

Wilderness Basics Course (WBC) Syllabus 2020 (3/3/20)

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

Dates	WBC Course Content by Class/Outing	For the Students
Class 1 – Feb 19	6:30 – 7:10 Registration 7:10 – 7:20: WBC overview & Staff Introductions – (Teresa) 7:20 – 7:35 Student Ice Breaker – What inspires you about the outdoors, what do you hope to do? (April) 7:35 – 7:40 Explain WBC reading, homework, handouts, content evaluations – access on web (Alisse) 7:40 – 8:05 Conditioning (Bernardine and Kieran – Newbury Park Physical Therapy) 8:05 – 8:20 Basics of gear for hiking/backpacking – shopping, purchases, rentals, borrowing (Gabe and Vicky) 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, Murray, Suzanne) 9:25 – 9:30 Hike sign-ups and Student Questions for the Leaders	Reading Assignments (RA) before the next class: Chapter (Chptr) 1 (1-11, 16-19); Chptr 2 (21-23); Chptr 3 (44-46); Chptr 4 (55-63); Chptr 5 (81-93). First class Handout Packet. Online at lospadreswbc.org homeworks and future handouts per class topics. Class Evaluations will be emailed – they help us improve so please fill them out! Conditioning Day Hike sign-ups.
Sat Feb 22	Conditioning Day Hikes at Satwiwa. Easy: Windmill 2.6 m, 350 el; Moderate: Creek , 4.1 m, 650 el; Moderate: Danielson Monument 5.5 m, 1400 el; Strenuous: Fossil , 6.1 m, 1650 el;	Bring the 10 essentials...water, snacks, appropriate clothing/shoes a must.
Class 2 – Feb 26	6:55 – 7:00 Review Homework (optional) 7:00 – 7:05 Debrief of Day Hike (Murray?) 7:05 – 7:20 Tents (Teresa) 7:20 – 7:25 Sleeping Pads (Tim Grant) 7:25 – 7:50 Sleeping bags (Alisse) 7:50 – 8:15 Hiking Footwear (Joey Duddridge - Mountain Air Sports) 8:15 – 8:30 Check out the Gear Displays, Q & A of presenters & staff – includes the break 8:30 – 8:50 Map Reading – (Chrissy Magee) 8:50 – 9:15 Map Reading Breakout – (Marc, Alisse, Jim Duliakas, Murray, Suzanne) 9:15 – 9:30 Car Camp Descriptions & Planning, Hikes and sign-ups - Things to bring (Teresa & Jim Duliakas)	RA: Chptr 2 (23-31); Chptr 5 (93-104) Online: Handouts, Homework#2 Car Camp Hike sign-ups.
Class 3 – March 4	6:55 – 7:00 Review Homework (optional) 7:00 – 7:35 Traditional and Ultra Light Backpack Options and Packing It,(Heather D'Anna) 7:35 – 8:00 Packing a Backpack Breakouts (Marc, Alisse, Jim Duliakas, Murray, Suzanne) 8:00 – 8:35 Clothing and Layering (Carl Erickson & Tylar - Real Cheap Sports) 8:35 – 8:45 Break 8:45 – 8:50 Car Camp Q & A (Teresa & Jim Duliakas) 8:50 – 9:30 Intro to Compass - (Chrissy Magee)	RA: Chptr 1 (11-15); Chptr 6; Chptr 7 Car Camp Day Hike sign-ups. Please fill out the presenter /programing evaluations!
Sat/Sun, March 7-8 Car Camp	Sage Hill Group Camp – Workshops on Saturday. Day Hikes on Sunday: Easy/Moderate: Aliso Loop , 3.4 m, 900 el; Moderate: Arroyo Burro (Creek) , 5 m, 900 el; Moderate/Strenuous: Snyder , 6.3 m, 2000 el, Strenuous: 19 Oaks , 8.3 m, 2100 el.	Coordinate gear/food. Much info to be covered and fun too! Please DO come. Campfire!

Class 4 – March 11	6:55 – 7:00 Review Homework (optional) 7:00 – 7:05 Car Camp Debrief (Teresa) 7:05 – 7:25 LNT (Condor John) 7:25 – 7:45 Backpacking Stoves (Marc Herz) 7:45 – 8:05 Water Treatment (Sean Cole) 8:05 - 8:10 Break 8:10 – 8:35 Hydration and Nutrition (Jim Duliakas) 8:35 – 9:15 Food and Cooking – (Alisse, Teresa and Suzanne Tanaka) 9:15 – 9:30 Describe and show on topo map Backpack 1 trips (Jim Duliakas)	RA: Chptr 9 Homework #4 Backpack 1 sign-ups.
Class 5 – March 18	6:55 – 7:00 Review Homework (optional) 7:00 – 7:35 Weather (Kathy Hoxsie – NOAA) 7:30 – 8:00 Basic Safety (Mary Looby – Ojai SAR) 8:00 - 8:10 Break 8:10 – 8:35 Tech in the backcountry & GPS Devices & Pros/Cons (Mike Maki) 8:35 - 9:05 Gadget Panel – (Staff) 9:10 – 9:30 Last call for Backpack 1 sign-up & Trip Planning (Backpack Leaders)	RA: Chptr 8 (207-258); Chptr 10 Homework # 5 Hopefully you are filling out the surveys! Final Backpack 1 sign-ups.
Backpack 1, Sat/Sun 1a. March 21-22 1b. March 28-29	1a. Easy +: Oak Camp , 1.7, 500 el; Moderate: Fish Camp , 2.6 m, 550 gain/300 loss el; Cow Camp/Alder Creek , 8.9 m, 1840 el. gain, 1760 loss. 1b. Easy/Moderate: Bear Creek Camp , 4.4 m, 230 g/loss el; Moderate: Piedra Blanca , 3.0 m, 500 el;	Check gear list, borrow/share to be prepared. Have fun! If weather - makeup date: March 28-29
Class 6 – March 25	6:55 – 7:00 Review Homework (optional) 7:00 – 7:10 Debrief Backpack 1 (Jim Duliakas) 7:10 – 9:15 Wilderness First Aid (Matt May) – includes break 9:15 – 9:30 Describe and show on topo map Backpack 2 trips, first sign-up (Backpack Leaders);	RA: Chptr 3 (35-53); Chptr 4 (63-79); Chptr 8 (259-269) Homework #6. How was the backpack? The class? Backpack 2 sign- ups.
Class 7 – April 1	6:55 – 7:00 Review Homework (optional) 7:00 – 8:00 Trip Planning (Nancy Mathison – International SC Trip Leader) 8:00 – 8:30 Flora & Fauna (Joey Algiers – Park Ranger SMMNRA) 8:30 – 8:40 Break 8:40 - 9:10 Workshops: Snow Camping; Longer Trips; Photography; Navigation 9:10 – 9:30 Backpack 2 check in - Leader/participant Trip Planning	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?
Backpack 2, Sat/Sun 2a. April 4-5 2b. April 18-19	2a. Easy: Murietta , 1.5 m, 400 el;; Moderate: East Lion , 2.7 m, 500 g/400 loss el; Moderate/Strenuous: Horseshoe Bend/Manzana Schoolhouse , 4.2 m, 550g/900 loss el; Strenuous: Cottam Camp , 8 m, 2200 el. 2b. Moderate: Bear Trap , 4.75 m, 1200 el;	Check gear list and be prepared! Coordinate and share. Yeah! Weather makeup date: April 18-19
Class 8 – April 8	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 – Pres LPFA) 8:30 – 8:30 Break 8:30 – 8:40 Sierra Club’s History and WBC Trips slideshow (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, Murray & Suzanne) - 2020 Photo	Remember the course evaluations help us improve – smile. Return all gear loaned from WBC or individuals in WBC – PLEASE!!! Certificates of Graduation, Congratulations!!