

Wilderness Basics Course (WBC) Syllabus 2019 (3/3/19)

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

Dates	WBC Course Content by Class/Outing	For the Students
Class 1 – Feb 6	6:30 – 7:10 Registration 7:10 – 7:20: WBC overview & Staff Introductions – (Teresa) 7:20 – 7:35 Student Ice Breaker – Where are you on a continuum of outdoor skill, Name? (Alisse) 7:35 – 7:40 Explain WBC reading, homework, handouts, content evaluations – access on web (Alisse) 7:40 – 8:05 Conditioning (John Ensey, Crossfitcode4 gym) 8:05 – 8:20 Basics of gear for hiking/backpacking – shopping, purchases, rentals, borrowing (Heather D) 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 – (Marc, Alisse, Jim Duliakas, Scott, Murray, Suzanne, Sean, Chrissy) 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 to 59, Ch. 9. Online at lospadreswbc.org : 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 9	Conditioning Day Hikes at Satwiwa. Moderate: Creek , 4.1 m, 650 el; Moderate: Danielson Monument 5.5 m, 1400 el; Moderate: Windmill/Danielson Monument , 6.2 m, 1500 el; Strenuous: Fossil/Fossil Reverse , 6.1 m, 1650 el;	Bring the 10 essentials...water, snacks, appropriate clothing/shoes a must.
Class 2 – Feb 13	6:55 – 7:00 Review Homework (optional) 7:00 – 7:05 Debrief of Day Hike (Jim Duliakas) 7:05 – 9:10 Wilderness First Aid (Matt May) – includes break 9:10 – 9:30 Car Camp Descriptions & Planning, Hikes and sign-ups - Things to bring (Teresa & Jim Duliakas)	RA: Chapter 2, Ch 5 to 100. Online: Handouts, Homework#2 Please fill out the presenter /programming evaluations! Car Camp Hike sign-ups.
Class 3 – Feb 20	6:55 – 7:00 Review Homework (optional) 7:00 – 7:20 Hydration and Nutrition (Jim Duliakas) 7:20 – 7:25 Sleeping Pads (Tim Grant) 7:25 – 7:30 Sleeping bags (Suzanne) 7:30 – 7:40 Tents (Teresa) 7:40 – 8:00 Hiking Boots (Joey Duddridge - Mountain Air Sports) 8:00 – 8:20 Check out the Gear Displays, Q & A of presenters & staff – includes the break 8:20 – 8:30 Car Camp Q & A (Teresa & Jim Duliakas) 8:30 - 9:10 Map Reading and Intro to Compass - Chrissy Magee 9:10 – 9:30 Map Reading breakouts (Marc, Alisse, Jim Duliakas, Scott, Murray, Suzanne, Sean, Chrissy)	RA: Chapter 10 Car Camp Day Hike sign-ups.
Sat/Sun, Feb 23 – 24 Car Camp	Sage Hill Group Camp – Workshops on Saturday. Day Hikes on Sunday: Easy: Fremont Trail , 1.9 m, 300 el; Moderate: Aliso Loop , 3.4 m, 900 el; Moderate: Arroyo Burro (Creek) , 5 m, 900 el; Strenuous: Snyder , 6.3 m, 2000 el, Strenuous: Aliso Loop/19 Oaks , 8.3 m, 2100 el.	Coordinate gear/food. Much info to be covered and fun too! Please DO come. Campfire!

<p>Class 4 – Feb 27</p>	<p>6:55 – 7:00 Review Homework (optional) 7:00 – 7:05 Car Camp Debrief (Teresa) 7:05 – 7:35 Basic Safety (Mary Looby – Ojai SAR) 7:35 – 8:05 Clothing and Layering (Dan Adams and Tylar- Real Cheap Sports) 8:05 – 8:15 Break 8:15 – 8:35 Describe and show on topo map Backpack 1 trips (Backpack Leaders) 8:35 – 9:10 Traditional and Ultra Light Backpack Options and Packing It,(Sebastian Cancino – Patagonia) 9:10 – 9:30 Packing a Backpack Breakouts (Marc, Alisse, Jim Duliakas, Scott, Murray, Suzanne, Sean, Chrissy)</p>	<p>RA: Chapter 1 pgs 11 – 15, Ch. 5 101 – 103, Ch. 6 111 -113, Ch. 7 Handouts, Homework #4, Backpack 1 sign-ups.</p>
<p>Class 5 – March 6</p>	<p>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 – 8:05 Food and Cooking – (Alisse, Teresa and Suzanne Tanaka) 8:05 - 8:15 Break 8:15 – 8:50 Reading a Compass (Chrissy) 8:50 - 9:15 Tech in the backcountry & GPS Devices & Pros/Cons (Mike Maki) 9:15 – 9:30 Last call for Backpack 1 sign-up - Trip Planning (Backpack Leaders)</p>	<p>RA: Chapter 8, Ch. 6 –minus what you already read. Handouts & Homework # 5</p> <p>Hopefully you are filling out the surveys!</p> <p>Final Backpack 1 sign-ups.</p>
<p>Backpack 1 Sat/Sun, March 9 – 10</p>	<p>Easy: East Fork Lion, 2.5 m, 400 el; Moderate: Rays, 4.5 m, 1100 el; Moderate: Bear Trap, 4.75 m, 1200 el; Strenuous: Manzana Narrows, 6.5. m, 1900 el; Strenuous: Alder Creek, 8.9 m, 1840 el. gain, 1760 loss – one way</p>	<p>Check gear list, borrow/share to be prepared. Have fun!</p>
<p>Class 6 – March 13</p>	<p>6:55 – 7:00 Review Homework (optional) 7:00 – 7:10 Debrief Backpack 1 (Jim Duliakas) 7:10 – 7:50 Navigation (Chrissy) 7:50 – 8:20 Flora & Fauna (Joey Algiers – Park Ranger SMMNRA) 8:20 – 8:30 Break 8:30 – 8:45 LNT (Condor John and Sean Neil) 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);</p>	<p>RA: Chapter 3, Ch. 5 104 – 105. Handouts & Homework #6.</p> <p>How was the backpack? The class? Let us know on the evaluation!</p> <p>Backpack 2 sign- ups.</p>
<p>Class 7 – March 20</p>	<p>6:55 – 7:00 Review Homework (optional) 7:00 – 8:00 Trip Planning (Nancy Mathison – International SC Trip Leader) 8:00 – 8:30 Weather (Kathy Hoxsie – NOAA) 8:30 – 8:40 Break – Explain Trip Planning Activity 8:40 - 9:20 Local Hiking Places (Craig Carey – author “Hiking and Backpacking Sabta Barbara and Ventura”) 9:20 – 9:30 Backpack 2 check in - Leader/participant Trip Planning – Last call on program questions next week.</p>	<p>Handouts Final Backpack 2 sign-ups. Trip Planning Activity due last class: Choose backpack destination, what is the trailhead, how far is it to drive there and how far in is the camp?</p>
<p>Backpack 2 Sat/Sun, March 23-24</p>	<p>Easy: Potrero, 1.2 m, 250 el; Moderate: Piedra Blanca, 3.0 m, 500 el; Moderate: Hell’s Half Acre, 4.0 m, 1200 el; Strenuous: Sheep Camp, 4.25 m, 1000 el; Strenuous: Chorro Grande, 4 m, 2400 el.</p>	<p>Check gear list and be prepared! Coordinate and share. Yeah!</p>

<p>Class 8 – March 27</p>	<p>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 – 8:00 Hiking On (Gina and Annette’s Mt. Whitney trip – prior WBC students) 8:00 – 8:20 Trip Planning Activity - Backpack destination, trailhead, how far to drive there and distance to camp? 8:20 - 8:30 Break 8:30 – 8:40 Sierra Club’s History (Suzanne) 8:40 – 8:50 Leadership Opportunities with WBC and the SC (Teresa) 8:50 – 9:00 Program Questions 9:00 – 9:30 Graduation/ (Teresa, Alisse, Marc, Jim, Sean, Murray, Chrissy, Scott & Suzanne) - 2019 Photo</p>	<p>Remember the course evaluations help us improve – smile. Return all gear loaned from WBC or individuals in WBC – PLEASE!!!</p> <p>Certificates of Graduation, Congratulations!!</p>
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