

TRAINING MANUAL FOR MICHIGAN 4-H

OUTDOOR ADVENTURE CHALLENGE



Section: BACKPACKING



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September 2, 2008

TO: 4-H Outdoor Adventure Challenge Leader Trainees and Instructors

FROM: Vicki Habitz, Instructor;
Jim Harper, State 4-H Outdoor Adventure Challenge Coordinator and
County Extension Director, Kalkaska County

RE: Backpack Training Weekend/Solo Camping
October 10-12, Pigeon River State Forest

I hope this letter finds you well and eager to backpack some of Michigan's finest area. You'll be backpacking and camping in the Pigeon River Country State Forest, located east of Vanderbilt (which is just N.E. of Gaylord). The path will include some well-used trails, and some cross-country hiking, over rolling and mostly wooded hills. We will meet on Friday evening, at the Pigeon River Campground. Do not be confused with the Pigeon Bridge Campground, continue going north past the bridge.

Please let Vicki Habitz know by September 26 if you plan to attend. She can be reached at (989) 727-2666.

Be sure and bring **Leader Certification Record and Health Form card**
 Personal Data Sheet

For directions for any Outdoor Adventure Challenge training, we recommend you use Mapquest. You can Google Mapquest on your computer and get a detailed map of the area of the training and/or directions to and from the training. Mapquest web address is: <http://www.mapquest.com>. If you prefer a hand-written map and directions request them from Jim Harper and he will be happy to send you a hard copy. He can be reached at the Kalkaska County MSU Extension Office, 231-258-3320 or by email at harper12@msu.edu.

We will be up and on the trail early Saturday morning. Saturday and Sunday are out in the bush. We plan to be back at our vehicles by noon on Sunday.

Saturday night will be your designated solo time. You must be self-sufficient and not depend on anyone to have extra clothing and equipment items. That means individual tents, stoves, etc. and, unfortunately more for you to carry. If soloing is a drastic and frightening step for you, please call one of your instructors. We can offer encouragement at least, and maybe some planning assistance.

A gear list is attached. If you have questions, call Vicki. Remember, comfort and weight of your pack are very important to consider. Bring EVERYTHING on the equipment list, plus anything else you think is needed. If you're not sure about something, bring it along. You can ask on Friday night and leave it in your car if you don't need it.

This is Michigan's northern highlands, so October weather can be just about anything. Be prepared for rain and cold, even snow. Pack as light as you can and give good thought to chosen items. Lunches (two) should be cold and will be eaten on the trail.

Be sure to look over the information you received at the Orientation Session on backpacking and on packing a backpack. You should also review the Map and Compass work in your OAC notebook.

attachment: gear list

GEAR LIST FOR BACKPACKING

GEAR:

- *Internal or external frame pack
- *Tent with ground cover
- *Sleeping bag and pad
- *Stove
- *Water filter
- Matches in waterproof container
- Lighter
- Plate, cup, spoon, fork
- (1 or 2) Small pots for cooking
- Small container of liquid soap
- Flashlight w/extra batteries
- (2) 32 oz. water bottles
- Small pocket knife or multi-tool
- Compass
- Nylon Cord (30-50 ft)
- Whistle
- Duct tape (small amount wrapped around a pencil)
- Emergency blanket
- Mosquito head net
- (2) Large garbage bags
- Personal size package of baby wipes

CLOTHING:

- Warm hat and gloves
- Cap
- Hiking boots or running shoes
- (3 pr.) Wool or synthetic socks
- (4 pr.) underwear
- (1 pr.) long underwear shirt & pants
- Fleece vest or jacket or light wool
- Sweater
- Rain poncho or rain coat
- (2 pr.) Pants synthetic
(NO JEANS OR COTTON SWEAT PANTS)
- Long sleeve shirt synthetic or
- Long sleeve tightly woven cotton men's dress shirt
(Check out resale shops for this. It is cooler than synthetic but still protects from bites)
- Short sleeve shirt or t-shirt
- Bathing suit or shorts
- Water shoes or sandals

* These items can be borrowed or shared.

PERSONAL ITEMS:

- Lip balm
- Insect repellent
- Sunscreen
- Toothpaste & toothbrush
- Moleskin
- Band aids
- Personal medications
- Sanitary items
- Wash cloth/ small towel
- Toilet paper & trowel
- Small Ziploc bag for used paper

FOOD:

- Trail snacks (nuts, jerky, granola, etc.)
- 2 breakfasts
- 2 lunches
- 2 dinners

For all clothing synthetic fabric is recommended. It can be washed and dried quickly. Cotton is not recommended for any type of clothing.

The flies & mosquitoes can be brutal this time of year. Long sleeves, long pants and a head net are a MUST!

THE NIGHTS CAN GET COLD IN THE U.P.
MAKE SURE TO BRING LONG UNDERWEAR
(not cotton)

*All items with an asterisk can be borrowed. The Outdoor Adventure Challenge program has several tents, sleeping bags, sleeping pads, pots & pans, an extra stove, two water filters, a couple of extra packs.

Do not go out and purchase a lot of equipment until you experience backpacking. Let me know what you need.

If there are any other items you need let me know I might be able to get them for you.
—Theresa W.