

Backpacking

British Union e-Honour



Requirements:

1. What do you think is the meaning of the motto: "Take nothing but pictures and leave nothing but footprints."?

2. Explain the essentials of proper clothing, shoes, and rain gear to use in backpacking.

3. Know the principles in selecting a good quality backpack. In an emergency, what might be used in place of a backpack?

4. Know the essential items to be taken on a backpack trip.

5. What kind of sleeping bag and pad are best for your camping area? Know at least three kinds of each that are available.

6. Demonstrate how to pack a backpack properly.

7. What types of food are best for backpacking? Visit an online grocery store and list the foods found there that are suitable for backpacking. Do the following:

- a. Plan or prepare a menu for a virtual weekend backpack trip using foods you have seen online at a grocery store. You can create a menu using pictures of these foods.
- b. Learn the techniques of measuring, packaging and labelling backpack foods for your trip.
- c. Make a trail snack.

8. Know the prevention and symptoms of and the first aid for:

- a. Sunburn
- b. Blisters
- c. Frostbite
- d. Hypothermia
- e. Heat stroke
- f. Heat exhaustion
- g. Snake bite
- h. Cramps
- i. Dehydration

9. Have a first aid kit in your backpack and know how to use it.

10. According to your weight, what is the maximum number of pounds/kg you should be allowed to carry?

11. Know three ways to find direction without a compass. Demonstrate at least two.
12. Show the proper way to put on and take off a backpack alone and with a partner.
13. Participate in a weekend backpack trip of at least five miles (8 km) to a site not accessible by a vehicle and cook your own meals.

We suggest that for the demonstration elements of this honour that you record yourself performing the tasks required. During lockdown it is not safe to be doing the backpacking trip and cooking meals outdoors – please wait until it is safe to do so.

Honour completed on _____

Signed _____