

WBC Homework #1, 2019

To be completed after reading assignments for and experiencing presentations from, class 1. Will be reviewed just prior to start of class 2.

- 1) What is the best way to physically prepare for a big hike?
 - a. Take short walks on the beach
 - b. Incrementally increase the distance of weekly walks that are at your comfortable limit
 - c. Bike ride a lot
 - d. Hike a few times just short of the distance of the big hike
- 2) If you are new to backpacking and plan on going on one in a month, should you wait to see how it goes with a fully loaded pack? Why?
- 3) Name a stretch that would be good for warming up your hiking muscles.
- 4) Describe the Rest Step.
- 5) When a decision has been made to take up backpacking and one is ready to get gear she/he should:
 - a. Go ask their backpacking grandma for her old gear. Or someone else's grandma.
 - b. Check in at Thrift Stores or on-line used gear sites.
 - c. Borrow from friends, again and again.
 - d. Look around your house, you may have something that will work.
 - e. All of the above
- 6) What does LNT stand for? Briefly explain.
- 7) Fill in missing items from the following classic Ten Essentials list:
 - 1.
 2. compass
 3. flashlight/headlamp
 4. extra food
 5. extra clothes
 6. sunglasses/sunscreen
 - 7.
 8. knife
 - 9.
 10. fire starter
- 8) What are the two main reasons it important to carry these items?
 - 1.
 - 2.
- 9) Why are headlamps preferred to flashlights?
- 10) What do contour lines on a topographical map "trace"?
- 11) Satwiwa is located in a large meadow. How close would the topo lines be in a landform like that?
- 12) What direction should the map face when matching land marks from the terrain to the map?