

Sierra Club Miami Group 2022 Spring Backpacking School

If you've ever wanted to backpack but didn't know where to start... or if you've backpacked in the past, but are feeling rusty... or maybe you would like to be able to safely plan and lead your own trips, here's your opportunity to learn what you need to know to be safe and comfortable in the backcountry.

This year's backpacking school has again been designed to give students flexibility in choosing a course that fits their needs. We have broken the class into two separate courses. Choose Beginner Level 100, Intermediate Level 200, or sign up for both.

Both courses will have pre-requisite reading and some required "homework" between classes.

2022 Sierra Club Backpacking School schedule:

Beginning Backpacking Level 100: For those who have little or no experience in recent decades. By completing this course you'll be prepared to join beginner level backpacking trips offered by the Sierra Club and other hiking groups. **Fee: \$150; deposit \$75.**

- BP 101 "Backpacking ABC'S – Gear, Food and Safety Basics", hands-on introduction to backpacking. You'll leave this class with a personal first aid kit, your own 10-essentials gift and handbook. Saturday March 5, 2022, 8:00AM to 5:00 PM, Isaac Walton League, Loveland.
- BP 102 "Outdoor Skills" – Practice with your gear outdoors and spend the night in a primitive setting. **Must be able to carry a 30 – 40# pack on a moderately rugged trail, 3 miles out and 3 miles back.** Saturday through Sunday, April 2 and 3, 2022, Shimps Hollow Campground, Germantown. Must complete 101 to do the overnight trip.

Intermediate Backpacking Level 200: For those with some recent experience or graduates of Level 100 who want a hands-on opportunity to develop their navigation skills, the ability to plan their own trips, and pick up some tips on advanced topics such as lightweight backpacking and prepping your own food. Students completing this course will plan and carry out a 2-night backpacking trip at Big South Fork NRRRA Tennessee. **Fee: \$100, deposit \$50.**

- BP 201 "PPPPPP: Pre-Planning and Preparation Prevents Poor Performance", Plan your trip – logistics, weather, trail specifics; how to stay found; assess your gear; advanced techniques in cooking and lightweight backpacking. Saturday March 19, 2020, 8:00AM to 5:00PM, Isaac Walton League, Loveland
- BP 202 "The Real Deal", 2-night backpacking trip in the backcountry. **Must be able to carry a 30 – 40# pack over rugged trails, 15+ miles, over 2 ½ days.** Graduation celebration at the end of the trip! Friday to Sunday, April 29 to May 1, 2022, Location: Big South Fork NRRRA Tennessee. Must have previous, recent backpacking experience and must complete 201 to do this trip.

There is a growing body of evidence attesting to the physical, mental and spiritual benefits of spending time in nature. Backpacking allows hikers to test themselves in terms of strength, endurance, resourcefulness, and problem solving. It provides opportunity to be deeply aware of our natural surroundings; hearing, smelling, seeing, sensing things that we often miss in the "tame" world of fenced backyards and paved walking trails. Carrying everything needed for days on the trail has a way of purifying our experiences by stripping away all non-essentials. Time on the trail can make you feel more connected to this beautiful planet, and to other like-minded souls who venture out there. Hope you'll join us!

Register on Meetup at <https://www.meetup.com/SierraOutings/>

For more information contact Barry Randall at brandall715@yahoo.com

The fine print....

After you register, you will receive an email with additional course information and payment instructions. You will be asked to pay a 50% deposit to hold your reservation. The balance will be due one week before the first event.

Dates and venues subject to change. Events will be held rain or shine (or snow!) unless it is unsafe to do so, in which case they will be rescheduled.

Cancellation. If a participant cancels and we are able to fill their spot from the waitlist, they will receive a full refund. Otherwise all of their deposit will be forfeited.

Covid. We require all participants be fully vaccinated. We encourage social distancing wherever possible, and masks will be at the discretion of the participants (while instruction will be largely outdoors, masks will be mandatory for any indoor activities). Anyone suffering from symptoms is asked not to attend.

Participants must provide their own backpacking gear, food and transportation for all events. Car pooling can be arranged by the participants where appropriate.

