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
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

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
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

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
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?

KEY TERMS

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