



In  
partnership  
with



## ADVANCED BACKPACKING

The spectacular Sawtooth Ridge, which includes California's Matterhorn Peak, straddles northern Yosemite National Park and the Toiyabe National Forest. In this loop around the ridge, you can re-live portions of Jack Kerouac's climbing adventure described in "The Dharma Bums."

This 7 day intensive course is designed for experienced backpackers who are looking to expand their skills or to take on the additional responsibility of leading groups into the wilderness. The instructor / guide will provide expert advise and coaching through a series of advanced demonstrations, discussions and activities. Emphasis will be placed on wilderness leadership, planning, safety, decision making, and group dynamics.

### **LOCATION:**

Sawtooth Ridge, Toiyabe National Forest, California. Located in the Eastern Sierra Nevada near Bridgeport CA .

### **PREREQUISITES:**

- Good physical condition
- Participants needs to arrive with backpack and personal gear (see details on the back)
- Intermediate Backpacking course or similar experience
- A desire for high sierra adventure

### **MEETING TIME & PLACE:**

Meet at 9 AM at Twin Lakes Campground, Toiyabe National Forest, California. A pre-trip email during the week before the course will iron out these details including anticipated weather conditions.

### **COURSE CURRICULUM:**

- High Adventure Trek Planning
- Cross Country Travel
- Leadership Skills and Philosophy
- Wilderness Safety
- Wilderness Medicine
- Special considerations leading kids

### **COURSE REGISTRATION:**

Preregistration is required and full payment reserves your spot. Secure online registration is available through the MAS web site (mtadventure.com). Participants can also call or email the MAS office at (209) 753 6556 or mail@mtadventure.com. All course participants must fill- out and sign MAS Course Registration Form

### **LODGING OPTIONS:**

- Twin Lakes Campground, outside Bridgeport
- Various Hotels in Bridgeport Area , including Annett's Mono Village, Ruby Inn

[www.mtadventure.com](http://www.mtadventure.com) • (209) 753-6556 • [mail@mtadventure.com](mailto:mail@mtadventure.com)

# GEAR REQUIREMENTS

## PROVIDED BY MAS / HTW:

√ Instructor / Guide	√ Cooking Stoves	√ Water Treatment
√ Required Permits	√ Pots and Pans	√ Group First Aid Kit
√ Tents	√ Cooking Utensils	√ Maps / GPS
√ Food for Breakfast, Lunch and Dinner	√ Bear Cans / Bags	√ Course Materials

## PERSONAL GEAR (PROVIDED BY YOU):

Please be sure to bring the following items for pack inspection:

<b>To Wear To Outing</b>	<b>Personal Eating</b>	<b>Extra Cloths</b>
1 pair underwear	1 plastic mug	1 pair underwear
1 pair sock liners	1 plastic bowl	1 pair sock liners
1 pair hiking socks	1 spoon (lexan)	1 pair hiking socks
1 pair hiking long pants	1 fork (lexan)	1 hiking shirt
1 hiking shirt	1 wide mouth water bottle	1 long sleeve fleece
1 hat		1 wind breaker
1 pair sunglasses	<b>Ten (or so) Essentials</b>	1 pair shorts / swimsuit
	Sunscreen	1 pair long johns top
<b>Backpack Basics</b>	DEET insect repellent	1 pair long johns bottom
1 backpack	Flashlight or headlamp	
1 pack rain cover	Map / Compass	<b>Optional Gear</b>
1 sleeping bag	Whistle	Camera
1 insulated pad	Pocket Knife	Small Towel / Chammy
1 hydration pack	Matches	
	Personal First Aid Kit	<b>Room for Group Gear</b>
	Toiletries (TP, Toothbrush, etc)	Equipment, tent, food

## GEAR RENTAL OPTIONS:

If you do not own items such as a backpack, sleeping bag or pad, you may want to consider renting. There are a wide variety of rental providers including:

- Sports Basement: <http://community.sportsbasement.com/rentals/camping/>
- Sports Chalet: <http://www.sportchalet.com>
- Lower Gear: <http://www.lowergear.com>
- Outdoor Geek: <http://www.outdoorsgeek.com/>

## DIRECTIONS:

From S.F. Bay Area: (4-5 hours)

Take 580 East to 205 East then 5 North. Exit East on 120, then East 108 over Sonora Pass. Turn right on US 395 South. Continue to Bridgeport, then turn West on Twin Lakes Road and follow it to Twin Lakes Campground.

**www.mtadventure.com • (209) 753-6556 • mail@mtadventure.com**