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