

WBC Homework #3 (2020)

To be completed after reading assignments for and experiencing presentations from, class 3. Will be reviewed just prior to start of class 4.

- 1) To prevent sore spots from a backpack you should:
 - a. Tighten the straps until the pack won't move at all and keep them that way for the trip.
 - b. Tighten the straps to keep the pack snug to your body with most of the weight on the hip belt, stop after 15 minutes to readjust.
 - c. Loosen the shoulder straps as much as possible, but tighten the hip belt to carry the load.
 - d. Make sure it is your size and it won't matter how tight or loose straps are.
- 2) Name two commonly used items for helping to organize the things inside a backpack.
 - 1.
 - 2.
- 3) Going Ultralight backpacking means:
 - a. Bringing less.
 - b. Buying special gear.
 - c. Additional planning.
 - d. All of the above.
- 4) You are packing a backpack for a one night trip. You should:
 - a. Pack the heavier items toward the inside and middle.
 - b. It is only one night so it doesn't really matter.
 - c. Keep the heavier things on the bottom to avoid being top heavy and off balance.
 - d. Pack the heavier things near the top so your shoulders can bear the weight.
- 5) What are the first/inner and last/outer layers of outdoor clothing referred to?
- 6) Why is cotton not recommended for cold or wet hikes and especially backpack trips?
- 7) True or False: The term "wicking" is applied to outdoor clothing because the fabric burns easily and is given so caution can be used if wearing it around a campfire.
- 8) True or False: Wool and silk make comparable insulating and wicking fabrics to modern man-made insulating and wicking fabrics.
- 9) What term is used to describe the difference between the two "Norths" and varies depending on where you are standing on the earth?
- 10) What is the bearing reading of due west?