

Training & preparation

Haleakala Crater is considered one of the finest backpack experiences In Hawaii, both by locals and mainlanders. However, a three day, two night stay can be miserable unless you are prepared. We will conduct a series of classes and field exercises to learn about backpacking, trip planning, meal preparation and sanitation.

A brief list of skills required includes:

- carrying 35+ pounds on your back
- hiking 10 miles with pack
- paying attention to your body
 - fatigue
 - thirst
 - sunburn
 - blisters
 - pace
- climate and weather sense
- basic first aid and emergency response
- map and compass reading
- selecting gear
 - clothes and boots
 - sleeping gear
 - meal preparation gear
 - hygiene
 - rain gear
- menu planning
 - food selection
 - packaging
 - ease of preparation

To accomplish all this we will meet several times for classes and field trips. Some topics are:

- what is backpacking and how does it differ from day trips
- how to select gear
- practice hike with 25+ pounds for at least 5 miles (Aiea Loop)
- how to plan a meal that you can carry on your back
- how to shop for food and re-package it
- how to cook meals on a butane or propane stove
- how to dress warmly but lightweight
- how to pitch a tent so that it stays dry in a heavy rain
- how to care for yourself and others medically (blisters, etc.)

Haleakala Trip, March 2016

- how to know where you are (map and compass)
- what to do when it all goes wrong (lost, hurt)

A tentative agenda would be:

- backpack equipment (3 hours)
- meal planning (3 hours)
- hike with 25+ pounds pack, 5 miles on Aiea Loop Trail followed by meal preparation (6 hours)
- Ecology Camp - you will teach the Basic Camping Skills class
- equipment checkout and final meeting (2 hours)

After that, we will be on the plane to Maui