

## Wilderness Basics Course (WBC) Syllabus 2018 (1/28/18)

The Poinsettia Pavilion - 3451 Foothill Rd., Ventura, 93003

Dates	WBC Course Content by Class/Outing	For the Students
Class 1 – Feb 7	6:30 – 7:10 Registration 7:10 – 7:20 WBC overview & Staff Introductions – (Teresa) 7:20 – 7:35 Student introductions – Name, City & one sentence of what draws you to the outdoors (Alisse) 7:35 – 7:40 Explain WBC reading, homework, handouts, content evaluations – access on web (Alisse) 7:40 – 8:10 Conditioning (Verity Somers – Professional Trainer) 8:10 – 8:20 Basics of gear for hiking/backpacking – shopping, purchases, rentals, borrowing (Suzanne) 8:20 – 8:35 Info for Conditioning Hikes, Descriptions and how to choose your hike – (Jim Duliakas) 8:35 – 8:45 Break & Hike sign-ups 8:45 – 9:00 Ten Essentials (John Hankins & Alisse) 9:00 – 9:25 Breakout on 10 essentials – (Teresa, Marc, Alisse, Jim Duliakas, Phil, Sean & Murray) 9:25 – 9:30 Hike sign-ups and Student Questions for the Leaders	Reading Assignments (RA) before the next class: Chapter (Ch.) 1, Ch. 4, Ch. 5 to pg 93, Ch.10.  Online at <a href="http://lospadreswbc.org">lospadreswbc.org</a> : First class Handout Packet. Homework #1 Class Evaluations will be emailed – they help us improve so please do it!  Conditioning Day Hike sign-ups.
Sat Feb 10	Conditioning Day Hikes at Satwiwa in Newbury Park. Easy: <b>Windmill</b> , 2.7 m, 350 el; Moderate: <b>Creek</b> , 4.1 m, 650 el; Moderate: <b>Danielson Monument</b> , 5.5 m, 900 el; Strenuous: <b>Fossil</b> , 6.1 m, 1650 el; <b>Fossil (Reverse)</b> , same.	Bring the 10 essentials you have...water, snacks, appropriate clothing/shoes a must.
Class 2 – Feb 14	6:55 – 7:00 Review Homework (optional) 7:00 – 7:05 Debrief of Day Hike (Jim Duliakas) 7:05 – 7:35 Basic Safety (Mary Looby – Ojai SAR) 7:35 – 8:20 Traditional and Ultra Light Backpack Options and Packing It,( Sebastian Cancino – Patagonia) 8:20 – 8:30 Backpack displays – includes the break 8:30 - 9:05 Map Reading - Chrissy Magee 9:05 – 9:30 Map Reading breakouts (Teresa, Marc, Alisse, Jim Duliakas, Phil, Murray & Suzanne)	RA: Chapter 2, Ch 5 from pg 93. Online: Handouts, Homework#2 Please fill out the presenter /programing evaluations!  Car Camp, Day Hike sign-ups.
Class 3 – Feb 21	6:55 – 7:00 Review Homework (optional) 7:00 – 7:25 Clothing and Layering (Andrew Coates & Dan Adams - Real Cheap Sports) 7:25 – 7:32 Sleeping Pads (Tim Grant), 7:32 – 7:55 Sleeping bags and Tents (Philip Clarke) 7:55 – 8:20 Hiking Boots (Joey Duddridge - Mountain Air Sports) 8:20 – 8:35 Check out the Gear Displays & Clothing, Q & A of presenters & staff – includes the break 8:35 – 9:15 Intro to Compass Chrissy 9:15 – 9:30 Descriptions & Planning for Car Camp, Hikes descriptions and sign-ups (Teresa & Jim Duliakas)	RA: Chapter 9 Car Camp Day Hike sign-ups.
Sat/Sun, Feb 24 – 25 Car Camp	Sage Hill Group Camp – Workshops on Saturday. Day Hikes on Sunday: Easy: <b>Fremont Trail</b> , 1.9 m, 300 el; Moderate: <b>Aliso Loop</b> , 3.4 m, 900 el; Moderate: <b>Arroyo Burro</b> , 5 m, 900 el; Strenuous: <b>Snyder</b> , 6.3 m, 2000 el, Strenuous: <b>Aliso Loop/19 Oaks</b> , 8.3 m, 2100 el.	Coordinate gear/food. Much info to be covered and fun too! Please DO come. Campfire!
Class 4 – Feb 28th	6:55 – 7:00 Review Homework (optional) 7:00 – 7:10 Car Camp Debrief (Alisse) 7:10 - 9:10 Wilderness First Aid (Matt May) – includes break 9:10 – 9:30 Describe and show on topo map Backpack 1 trips (Backpack Leaders)	RA: Chapter 1 pgs 11 – 15, Ch. 6, Ch. 7 Handouts, Homework #4, Backpack 1 sign-ups.

Class 5 – March 7	6:55 – 7:00 Review Homework (optional) 7:00 – 7:15 Backpacking Stoves (Marc Herz) 7:15 – 7:30 Water Treatment (Sean Cole) 7:30 – 7:50 Hydration and Nutrition (Jim Duliakas) 7:50 – 8:05 LNT (Condor John and Heather Nicksay, Alisse) 8:05 - 8:15 Break 8:15 – 8:50 Food and Cooking – (Alisse, Teresa and Suzanne Tanaka) 8:50 - 9:15 Packing a Backpack Breakouts (Teresa, Marc, Alisse, Jim Duliakas, Phil, Sean & Murray) 9:15 – 9:30 Last call for Backpack 1 sign-up - Trip Planning (Backpack Leaders)	RA: Chapter 8 Handouts & Homework # 5  Hopefully you are filling out the presenter/trip evaluations!  Final Backpack 1 sign-ups.
Backpack 1 Sat/Sun, March 10 - 11	Easy: <b>Potrero John</b> , 1.6 m, 500 el; Moderate: <b>Sespe Condor Trail</b> , 3.9 m, 750 el; Moderate: <b>Hell's Half Acre</b> , 4 m, 1000 el; Strenuous: <b>Willett</b> , 9.3 m, 600 el; Strenuous: <b>Alder Creek</b> , 8.8 m, 1,200 el.	Check gear list, borrow/share to be prepared. Have fun!
Class 6 – March 14	6:55 – 7:00 Review Homework (optional) 7:00 – 7:10 Debrief Backpack 1 (Jim Duliakas) 7:10 – 7:50 Weather (Kathy Hoxsie – NOAA) 7:50 – 8:20 Flora & Fauna (Joey Algiers – Park Ranger SMMNRA) 8:20 – 8:30 Break 8:30 – 8:45 Technology in the Backcountry (Cara Peden) 8:45 – 9:15 Geology of the Local Los Padres National Forest (Jim Danza – Ventura College Professor) 9:15 – 9:30 Describe and show on topo map Backpack 2 trips, first sign-up (Backpack Leaders)	RA: Chapter 3 Handouts & Homework #6.  How was the backpack? The class? Let us know on the evaluation!  Backpack 2 sign- ups.
Class 7 – March 21	6:55 – 7:00 Review Homework (optional) 7:00 – 8:20 Trip Planning (Nancy Mathison – International SC Trip Leader) 8:20 – 8:30 Break 8:30 – 9:15 Navigation, Map and Compass – Breakout (Chrissy, Teresa, Marc, Alisse , Jim, Phil, Murray & Sean) 9:15 – 9:30 Backpack 2 sign-up - Leader/participant Trip Planning (Backpack Leaders)	Handouts Final Backpack 2 sign-ups.
Backpack 2 Sat/Sun, March 24 - 25	Easy: <b>Oak Camp</b> , 1.7 m, 500 el; Moderate: <b>Piedra Blanca</b> , 2.7 m, 500 el; Moderate: <b>Fish Creek</b> , 2.6 m, 500 gain, 300 loss; Strenuous: <b>Sheep Camp</b> , 5.9 m, 2900 el; Strenuous: <b>Manzana Schoolhouse</b> , 8 m, 1000 el.	Check gear list and be prepared! Coordinate and share. Yeah!
Class 8 – March 28	6:55 – 7:00 Review Homework (optional) 7:00 – 7:10 Debrief Backpack 2 (Jim Duliakas) 7:10 – 7:45 Los Padres Chapter Conservation Issues (Jim Hines – LPSC Conservation Chair) 7:45 – 8:30 Local Hiking Places (Craig Carey – author, Bryan Conant – Director LPFA, Cartographer local maps) 8:30 – 8:40 Break 8:40 – 8:55 GPS Devices & Pros/Cons (Stephen Bryne) 8:55 – 9:05 Leadership Opportunities with WBC and the SC (Teresa) 9:05 – 9:30 Trek on, Resources, Graduation (Teresa, Alisse, Marc, Jim, Phil, Sean & Murray) - 2018 Photo	Remember the course evaluations help us improve – smile. Return all gear loaned from WBC or individuals in WBC – PLEASE!!!  Certificates of Graduation, Congratulations!!