

Linfield College
DEPARTMENT OF HEALTH, HUMAN PERFORMANCE AND ATHLETICS
Course Syllabus
Spring 2008

Course:	HHP 088: Backpacking	Office:	Cook 114
Credit Hours:	2	Phone:	503-883-2255
Dates/Location:	Sa 4/26: HHP conf rm F-Su 5/16-18: Field TBA	Email:	japeters@linfield.edu
Instructor:	Janet Peterson	Office Hours:	TBA

Prerequisites: No previous experience is required. Good physical conditioning.

Course Description:

This field based course is designed for the individual with little to no backpacking experience. Topics will include equipment selection, packing, safe travel, navigation, environmental ethics and nutrition in the backcountry. This will include selecting and using the proper equipment for an average weekend backpacking trip in the pacific northwest. The course will include one Saturday meeting and a three day weekend trip.

Course Objectives:

The primary course objectives include:

1. Equipment selection
2. Personal gear selection
3. Basic route finding skills
4. Nutrition and meal planning
5. Understanding of basic environmental ethics including leave no trace skills
6. Understanding of minimal impact backcountry travel
7. Understand the necessary planning for a safe backcountry trip in the Pacific NW in the spring or summer.
8. Understand how outdoor pursuits can be incorporated into a sound lifetime wellness program.

Text: Obannon, A: Allen & Mike's Really Cool Backpacking Book, Globe Peq Binding: ISBN 1-56044-912-8

Pre-Trip Meeting: April 26th from 9am – 3pm

During the pretrip meeting we will review gear selection, menu planning, environmental ethics and discuss group dynamics. Includes a two hour day hike. Meet in HHPA Conference room.

Trip Location – Dates

Trip Location: **McKenzie River Trail (Location may change due to snow pack)**
Trip dates: **May 16th – May 18th (Friday – Sunday)**
Trip departure: **May 16th 1:00 pm- Meet in the HHPA Lobby.**
Trip return: **Sunday, May 18th estimated 6pm return to campus.**
Equipment return: Return all equipment to Cook 114 by Tuesday May 20th.

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Course Evaluation: To receive a passing grade in this course, students must complete the following;

- Participate in all the pre-trip activities including readings, questionnaires and securing appropriate equipment.
- Participate in the field based portion of the trip.
- Complete a 3-5 page guided reflection paper on their experience.

Risk:

This is a field based course that involves travel into the backcountry. The backcountry environment is often unpredictable with many potential hazards and risks including weather, terrain, gear and emergency situations. When in the backcountry emergency care may be delayed for more than an hour possibly even days. Prior to participation you will be asked to read and sign a statement that you (or parent/guardian if under 18) are aware of these risks and that you consent to medical treatment in the event that you are injured. You will also be asked to sign a statement releasing the College and its' instructors from liability in the event that you are injured as a result of your participation. This is an introductory course and is not intended to provide the skills necessary to lead a backpacking trip.