

Beginner Backpacking Workshop Tentative Agenda

9:00 Introduction: Backpacking Logistics and Basic Expectations.

After the introduction, participants will divide into three groups; each group will attend all three 45-minute presentations, round-robin style:

1. Clothing, Body Heat, Boots & Blisters.
2. Nutrition, Cooking, Water Supply.
3. Shelter, Sleeping Gear, and How to Pack it All.

9:30 Morning Session 1

10:15 Morning Session 2

11:00 Morning Session 3

11:45 Lunch Break

After lunch, participants will divide into two groups, for the next two sessions:

1. Leave No Trace / Personal Hygiene
2. Navigation

12:15 Afternoon Session 1

12:45 Afternoon Session 2

The participants will divide into three groups for the hands-on sessions:

1. Tent Set-up
2. Stove Operation
3. Water Filtration and Bear Bag Hanging

1:15 Hands-on Session 1

2:00 Hands-on Session 2

2:45 Hands-on Session 3

3:30 Wrap-up and Clean-up