Information

Please fill in all fields. Indicate **None** if applicable.

1. List any medical conditions you have or any medical treatment you receive:
2. List any medications you are taking:
3. List any allergies to food, insect bites and stings, medicines, animals and environment (dust, pollen, etc.):
4. Do you have any dietary or food restrictions (e.g. vegetarian, vegan, ...)?
5. What is your level of fitness and what do you do for conditioning:
6. Age Weight Height
7. Please describe briefly your outdoor interests and sports:

Overnight Backpack Trip Dates

In order to facilitate the organization of the overnight backpack trips it is necessary that all participants provide **at least 2 dates**. Please indicate the dates that are possible. If you would like to do the overnight backpack trip together with another participant (e.g. spouses or friends), please give the name below. All overnight backpack trips will be located within the greater SF Bay Area.

Overnight Backpack Trip Dates	Section	Likely Destination¹⁾	Preference (choose at least 2)
April 20/21	A	Point Reyes	
May 4/5	B	Point Reyes	
May 11/12	C	Point Reyes	
May 18/19	D	Henry Coe SP	

1) All destinations are subject to change at the leader's discretion.

I would like to do the overnight backpack trip together with:

Name of Participant:

I have read and understand the information and meet the requirements for the medical and physical condition. I have read and understand the refund/cancellation policy and I am aware that the trip fee will be only refunded if the outing has to be cancelled by the Sierra Club or if the Sierra Club refuses my application. No refund will be given if I cancel my participation in the outing.

Accept (please initialize):