



Scouts Canada Whitby Area

# Light-Weight Backpack Tripping Course 2017

## Looking for a different kind of Scout training?

Come on a backpacking trip for the weekend with us. This is exciting training for those who love adventure! Top quality trainers: top quality course for a very low price!!

We'll all share and learn about lightweight backpacking; single-burner stove cooking; self-contained camping and tripping; navigation; shelters & survival; safety & risk management; fire lighting; equipment selection, use & repair; trip planning; environmental awareness & leave-no-trace camping; weather prediction...and more !!

This exciting, speciality course is designed for experienced Scouters who are physically fit and want to build upon their outdoor tripping experience and refine their skills at a high level of training.

This course will enable successful participants to be competent to guide and instruct youth in a wilderness setting safely and enjoyably. Evidence of training and/or experience is required as a prerequisite for entry to this course. (see specifics next page). This hands-on course will be conducted in a wilderness setting and the participants will backpack all camping and cooking gear in to the site. This course, presented by experienced outdoor Scout trainers who are Venturer Company Advisors, is the highest level of outdoor training offered by Scouts Canada.

**Date: Prelim. meeting- Oct. 30 at 7:30 pm      Course - Nov 4-5, 2017**

**Times: Start :**      Sat Nov 4 @ 9:00 am @ Queen Elizabeth Wildlands Park,  
near Moores Falls, Hwy 35

**End:** Sunday by 4:00 pm at meeting point.

**Preliminary Meeting:** Wed Oct 30, 2017 at 7:30pm

- at Lewis' house- 33Wyndfield Cres, Whitby (wear warm clothes- we'll meet in my backyard)

- participants bring selected gear- e.g. sleeping bag, pen and paper,

- seminar topics will be chosen

**Course Location-** Devils Lake parking lot, end of Deep Bay Rd, off Hwy 35 at Moore's Falls, south of Minden You'll love it there; our Venturers do.

**Cost/participant:** \$20.00. Maximum: 10 participants, 1<sup>st</sup> come -1<sup>st</sup> served

**Goals of Course:** -light weight tripping and cooking and self-contained travel for back packing in a wilderness setting; Scouter as instructor/competent guide; applicable for all sections.

**Course Prerequisites:**

- \* Scoutcraft 2
- \* Wood badge 2 preferred but Wood Badge 1 if camping experience
- \* Prior experience leading youth in outdoor camping (submit Personal Trip Log)
- \* First aid certification- recommended

**Please note-** this is a participatory course involving light-weight backpacking (the pack will weigh about 40lbs), carrying all food and camping gear. The 5km trail is challenging and thus this course is designed for those who are physically fit. We will be camping in tents at an interior campsite in the back country. Participants will be conducting an informal seminar on a outdoor topic to be chosen by the participant from a list provided.

**Participants To Bring:** (remember you must carry what you bring) tent (we have some) , food, stove(we have some) and fuel, small pot set (can share tent, pots, stove and fuel with other participants), backpack, sleeping bag, sleeping pad, outdoor clothing, compass, matches/lighter, flashlight, mess kit, favourite mug, personal toiletries, other items, water bottle, personal first aid kit/survival kit, personal knife, a book on wilderness camping techniques eg. Scouts Canada Fieldbook, SAS, Scouts Canada Field Guide, Backpackers Field Manual, 2 litres of drinking water, personal toilet paper

**Group Gear-** We do have some tents, stoves, fuel bottles, dish clean up, foldable basins for loan but we recommend the participants use their own equipment.

Participants will provide all equipment for a safe and comfortable camp, including: food, stove and fuel, pot (s), cooking clean up equipment, toilet paper, saw, rope and empty pack to hang food in tree for night, first aid kit, "latrine" shovel, water for cooking, tarp, tent

**Registration Cut Off Date: Oct 25, 2017**

Questions?? Contact Lewis Williams 905-666-3180; Email [paddle\\_song@hotmail.com](mailto:paddle_song@hotmail.com)

## Scouts Canada Whitby Area

# Light-Weight Backpacking Tripping Course- “Scoutcraft 3”

### Workshop Topics:

Please select 1 topic which will be presented in camp in an interactive workshop and in a wilderness context. Length about 15 min.

1. Risk Management- being proactive helps control risks
2. 1st Aid scenarios- dealing with health problems when there's no 911
3. Navigation- knowing where you are and where you're going
4. Survival techniques, including fire lighting- what to do if ...
5. Trip planning- considering it all beforehand
6. Environmental protection/Leave No Trace- being a responsible steward for our children
7. Weather prediction- awareness before it hits
8. Nutrition- Tripping food for a healthy body
9. Group dynamics- techniques for creating a successful team