

WBC Homework #4 (2020)

To be completed after reading assignments for and experiencing presentations from, class 4. Will be reviewed just prior to start of class 5.

- 1) True or False: WBC Car Camp is adjacent to the Santa Yucaipa River.
- 2) Which of the following campsites would leave the least negative impact?
 - a. A flat sandy area right next to a creek.
 - b. An overgrown but seemingly established campsite.
 - c. A twiggy, pine needled, dry spot well away from the trail and water.
 - d. A fern covered meadow 200 ft from a creek.
- 3) When hiking or camping next to a stream how many feet away from it should you walk to poop?
- 4) When choosing a backpacking stove you should consider?
 - a. Who you might be backpacking with in the future and what types of meals you like to prepare.
 - b. The weight, type of fuel and size of accessories you will be using for cooking on it.
 - c. How store sales people and web searches rate the stoves you are considering.
 - d. All of the above.
- 5) What are three common fuels used in backpacking stoves and which is the most available?
 - 1.
 - 2.
 - 3.
- 6) True, False or Undeterminable: Fast flowing, high mountain streams above 9,000 ft. elevation are ok to drink from without filtering.
- 7) List three things you are trying to avoid by filtering water.
 - 1.
 - 2.
 - 3.
- 8) True or False: You should carry or have access to at least a gallon of water per day.
- 9) When backpacking for two or more days you should:
 - a. Not change your diet too much or your food intake.
 - b. Add a bunch more fat and protein but cut back on the carbohydrates.
 - c. Try not to change your diet too much but add more calories and water.
 - d. Drink a lot more water and add a lot more protein.
- 10) To minimize the weight of food that you take on a backpack you can:
 - a. Repackage foods.
 - b. Freeze dry it beforehand.
 - c. Buy dehydrated foods or dehydrate it yourself.
 - d. a. and c.
- 11) True or False: Fresh foods for cooking on backpack trips are not a good idea because of weight and perishability.
- 12) What is the best way to prevent food-borne illnesses?
 - a. Wash your hands with soap before handling food.
 - b. Eat only foods that have been boiled for at least 5 minutes.
 - c. Take prescription anti-diarrhea medication on your trip.
 - d. If you purify your water you don't need to worry about food illnesses.