

- a. All students must complete a medical/physical concerns questionnaire and a Liability Release Statement. These forms will be handed out in the first class session and will be collected on 9/7.
 - b. Due to the condensed format of this class, all students must participate and be fully engaged in all course sessions.
5. Equipment
- a. All students will be expected to obtain all necessary equipment (see separate equipment list).

REQUIREMENTS

- Assignment #1 – Mock Trip Plan (Due on 9/7): Plan a sample three-day backpacking trip for you and three of your friends. Discuss the following topics: goals, location, dates/time of year, personal and group equipment, food, emergency considerations, weather, transportation, and permit regulations.
- Assignment #2 - LNT presentations (present during our trip): Prepare one 5-minute presentation to share with the class. Discuss one of the 7 Leave-No-Trace principals. One person in the group will wrap up the presentations with a review of all 7 principles. Topics will be selected during our first class meeting. Detailed information is available on the LNT website (www.lnt.org).
- Final Paper (Due on 10/15): Submit a 2-page typed double-spaced paper, which discusses a learning experience that you had on this course. Topics for the paper do not have to be the same as your presentation. These will be e-mailed to the instructor.

EVALUATION

1. Lab Exercises – 20%
2. Demonstrated outdoor skills, leadership, and teamwork – 40%
3. Assignment #1 – 10%
4. Assignment #2 LNT presentation – 10%
5. Final paper – 20%

GRADING SCALE:

90–100	A
80 – 89	B
70 – 79	C
60 – 69	D
< 60	F

COURSE OUTLINE

Session #1: Tuesday, August 31, 3pm – 6pm: (RAC 2203)

Agenda

Introduction

Goals and Expectations

Course Overview – Review Syllabus

Equipment (clothing-staying warm and dry, boots, backpack, sleeping, shelter, cooking)

Homework (Due by 3/8)

Prepare your LNT Presentation (present on the trip)

Assignment #1 – Mock Trip Plan: Plan a sample three-day backpacking trip for you and three of your friends. Discuss the following topics: goals, location, dates/time of year, personal and group equipment, food, emergency considerations, weather, transportation, and permit regulations.

Session #2: Tuesday, September 7, 3pm – 6pm: (RAC 2203)

- Collect Forms
- Gear Check (what you need)

Session #3: Saturday, September 18th, 12:30pm-4pm: (Meet at Bull Run Mountain Conservancy.

Come prepared to be outdoors)

Agenda

- Hydration and Nutrition in the wilderness
- Menu Planning
- Sanitation in the wilderness
- Stove use
- Tent pitching
- Hike – bring daypack, rain gear, water, and lunch
- Foot care
- Water purification
- Map and compass skills

Friday, October 8: Meet at GW Camp?

Agenda

- Personal equipment check
- Food packing
- Group equipment issue
- Pack packing
- Lunch in van
- Arrive at Shenandoah National Park
- Hike to camp
- Campsite selection
- Revisit: water purification, tent pitching, and stove use
- Dinner
- Bear bagging
- Expedition behavior
- SLEEP

Saturday, October 9:

Agenda

- Wake-up 7am
- Breakfast

Break Camp and depart
Hike to camp
Set-up camp
Afternoon hike
Free time
Dinner 5pm
LNT presentations (half of group)
SLEEP

Sunday, October 10:

Agenda

Wake up 7am
Breakfast
Hike and orienteering course
Free time
Dinner 5pm
LNT presentations (half of group)

Monday, October 11:

Agenda

Wake up 7am
Breakfast
Break Camp
Hike out
Depart
Group Meal on the way home
Clean equipment
De-issue equipment
Wrap-up

This course is designed to improve the health, and well-being and quality of life. It is part of an increasing number of activities available through the Department of Health Fitness and Recreation Resources. For further information about other courses or degree programs, please contact Leona Smith at 993-2096



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

EQUIPMENT

The following is a list of clothing and equipment that all students should have. Some items from the list are optional but for safety reasons, much of this equipment is required. We will discuss the equipment specifics and economical ways to acquire equipment in the first class. You will be surprised how much of this equipment you already own. You might also be able to borrow some items from friends. Many of the items can be rented from local outdoor stores such as, Hudson Trail Outfitters in Fairfax Circle (703) 591-2950, and REI in Bailey's Crossroads and Fairfax Corner (703) 379-9400, (571) 522-6568. The following is group gear that the program provides: tents, camp stoves, fuel and fuel bottles, cooking gear, trowels, references books, maps and compasses, equipment repair kits, and first aid kits.

Head

- Wool or fleece hat (must cover ears)
- Brimmed hat (for sun protection) (optional)

Upper Body

- Midweight synthetic long underwear top – polypropylene, or other wicking fabric (NO COTTON)
- Expedition weight synthetic long undershirt – fleece or wool (NO COTTON)
- Heavy weight fleece jacket/wool sweater (Polartec 300)
- Wind jacket – nylon (can be same as rain jacket if waterproof/breathable-must fit over insulating layers)

Hands

- Gloves or Mittens

Lower Body

- Underwear (optional)
- Midweight synthetic long underwear bottom – polypropylene, or other wicking fabric (NO COTTON)
- Fleece or wool pants (ex. Polartec 200 - NO COTTON)
- Wind pants – nylon (can be same as rain pants if waterproof/breathable-must fit over insulating layers)

Feet

- Midweight hiking boots – boots should extend above the ankle and be leather/fabric or all leather. It is best if the boots can be waterproof, either by treating the leather with waterproofing compound before the trip or if the boots have a Gore-tex liner. Boots should fit comfortably with two pairs of socks, a light liner and a heavy wool/synthetic sock.
- 2 pair of wool or synthetic poly-blend socks and 2 pair liner socks
- Running shoes or sneakers – camp shoes are optional but nice to have
- Gaiters (optional)

Rain Gear

- Waterproof jacket and pants or rain poncho

Travel Gear

- External frame/Internal frame backpack with padded hip belt
- Sleeping bag – synthetic fill, rated to 20 degrees F
- Closed cell foam sleeping pad or inflatable mattress. Sleeping pads provide insulation from the ground and padding for more comfortable/safe sleeping.

Miscellaneous

- 1 liter water bottle
- Spoon/fork
- Bowl with lid (tupperware)
- Bandannas (optional)
- Sunscreen (optional)
- Sunglasses (optional)
- Lip balm
- Headlamp/flashlight
- 2 disposable lighters
- Prescription contacts lenses and solutions – in a small bottle (if needed)
- Extra pair of glasses (if needed)
- Watch (optional)
- Duct tape
- Pocketknife (optional)
- Toiletries – toothbrush, toothpaste, tampons, prescription medications (if needed)
- Notepad and pencil – material for LNT/Nature Nugget Presentations
- Camera and film (optional)