# Backpacking Requirements

This section provides the leadership requirements for both 3-season and winter backpacking. 3-season backpacking is a non-technical activity, while winter backpacking is a technical activity due to the challenges in planning, gear usage, and group management presented in winter conditions.

**Ghost Lead Requirements:**

* Number of Ghostleads
  1. 3-Season Backpacking requires two ghost leads for non-leaders and one ghost lead for current leaders

○ Winter Backpacking requires two ghost leads regardless of leadership status. A winter backpacking leader automatically receives a 3-season leadership.

* Clinic Requirements
  1. Attending a backpacking clinic is strongly encouraged, prior to taking out a 3-season ghost lead

○ A winter backpacking clinic and hypothermia training is *mandatory*, prior to taking out a winter ghostlead ● Distance / Location

○ All backpacking ghost leads must travel a minimum of 6 miles total, with two miles traveled prior to establishing camp on the first night

○ The route must be new to the leader ● Who is a beginner?

○ In three-season backpacking a beginner is someone who has never been on a

SUOC backpacking trip before

○ In winter backpacking, a beginner is someone who has never been on a SUOC winter backpacking trip, but has experience with three-season backpacking

**3-Season Requirements Prior to the trip:**

1. Show beginners how to properly fit and tighten a pack
2. Teach beginners how to pack a backpack
3. Provide a detailed list of gear to bring (footwear, clothes, food, etc)
   1. Educated beginners on the caloric requirements while backpacking and suggest high calorie, easy to cook foods
   2. Provide information on proper layering
4. Present a RAD (route and description) plan encompassing: elevation change, distance, identifying features on the route, and time it will take to get from Point A to Point B. Note where you will be sleeping for that night, and how you are getting to the trailhead
5. Have a callout AND the numbers and addresses of the closet hospital/urgent care

**On the trip:**

1. Demonstrate knowledge of both water purifiers and filters. Know the use cases and limitations of both. Only need to physically use one method on the trip.
2. Know the different types of stoves and when to use each.pros and cons. On the trip you must use one stove type to cook a hot meal
3. Educate and practice Leave No Trace Principles such as staying on trail, obeying camping regulations, etc.
4. Demonstrate the following map and compass skills:
   1. Orient the topo map using a compass
   2. Find the bearing between parking lot and campsite
5. Demonstrate timekeeping skills and manage breaks efficiently
6. Understand bear protocol, such as how far to cook and store food, what to do if you encounter a bear, etc.
7. Demonstrate proper group management skills, such as checking in with beginners
8. Encourage the love of backpacking to the group, especially beginners, share your passion and teach it! The more excited you are, the more excited they will be!

# Winter Requirements

Due to the extreme nature of winter, the parameters below provide guidelines for what is considered a safe trip. The backpacking chair should be consulted for all beginner trips that do not fall in line with these parameters:

1. The leader should manage no more than four people, including both beginners and experienced individuals, to ensure proper supervision and assessment of all participants.
2. The temperature should not drop below 10°F at any point on the trip. This requirement incorporates a safety margin, considering the age and condition of the club's gear.
3. Beginners should have prior experience with three-season backpacking before attempting a winter trip.

**Leaders should be able to do all the non-winter requirements with the addition of:**

1. Explaining how to stay warm (more than just layering)
2. Know how to use and teach traction devices, including snowshoes, micro spikes, and crampons
3. Use a whisperlite and explain why they are used during the winter
4. Use risk and group management skills; check in with beginners about comfort level and keep morale up
5. Demonstrate knowledge of how to prevent, recognize and treat hypothermia and frostbite