

SAINTS GLOBAL

# ACTIVITY PLAN

## BACKPACKING

### PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The 5-mile loaded overnight

Between Sessions 3 and 4, each saint hikes a 5-mile route carrying his own loaded pack, with one overnight on a backcountry trail or a church-approved site. He sets up camp, sleeps out, breaks camp, and hikes back out under his own gear. The trip is the field test for everything the four sessions prepare for.

**OUTDOOR — BACKCOUNTRY TRAIL OR CHURCH-APPROVED OVERNIGHT SITE WITH AT LEAST ONE BIVOUAC**

## SESSION 1 · PHYSICAL CORE

🕒 60 min target

# Inspect and pack the trip kit

*Handle each piece of gear before you take it on the trail.*

**SESSION AIM**

Saints lay out their packs, name the ten essential gear categories, work through the most likely on-trail health risks as scenarios, and cover Leave No Trace as stewardship. Saints leave with one missing piece of gear identified and a plan to acquire or repair it before Session 2.

**🎯 WALK AWAY WITH**

- Has laid hands on every essential category of gear and named what each does
- Has named the three most likely on-trail health risks and how to prevent them
- Has one missing piece of gear identified with a plan to acquire it before Session 2

**📦 BRING / SET UP**

- Each saint brings: his trip pack and the full set of gear he plans to take on the overnight
- A tarp or sheet large enough to lay one saint's gear out on the floor
- Sticky notes and a pen per saint
- Three printed scenario cards for the health-risk roleplay (heat illness, hypothermia, tick exposure)
- A printed LNT principles handout (one per saint)

**📅 THE HOUR****BLOCK 1 · DISCUSSION Opener — Wettest you've been**

🕒 5 min

Ask the group: 'When was the wettest, coldest, or most uncomfortable hour you've spent outdoors, and what one piece of gear would have made it better?' Two or three saints share, briefly. The point is to remember what discomfort felt like and what was missing. The rest of the hour turns those memories into a pack that works.

## SESSION 1 · INSPECT AND PACK THE TRIP KIT (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 2 · SKILL PRACTICE Lay out the ten essentials

⌚ 15 min

1. Spread the tarp on the floor. Each youth empties his trip pack onto it. Saints without a pack pair up with a partner and share gear.
2. Walk the room together. Group each saint's gear by the ten essential categories: navigation, sun, insulation, illumination, first aid, fire, repair, nutrition, hydration, shelter. Note what is present and what is missing.
3. For each missing category, name one item that fills it for under \$20 and one upgrade for when budget allows.
4. Pick one unfamiliar item from a pack and have the youth explain what it is and when he last used it. If he cannot explain it, decide together whether it belongs on the trail.
5. Each youth writes on a sticky note: 'One category I'm missing, and what I'll do about it before Session 2.'

## REQ 1C

## BLOCK 3 · ROLEPLAY Three things that go wrong on day one

⌚ 15 min

1. Set up three scenario stations: (1) heat illness — a saint stops sweating in hot weather and feels confused; (2) early hypothermia — a saint shivers uncontrollably after lunch in the shade; (3) tick — a saint feels something at his ankle through his sock and stops to check. Place a clipboard at each station for response notes.
2. Rotate pairs through all three stations, four minutes each. At each station, read the scenario, identify what is happening, and write the first three actions in order. Assume no cell signal — plan as if you cannot call out.
3. Pairs report back to the group. The correct first actions are: heat illness — stop, water, shade, cool the neck. Hypothermia — stop, calories in, dry layer on, get out of the wind. Tick — find it, save it, mark the spot, watch for fever.
4. Each youth adds one of the three to his packing list as a pre-treat item (extra electrolyte tablets, a dry baselayer in the lid, tweezers in the first-aid kit).

## REQ 1A

## SESSION 1 · INSPECT AND PACK THE TRIP KIT (PAGE 3 OF 3)

## THE HOUR — CONTINUED

## BLOCK 4 · DISCUSSION Trace check — what stays, what comes home

⌚ 20 min

1. Open with a question: 'On a trail you've been on, what was the worst thing another hiker left behind?' Let saints name litter, cut switchbacks, scarred firepits, and carved trees. Carelessness on a trail affects other people, not just the land.
2. Walk the seven Leave No Trace principles. Split them across the room so each youth reads one and gives one example of where he has seen it broken: (1) plan ahead, (2) travel and camp on durable surfaces, (3) dispose of waste properly, (4) leave what you find, (5) minimize campfire impacts, (6) respect wildlife, (7) be considerate of others.
3. Explain that LNT is stewardship, not a ranger's checklist. The trail stays usable for the next group only if each group treats it as borrowed.
4. Two scenarios, in pairs: (a) you find another group's trash at a campsite — what do you do with it? (b) you are on a snowy slope and the only way forward either damages a fragile area or adds half a mile — which do you pick? Quick share-back.
5. Each youth commits to one LNT habit he will bring to the overnight that he has not done before — packing out toilet paper, using a stove instead of a fire, packing out fuel cans, or something similar.

## REQ 1B

## BLOCK 5 · REFLECTION Close — One missing thing

⌚ 5 min

1. Each youth reads his sticky note from B2 aloud: 'One category I'm missing, and what I'll do about it before Session 2.'
2. Record who needs what. Pair any youth who needs to buy or borrow gear with a saint who has a spare or knows where to find it cheap. Each youth should arrive at Session 2 with the missing item.

## AT THE CLOSE · DEBRIEF

1. Which piece of gear in your pack do you trust most, and why?
2. Which piece did you bring because somebody told you to, but you have never actually used it?
3. Whose pack on the floor today made you reconsider your own?

☑ Initial 1a, 1b, and 1c on each saint's BRC after this session. Note any saint who is still missing a gear category from B2 and check back at Session 2.

## SESSION 2 · PHYSICAL CORE

⌚ 60 min target

## Map and plan the trip

*Plan the route now so decisions on the trail are simple.*

**SESSION AIM**

Saints work from a real topo map of the overnight route to build a Route Plan worksheet covering mileage, elevation, water, weather, pace, and weight target. They pack their trip packs in the correct load order and walk through trek roles. Saints leave with a worksheet to finish and bring back to Session 3.

**🎯 WALK AWAY WITH**

- Has planned a real backpacking route with distance, elevation, water sources, and weather windows
- Has laid out his pack in the correct loading order and explained why each item is where it is
- Knows his role on the trek and which role he's relying on others to fill

**📦 BRING / SET UP**

- Each saint brings: his trip pack, the gear he plans to take, and any new items acquired since Session 1
- Printed topo map of the planned overnight route (one per saint, A3 or larger if possible)
- Printed Route Plan worksheet (columns: start time, segment, mileage, elevation, water source, pace, target arrival)
- A bathroom scale (for the pack-weight check)
- Forecast pulled up on a phone or laptop for the planned overnight date

**📅 THE HOUR****BLOCK 1 · DISCUSSION Opener — Gear in motion**

⌚ 5 min

Round the room, under 30 seconds per saint: 'What is one piece of gear you added or replaced this week, and what made you finally do it?' The aim is to check that last week's commitments showed up as actual gear. Any saint still missing a category names it now so the leader and the group know before pack layout.

## SESSION 2 · MAP AND PLAN THE TRIP (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 2 · CREATIVE Map the route — water, weather, weight

⌚ 20 min

1. Hand out the printed topo map (not a phone screen) and a Route Plan worksheet to each saint.
2. Walk the route together on the map. Identify the start, the first water source, the climb, the high point, the camp, and the descent. Mark each with a numbered circle.
3. Each youth fills out his Route Plan worksheet. Use 1.5–2 mph on flat ground and 1 mph on climbs as a pace baseline for a loaded 13-year-old; older saints with trail experience should adjust their own targets.
4. Pull up the forecast for the planned overnight date. Identify the worst plausible window — a two-hour rain band, a wind shift, an overnight temperature drop. For each, write down what gear or schedule you would adjust.
5. Each youth sets a target pack weight: first-timers cap at 25 percent of bodyweight, established saints at 20–22 percent, and mentors carrying a shared item at 22–25 percent including the shared item. Write the target on the worksheet.

## REQ 2A

## BLOCK 3 · SKILL PRACTICE Lay out the pack

⌚ 15 min

1. Each youth brings his actual trip pack and gear to the front and lays the gear out on the floor in front of his pack.
2. Walk the load order together: bottom — sleeping bag and later-use clothing (light, last out). Middle, close to the back — heavy and dense items (food bag, water filter, fuel). Middle, outer — break gear (jacket, snacks). Top and lid — fast-access items (rain shell, headlamp, map, first-aid, sunscreen). Sides and external — water, trekking poles, wet items.
3. Each youth loads his pack in this order. Walk the room and check each load. Adjust the hip belt — it should carry 70 to 80 percent of the weight, not the shoulders.
4. Each youth picks up his loaded pack and walks a loop around the room. Note what shifts, what digs in, and what is uncomfortable. Adjust before leaving the session, not on the trail.

## BY TIER

## ENTRY

Pack a beginner setup and ask the leader to cross-check each section. Carry under 25 percent of bodyweight.

## ESTABLISHED

Pack to your trip's actual weight target without intermediate cross-checks. Weigh the closed pack and check it against your printed packing list.

## MENTOR

Pack a trek-leader's setup — your own gear plus one shared item (filter, stove, or group first-aid). After you finish your own pack, lead one other saint through his pack check.

## REQ 2B

## SESSION 2 · MAP AND PLAN THE TRIP (PAGE 3 OF 3)

## THE HOUR — CONTINUED

## BLOCK 4 · ROLEPLAY Roles under strain

⌚ 15 min

1. Name the roles on a four-to-six-saint trek: lead navigator, tail saint, water lieutenant, group cook. Each role has one job — keep the pace and heading; never leave a saint behind; account for water; feed the group at the planned stops.
2. Run three quick scenarios in pairs. (A) A saint twists his ankle 1.5 miles in. Who does what? (B) The planned water source is dry. Who does what? (C) The group is 30 minutes behind schedule with the climb still ahead. Who does what?
3. Explain that each role on a trek carries a specific responsibility. Even on a four-saint trek, somebody leads and somebody stays at the back — that is what gets the whole group to camp together.
4. Each youth writes on his Route Plan worksheet the role he wants on this overnight and the role he thinks he is least suited for. Bring the worksheet back next week. Roles are assigned at the close of Session 3.

## REQ 2C

## BLOCK 5 · REFLECTION Close — Plan check

⌚ 5 min

1. Pair up and trade Route Plan worksheets. Each youth spots one thing his partner has not accounted for — a missing water source, an aggressive pace target, or an unfilled role preference.
2. Take the worksheet home. Bring it back to Session 3 with one weather contingency added, one role circled, and a printed packing list with weights checked.

## AT THE CLOSE · DEBRIEF

1. Where did your route plan break first when your partner reviewed it?
2. Which trek role do you most want, and which one would you rather not have?
3. What did you learn about your pack weight once you actually put it on the scale?

☒ Initial 2a, 2b, and 2c on each saint's BRC after this session. Note any saint whose pack is over the weight ceiling and schedule a one-on-one with him before Session 3.

## SESSION 3 · PHYSICAL CORE

🕒 60 min target

## Practice route, water, and stove

*Practice navigation, water treatment, and stove use before the overnight.*

**SESSION AIM**

Saints drill the three field skills they will use on the overnight — map and compass navigation, water treatment with two methods, and stove safety with a real trail meal. The session ends with the overnight locked in: date, trailhead, roles, and pack weights confirmed.

**🎯 WALK AWAY WITH**

- Has located his position on a real map at two different points using compass or GPS
- Has treated water with two different methods and explained when each is right
- Has cooked one trail meal on his own stove and can sanitize the kit afterward
- Has the overnight on the calendar with role, pack-weight target, and partner

**📦 BRING / SET UP**

- Each saint brings: his trip pack ready for Saturday, stove and fuel, water bottles, map, compass, mess kit
- Two water-treatment stations (pump or squeeze filter for A; chemical tablets for B) with buckets of water
- Bathroom scale (for the pack-weight check in B5)
- Dehydrated meal or freezer-bag dinner (one per saint) for the cook block
- Four marker letters (A–D) for the navigation drill set up in the parking lot or yard

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Last things to lock in**

🕒 5 min

The overnight is six days away. Round the room: each youth names one thing he has already done to be ready (gear bought, route printed, weight tested) and one thing he is still scrambling to finish. Note the open items — they get addressed in the close when roles and pack weights are confirmed.

## SESSION 3 · PRACTICE ROUTE, WATER, AND STOVE (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 2 · PHYSICAL Find north — map and compass drill

⌚ 15 min

1. Hand each youth a compass and a copy of the topo map. Confirm declination is set correctly for the trip area; look it up if anyone is uncertain.
2. Set up four marked points (A–D) in the parking lot or yard, roughly 30 to 50 feet apart.
3. Each youth takes a starting position and identifies his location on the map. He then picks a target point on the map, takes a compass bearing, walks the bearing, and confirms he arrived at the correct point.
4. Repeat with two more points. Saints who finish early help others — this is not a race. Carry a compass on the trail even when a phone GPS is available; batteries die and signal drops, and a compass does not.

## REQ 3B

## BLOCK 3 · SKILL PRACTICE Treat the water — two ways

⌚ 10 min

1. Set up two stations with one bucket of water at each. Station A is a pump or squeeze filter. Station B is chemical treatment (chlorine dioxide tablets or iodine).
2. Each youth runs both stations. At A, assemble the filter, pump or squeeze one liter, and identify what the filter removes and what it does not. At B, drop the tablet into one liter, time the wait period, and identify what the chemical kills and what it does not.
3. Discuss when to choose each method. Use the filter for cloudy water with sediment and when you need fast turnaround. Use tablets as a clear backup, in deep backcountry, or when the filter clogs. Carry both on the overnight; use the filter first and tablets only if needed.

## REQ 3C

## BLOCK 4 · CREATIVE Fire the stove, eat the meal

⌚ 20 min

1. Each youth sets up his stove and fuel outside on a flat, non-flammable surface, with a wind block in place. Inspect for fuel leaks before lighting.
2. Walk the safe-light protocol: (1) check the ground for grass and debris; (2) clear a six-foot perimeter; (3) confirm the fuel valve is closed before priming; (4) light away from your face; (5) the flame should burn blue, not yellow.
3. Boil two cups of water and prepare a real dehydrated meal — instant rice and beans, ramen, or a freezer-bag dinner. Each youth eats his own meal so he experiences the full cycle.
4. Clean up using a sand-and-rinse or boiled-water rinse. Demonstrate grey-water disposal: 200 feet from any water source, scattered, not poured.
5. Pack the stove cold and bagged. Each youth should return the kit to his pack in the same configuration it came out.

## REQ 3D

## SESSION 3 · PRACTICE ROUTE, WATER, AND STOVE (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — The overnight: when, where, who**

🕒 10 min

1. Confirm the date, departure time, trailhead, and return time. Each youth writes all four on his Route Plan worksheet. Parents will get a separate notification, but each youth should know all four details from memory.
2. Assign roles. The leader names who is in each role for the trek. Each youth reads his role back aloud. If a role does not match what he wrote in Session 2 Block 4, this is when he raises it.
3. Check pack weights. Any youth who has not yet weighed his packed pack does it before leaving the room using the bathroom scale. Any pack over the weight ceiling gets trimmed by Sunday.
4. Run the final gear check together: water-treatment kit, stove plus fuel, map plus compass, headlamp plus spare batteries, emergency contact card. Each youth has five days to fix anything missing — Saturday morning is too late.

## BY TIER

- ENTRY** Take a support role on the trek — water bearer, tail saint, or navigator's check. Carry your own kit but no shared items.
- ESTABLISHED** Carry your own kit plus one shared item (group first-aid, spare stove, or bear-hang rope). Take responsibility for one named stretch of the navigation.
- MENTOR** Lead the trek for at least one segment. Set pace, call the breaks, check on saints behind you, and pack a leader's load.

## AT THE CLOSE · DEBRIEF

1. Which of tonight's three skills (navigation, water, stove) felt least solid when you tried it, and why?
2. What did seeing the packs on the scale tonight tell you about your own?
3. What is one thing you are still uncertain about for the overnight, and who will you ask before Saturday?

📝 *Initial 3b, 3c, and 3d on each saint's BRC after this session. The overnight earns 3a and a field confirmation of 3b. Record roles, pack weights, and the date in the trek log.*

## SESSION 4 · PHYSICAL CORE

⌚ 60 min target

## Trip review and BRC sign-off

*Debrief the overnight together and sign off the badge.*

**SESSION AIM**

Saints arrive having just finished the 5-mile loaded overnight. The session opens with a trail report, moves through paired strain stories (4a), a scripture connection on wilderness in scripture (4b), and a written charge of three trail habits to keep and one to drop. The session ends with a BRC walk-through and sign-off.

**🎯 WALK AWAY WITH**

- Has told the story of his hardest moment on the trail and what got him through it
- Has connected his trail experience to a scripture passage on wilderness
- Has named three trail habits to keep and one civilian habit to drop
- Has a signed BRC

**📦 BRING / SET UP**

- Each saint brings: his trek log from Saturday, his Route Plan worksheet, and his BRC
- Half-sheets of paper and pens (one per saint for The Charge writing)
- Open Bibles or scriptures (one per pair) — Deuteronomy 8 and 1 Nephi 17 bookmarked
- The trek log from the overnight (leader holds the master copy)

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Trail report**

⌚ 5 min

Go around the circle. Each saint answers in one sentence: what was the trail like? Do not comment or compare; let each saint name his version. The answers usually range from 'harder than I expected' to 'better than I thought.' That range sets up the strain stories in the next block.

## SESSION 4 · TRIP REVIEW AND BRC SIGN-OFF (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · DISCUSSION **Strain stories**

⌚ 15 min

1. Pair up with a saint who was not your trail partner. Six minutes each — one talks, the other listens. No advice and no comparing. Each youth describes his hardest single hour on the trail, what he thought about during it, and what got him through (gear, the saint next to him, a verse, the goal at the end, his own pride).
2. Switch and repeat for six minutes.
3. Each pair reports back to the group one phrase from the partner's story — only what the partner gave permission to share.
4. Explain that on the trail, helping a partner usually means staying alongside him while he carries his own load, not carrying it for him. The partner work on the overnight was a real version of that.
5. Each youth writes in his BRC margin: 'My hardest hour was \_\_\_\_, and what carried me through was \_\_\_\_.' Specific enough to read in a month and remember.

REQ 4A

BLOCK 3 · SCRIPTURE **Scripture connection — wilderness**

⌚ 15 min

1. Read Deuteronomy 8:2–4 aloud. The passage describes Israel's forty years in the wilderness as a time set apart to humble them and to show what was in their hearts.
2. Read 1 Nephi 17:1–3 aloud. Lehi's family carries its own load through the wilderness; the women bear children mid-journey and grow strong.
3. Pair-share, three minutes each: when you were tired on the trail, what came up for you — patience, dependence, pride, faith, fear, something else? Was it what you expected?
4. Each youth writes one sentence in his BRC margin connecting one phrase from the scripture to one moment on the overnight.

REQ 1A

REQ 4B

BLOCK 4 · CREATIVE **The Charge — Three keep, one drop**

⌚ 15 min

1. Each youth writes for three minutes on a half-sheet, in two columns. Column A: 'Three trail disciplines I will keep doing at home, not just on the trail.' Column B: 'One civilian habit I am dropping because the trail showed me I do not need it.'
2. Each youth reads both columns aloud to the group. No commentary from the group. The leader listens for who is stretching, who is being tepid, and who needs a follow-up next week.
3. Explain that the real test of the badge is the next week at home, not the overnight itself. The point of keeping three habits and dropping one is to carry the trail's discipline back into ordinary life.

REQ 4A

REQ 4B

## SESSION 4 · TRIP REVIEW AND BRC SIGN-OFF (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **BRC sign-off**

⌚ 10 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up. Confirm each requirement: was it met? If yes, initial it; if not, note what is still outstanding.
2. For 3a and 3b, confirm against the trek log from Saturday — the loaded hike was completed, and the youth identified his position in the field at multiple points. Initial both.
3. Leader and saint each sign the BRC. The saint takes the BRC home.

## AT THE CLOSE · DEBRIEF

1. How does carrying a loaded pack feel different to you now than it did two months ago?
2. Which saint on the trail helped you in a way you did not expect, and how?
3. Which of your three keep-habits are you most likely to drop first, and what will you do to keep it?

📝 Initial 4a and 4b on each saint's BRC after this session. With 3a and 3b confirmed from the trek log, the BRC should fully sign off tonight.

## HANDOUT 1 OF 3

## FROM SESSION 1 — LAY OUT THE TEN ESSENTIALS

# The Ten Essentials & Pack Load Order

Check all ten essentials before the trail. Pack heavy items close to your spine.

## BACKPACKING · FIELD CARD

### Check all ten essentials before the trail.

If any category is missing or empty, fill the gap before you leave — not at the trailhead.

#### THE TEN ESSENTIALS

minimum → better when you can



##### Navigation

Map, compass — know where you are without a phone.  
paper map + baseplate compass → + declination set



##### Sun protection

Burn and glare wreck a day faster than rain.  
sunscreen + brimmed hat → + UV sunglasses



##### Insulation

A spare warm layer for the cold you didn't plan.  
fleece + rain shell → + dry baselayer in the lid



##### Illumination

Hands-free light — dusk arrives before you think.  
headlamp → + spare batteries packed separately



##### First aid

Blisters, cuts, the day-one health risks.  
blister + wound basics → + tweezers & electrolytes



##### Fire

Reliable ignition, kept dry, more than one.  
lighter + matches → + waterproof case & tinder



##### Repair kit & tools

A failed strap or sole ends a hike without it.  
knife + duct tape → + cord & pack-buckle spare



##### Nutrition

A day of food plus one extra you don't plan to eat.  
trail meals → + a held-back emergency ration



##### Hydration

Capacity to carry it and a way to make more safe.  
2L capacity → + filter and backup tablets

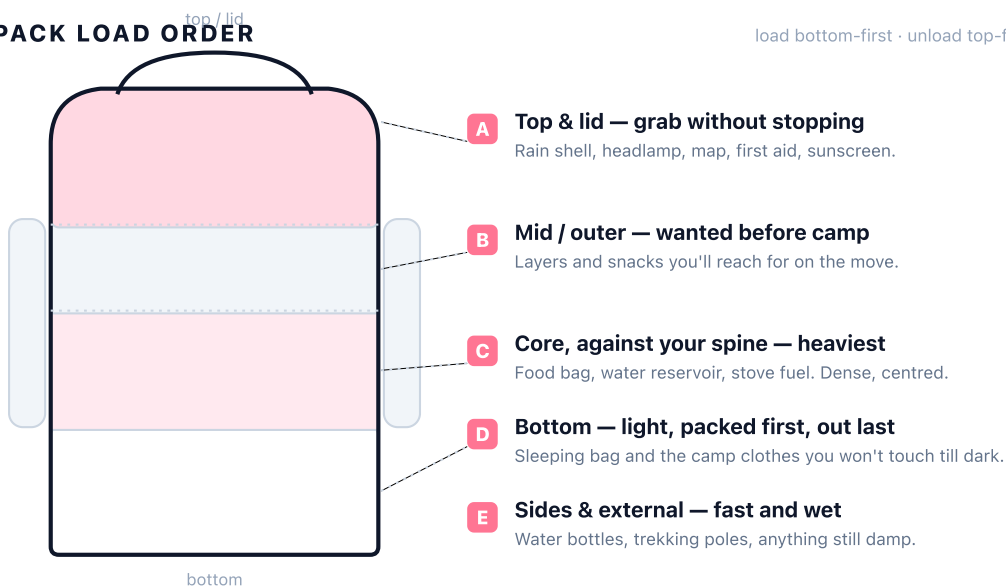


##### Shelter

Something between you and the weather overnight.  
tent or tarp → + ground cloth & an emergency bivy

#### PACK LOAD ORDER

load bottom-first · unload top-first



Pack heavy items close to your spine so the weight rides on your hips.

Print this handout for in-person reference during session 1 — lay out the ten essentials.

## HANDOUT 2 OF 3

## FROM SESSION 1 — THREE THINGS THAT GO WRONG ON DAY ONE

# Trail Health — Three Scenarios

Notice warning signs early and act in order. On day one you are the first responder.

## BACKPACKING · FIELD CARD

### Trail health: notice early, act in order.

Your phone may have no signal. On day one, you are the first responder.

#### DAY-ONE HEALTH — THREE SCENARIOS

1

#### Heat illness

hot day · effort · not enough water

##### WARNING SIGNS

Stops sweating though it's hot. Skin hot and dry. Confused, clumsy, stumbling, or stops making sense.

*A saint who goes quiet and odd in the heat is the one to watch.*

##### FIRST THREE — IN ORDER

- 1 Stop. Get him into shade — make shade if there is none.
- 2 Cool the core: wet neck, armpits, groin; fan hard.
- 3 Sips of water + electrolytes if alert. Not improving or not alert → evacuate.

**DON'T** push on to finish · give salt tablets dry

2

#### Hypothermia

cold · wet · wind · a long stop

##### WARNING SIGNS

Shivering he can't control. Fumbling hands, slurred speech, stumbling — the "umbles", often after a cold stop.

*Catch it at shivering. Once shivering stops and he worsens, it is urgent.*

##### FIRST THREE — IN ORDER

- 1 Stop. Out of wind and wet. Dry layer on, hood up.
- 2 Calories in: warm sweet drink, fast sugary food.
- 3 Insulate him from the ground; share heat. Worsening → evacuate.

**DON'T** rub his limbs · give alcohol · send him on alone

3

#### Tick

brush · tall grass · the ankle

##### WARNING SIGNS

He's been scratching a sock or ankle and stops to look. A dark speck is attached to the skin.

*Watch the bite 30 days: a spreading ring or a fever means a doctor.*

##### FIRST THREE — IN ORDER

- 1 Fine-tip tweezers — grip at the skin, not the body.
- 2 Pull straight and steady, no twist. Clean the bite.
- 3 Save it in tape. Mark the date and the spot on his arm.

**DON'T** burn it · smother it · squeeze its body

The warning signs come before the emergency. Notice early to prevent bigger problems.

Print this handout for in-person reference during session 1 — three things that go wrong on day one.

## HANDOUT 3 OF 3

## FROM SESSION 2 — MAP THE ROUTE — WATER, WEATHER, WEIGHT

# Route Plan Worksheet

Fill before Session 3. The overnight box is locked in at the Session 3 close.

## BACKPACKING · WORKSHEET

## Plan the route before the trip.

Fill before Session 3. Bring it back with a weather contingency added and your weight checked.

SAINT \_\_\_\_\_ DATE PLANNED \_\_\_\_\_

### 1 ROUTE

segment by segment, start to camp

SEGMENT	MILES	ELEV ±	WATER?	PACE	TARGET TIME
e.g. trailhead → first water					
.....					
.....					
.....					
.....					
.....					
.....					

Loaded 13-year-old pace: ~1.5–2 mph flat, ~1 mph on the climbs. Calibrate to yourself.

### 2 WEATHER WINDOW

Worst plausible window for the date

a rain band, a wind shift, a cold night

Gear that adjusts

Schedule that adjusts

If the window is bad enough, the call is to move the date — decide who makes that call.

### 3 WEIGHT & ROLE

Bodyweight

Ceiling — circle one:

first-timer 25%

· established 22%

· mentor 25%

My target pack weight

Role I want

Role I'm least suited for

### 4 THE OVERNIGHT

LOCK IN AT THE SESSION 3 CLOSE

Date

Trailhead

Depart

Return

My role

☐

Pack weight checked on a scale — under my ceiling.

Bring this sheet on the overnight to check the plan against what actually happens.

Print this handout for in-person reference during session 2 — map the route — water, weather, weight.