



In
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INTRODUCTION TO BACKPACKING

This 2 day 1 night training course provides the beginning backpacker with a guided hands-on experience hiking and camping in a beautiful outback wilderness setting. The instructor / guide will provide expert advice and coaching through a series of demonstrations, discussions and activities. By the end of this course you will have the skills necessary to safely navigate and camp overnight in the wilderness. This course provides excellent preparation for future longer backpacking adventures, including our Intermediate Backpacking course

LOCATION:

Bear Valley, California (elevation 7100 feet) located in the Sierra Nevada between Lake Tahoe and Yosemite just two hours east of Stockton on Highway 4.

PREREQUISITES:

- Good physical condition
- Participants needs to arrive with backpack and personal gear (see details on the back)
- A desire to learn backpacking skills

MEETING TIME & PLACE:

Meet at 9 AM at MAS office at the Bear Valley Mountain Resort. A pre-trip email during the week before the course will iron out these details including anticipated weather conditions.

COURSE CURRICULUM:

- Wilderness travel etiquette
- Leave No Trace principles
- Navigation with map and compass
- Proper foot care and pack adjustments
- Campsite selection
- Pitching a tent
- Food protection
- Camp stoves and fires
- Outdoor Cooking
- Water Purification
- Wilderness hygiene

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:

- The Nordic Loft is a cozy, convenient and affordable option that MAS leases above the Bear
- Valley Cross Country Center for MAS course participants and their guests.
- The Bear Valley Lodge
- The BaseCamp Lodge
- Other options

www.mtadventure.com • (209) 753-6556 • 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:

To Wear To Outing	Personal Eating	Extra Cloths
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	Ten (or so) Essentials	1 pair shorts / swimsuit
	Sunscreen	1 pair long johns top
Backpack Basics	DEET insect repellent	1 pair long johns bottom
1 backpack	Flashlight or headlamp	
1 pack rain cover	Map / Compass	Optional Gear
1 sleeping bag	Whistle	Camera
1 insulated pad	Pocket Knife	Small Towel / Chammy
1 hydration pack	Matches	
	Personal First Aid Kit	Room for Group Gear
	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: (3 hours)

Take 580 East to 205 East then 5 North. Exit East on 120, then North on 99. Head East on 4, merge with 49 South and go through Angels Camp. Continue East on Highway 4 and Bear Valley is 25 miles east of Arnold.

From Sacramento: (2 hours)

Take 99 south to 12 east, merge w/Hwy. 49 south to Angels Camp. East on Hwy 4 to Bear Valley.