

SAINTS GLOBAL

LEADER GUIDE

BACKPACKING

PHYSICAL CORE

Version 2026.1



Backpacking



PURPOSE & IDENTITY

SKILL BADGE PURPOSE

To develop physical endurance, self-reliance, stewardship of the outdoors, and trust in God through real-world backpacking preparation and field experience.

DEVELOPMENT CORE: PHYSICAL

This badge develops physical attributes through focused activities and reflection. Saints will grow in this area while building practical skills.

CORE FOCUSES

- Backcountry self-reliance
- Physical endurance and load management
- Navigation and situational awareness
- Stewardship of God’s creation
- Team responsibility and leadership under strain

TIME COMMITMENT	RECOMMENDED AGE
4-6 weeks (suggested)	13+



SAFETY CONSIDERATIONS

SUPERVISION

Ensure appropriate adult supervision for all activities following Saints Global guidelines. Never leave youth unsupervised during badge activities.

PRIVACY

Respect personal experiences and information shared during activities. Maintain confidentiality and help youth understand appropriate boundaries.

ENVIRONMENTAL SAFETY

Assess outdoor locations and weather conditions before activities. Ensure proper shelter, hydration, and protection from hazards appropriate to the environment.

FIRST AID

Maintain a first aid kit and ensure at least one leader is trained in basic first aid. Know the location of the nearest medical facility and have emergency contact information readily available.

EMERGENCY CONTACTS

Troopmaster:

Emergency:



THE DPAR METHOD

Saints Global uses the DPAR method for skill badge completion. As a leader, you should practice DPAR yourself when preparing to teach.

D

DISCOVER

Learn foundational knowledge and concepts. Research, study, and explore the topic.

YOUR ROLE AS LEADER:

- Immerse yourself in the material before teaching
- Study each requirement—understand what AND why
- Anticipate questions saints might ask

P

PLAN

Create a personal action plan with goals and timeline.

YOUR ROLE AS LEADER:

- Design your teaching approach for each requirement
- Gather materials and prepare discussion questions
- Consider how to adapt for different learning styles

A

ACT

Execute through hands-on practice with leader guidance.

YOUR ROLE AS LEADER:

- Shift from teacher to guide—step back
- Create safe space for practice and mistakes
- Model the skills yourself when helpful

R

REFLECT

Review what was learned and share experiences gained.

YOUR ROLE AS LEADER:

- Facilitate meaningful conversations
- Ask open-ended questions, listen more than speak
- Celebrate growth and help saints see their progress



STEP 1: DISCOVER

LEADER PREPARATION

- ☐ Review all DISCOVER requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 1: DISCOVER — TEACHING GUIDE

Requirement 1a: Explain how common backpacking health risks occur and how to prevent them, including dehydration, hypothermia, heat illness, blisters, insect or tick exposure, and improper sanitation.

Add teachingApproach to JSON for detailed instructions

Completion: Saint can clearly explain causes and prevention without reading notes.

Requirement 1b: Describe the purpose of Leave No Trace principles and explain how they reflect stewardship of God’s creations.

Add teachingApproach to JSON for detailed instructions

Completion: Saint explains both environmental and moral reasons for LNT.

Requirement 1c: Identify essential backpacking gear categories and explain how each contributes to safety, mobility, and endurance.

Add teachingApproach to JSON for detailed instructions

Completion: Saint explains why each category matters, not just what items exist.



STEP 2: PLAN

LEADER PREPARATION

- ☐ Review all PLAN requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 2: PLAN — TEACHING GUIDE

Requirement 2a: Plan a short backpacking route that includes distance, elevation considerations, water sources, and weather risks.

Add teachingApproach to JSON for detailed instructions

Completion: Route plan accounts for terrain, load, and conditions.

Requirement 2b: Prepare a personal pack layout showing how gear and food are organized for balance, access, and safety.

Add teachingApproach to JSON for detailed instructions

Completion: Pack layout shows intentional weight distribution.

Requirement 2c: Explain how a small trek group should be organized and how risk is minimized through planning and roles.

Add teachingApproach to JSON for detailed instructions

Completion: Saint demonstrates understanding of group dynamics and safety.



STEP 3: ACT

LEADER PREPARATION

- ☐ Review all ACT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 3: ACT — TEACHING GUIDE

Requirement 3a: Hike a loaded backpack on a backcountry or trail route long enough to experience sustained physical strain and explain afterward what was most difficult.

Add teachingApproach to JSON for detailed instructions

Completion: Saint completes the hike and can articulate physical and mental challenges.

Requirement 3b: Demonstrate navigation skills by using a map and compass or GPS to identify your position in the field at multiple points.

Add teachingApproach to JSON for detailed instructions

Completion: Saint accurately establishes position without prompting.

Requirement 3c: Treat water using two different field methods and explain when each would be appropriate.

Add teachingApproach to JSON for detailed instructions

Completion: Water treatment is correctly performed and explained.

Requirement 3d: Prepare a complete trail meal using backpacking equipment and demonstrate safe stove operation and food sanitation.

Add teachingApproach to JSON for detailed instructions

Completion: Meal prepared safely with clean practices.



STEP 4: REFLECT

LEADER PREPARATION

- ☐ Review all REFLECT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 4: REFLECT — TEACHING GUIDE

Requirement 4a: Explain how carrying responsibility for your own survival changed how you thought, planned, or acted on the trail.

Add teachingApproach to JSON for detailed instructions

Completion: Saint reflects honestly on personal change.

Requirement 4b: Describe how backpacking can build gratitude, discipline, and reliance on God.

Add teachingApproach to JSON for detailed instructions

Completion: Saint connects experience to faith and character.



RESOURCES & CONTACT

RECOMMENDED RESOURCES

- Saints Global Resource Library — Online materials and guides
- DPAR Method Quick Reference — Printable guide for leaders
- Child and Youth Program Guidebook — LDS Church Official Documentation for Children and Youth
- For the Strength of Youth — A Guide for Making Choices

SAINTS GLOBAL CONTACT INFORMATION

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Thank you for leading Saints Global!

Your dedication makes a difference in the lives of our children and youth.