


Planning your trip into the Backcountry

LSRC 151 Introduction to Outdoor Education
& the Backcountry

California State University Northridge



Check list for a backcountry adventure.

- Take LSRC 151 & one of the special topics A-H or other educational programs
 - Equipment or packing Lists
 - Secure permits depending on regulations
 - Notify someone about your trip itinerary
 - Enjoy, be safe, be a protector of the environment
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What do I need to take?

Equipment or Packing Lists

- Be prepared by what you know
 - Learn about safety in the out of doors
- Be prepared by what you take:
The Ten Essentials List
 - Always have with you
 - Assume you will 'get lost' or 'need them'
 - The traditional list & a modified list


Ten Essential List/ Traditional List

Equipment to have whenever you venture out

- 1) Map 2) Compass 3) Knife
- 4) Flashlight (extra batteries and bulb)
- 5) Extra clothing 6) Extra food
- 7) First aid kit 8) Matches/ Lighter 9) Fire starter
- 10) Sunglasses
- The mystery of the traditional ten essentials list
 - Created for the 'mountains'
 - 'sunglasses???' - snow blindness
 - 'water is missing???' - snow means you have water
- 10 plus: food storage device (bears) ; whistle (emergency); water treatment; sunscreen.


Ten Essentials

A modified list based on principles of the classic ten

- ▶ Navigation
 - ▶ Maintain body temperature
 - ▶ Knife
 - ▶ Fire starter
 - ▶ Shelter
 - ▶ Repair
 - ▶ Sun protection
 - ▶ Emergency plan
 - ▶ Nutrition
 - ▶ Respect
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Survival Kit

Another approach

- ▶ Small can or plastic container
 - ▶ Matches & small candle
 - ▶ Leaf bag
 - ▶ Razor blade
 - ▶ Bullion/ Tea bag
 - ▶ Fish line
 - ▶ Duct Tape
 - ▶ Iodine tablets
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Rule of Threes

Managing priorities in surviving a short term wilderness emergency


- **3 Minutes - Air**
 - Examples: drowning, avalanche, CO from stoves
 - **3 Hours - Shelter/ Warmth**
 - Examples: hypothermia
 - **3 Days - Water**
 - **3 Weeks - Food**
 - **These are general guidelines which would vary by environmental conditions**
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Permits

Know what you need

- **Access to wilderness is regulated in many areas**
 - **Ignorance of the law is no excuse**
 - **Check with the management agency**
 - Find the exact park or forest/ regs vary
 - National Park Service (www.nps.gov)
 - United States Forest Service (www.fs.fed.us)
 - Bureau of Land Management (www.blm.gov)
 - State or private jurisdiction
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Key Questions

- How would you prepare yourself for a safe backcountry experience?
 - Who manages outdoor recreation resources and what may be required from them before entering the wilderness?
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KEY TERMS

- Resource managers
 - NPS, USFS, BLM, permits, quotas
 - Ten+ essentials list
 - Rule of threes
 - Trip plans, emergency plans, & itinerary contacts
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