

WBC 2023 Syllabus - Class and Topics (11/28/22, 2/27/23)  
 St. Paul's Episcopal Church, 3290 Loma Vista Rd, Ventura, CA 93003, Kahler Hall.

Class 1 Feb 15	6:30 – 7:10 Registration 7:10 – 7:20: WBC overview & Staff Introductions – (Scott) 7:20 – 7:25 Explain WBC reading, homework, handouts, evaluations – access on web (Alisse) 7:25 – 7:50 Conditioning (Bernardine and Denis – Newbury Park Physical Therapy) 7:50 - 8:05 Student Ice Breaker: What best describes you when thinking of backpacking? (Alisse) 8:05 – 8:20 Basics of gear for hiking/backpacking: shopping, purchases, rentals, borrowing (Gabe) 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 (Jim Duliakas) 8:45 – 9:00 Ten Essentials (John H & Alisse) 9:00 – 9:25 Breakout on 10 essentials – (Marc, Alisse, Jim Duliakas, Victoria) 9:25 – 9:30 Hike sign-ups and Student Questions for the Leaders	Reading Assignments (RA) in The Complete Guide to Backpacking, before the next class: Chapter (Ch.) 1, 4 (to pg 59), 5 Handouts per topic are online at <a href="https://lospadreswbc.org">https://lospadreswbc.org</a> Class Evaluations will be emailed – they help us improve so please do it! Conditioning Day Hike sign-ups.
Day Hikes Feb 18	Meet at Satweewa Visitor Center. Hikes: Easy - Windmill, 2.7m, 350 elv gain. Moderate - Creek Loop, 4.1m, 650 elv; Danielson Monument, 5.5m, 1400 elv. Strenuous - Fossil, 6.1m, 1650 elv.	Bring the 10 essentials...water, snacks, appropriate clothing/shoes a must.
Class 2 Feb 22	7:00 – 7:05 Debrief of Day Hike (Heather) 7:05 – 7:20 Tents (Victoria - Heather) 7:20 – 7:25 Sleeping Pads (Tim Grant) 7:25 – 7:35 Sleeping bags (Alisse) 7:35 – 8:15 Backpacks (Scott) 8:15 – 8:30 Check out the Gear Displays, Q & A of presenters & staff – includes the break 8:30 – 8:50 Map Reading – (Jim Duliakas) 8:50 – 9:15 Map Reading Breakout – (breakout leaders) 9:15 – 9:30 Car Camp Descriptions, <del>Hikes and sign-ups</del> - Things to bring (Teresa & Alisse)	RA: Ch 2 Online: Handouts. Please fill out the presenter /programing evaluations! Car Camp Hike sign-ups.
Class 3 March 1	7:00 -7:25 Intro to Compass (John Johnson) 7:25 - 7:55 Compass practice in breakout groups (breakout leaders) 7:55 - 8:25 Clothing and Layering (Real Cheap Sports) 8:25 – 8:45 Hiking Footwear (Joey Duddridge - Mountain Air Sports) 8:45 - 8:55 Break 8:55 – 9:15 Packing a Backpack Breakouts (breakout leaders) 9:15 – 9:30 Car Camp Q & A, Hikes and sign-ups - <small>added</small> (Heather, Teresa & Alisse)	RA: Ch 6, 7
Car Camp March 3 - 5	Malibu Creek State Park - Group Camp. Hikes: Easy - Tapia Spur, 2.4m, 172 elv. Moderate - Grasslands loop frm gate, 4.3m, 403 elv; Las Virgenes View to 1030', 5m, 668 elv; Phantom trail to 1330', 5m, 875 elv. Strenuous - Backbone trail to Mesa Peak 1844', 5.85m, 1410 elv.	Coordinate gear/food. Much info to be covered and fun too! Please DO come. Campfire!

Class 4 March 8	7:00 – 7:05 Car Camp Debrief (Heather) 7:05 – 7:15 LNT overview (John Hankins) 7:15 - 7:45 LNT (breakout group) scenarios and discussion 7:45 – 8:05 Backpacking Stoves (Bill V) 8:05 – 8:25 Food and Cooking – (Alisse and Teresa) 8:25 - 8:35 Break 8:35 – 8:55 Hydration and Nutrition (Jim Duliakas) 8:55 – 9:15 Water Treatment (John Johnson) 9:15 – 9:30 Describe and show on topo map Backpack 1 trips (Heather)	RA: Ch 9, 10
Class 5 March 15	7:00 - 8:45 Wilderness First Aid with Break (Matt May) 8:45 - 9:15 Compass Practice 9:15 – 9:30 Last Call Backpack 1 sign-up and meet with leaders	RA: Ch 3
Backpack 1 March 18-19	Easy - Rancho Nuevo, 1.5m, 83 elv. Moderate - Lity Meadows, 3.25m, 1145 elv.; Beartrap, 4.756m, 1000 elv. Moderate-Strenuous- Mesa Spring 5.5m 1450 elv	Check gear list, borrow/share to be prepared. Have fun!
Class 6 March 22	7:00 – 7:10 Backpack 1 Debrief (Heather D) 7:10 – 7:40 Basic Safety (Mary Looby – Ojai SAR) 7:40 – 8:30 Trip Planning (Nancy Mathison – International SC Trip Leader) 8:30 – 8:40 Break 8:40 - 9:20 Local Hiking Places (Craig Carey – author, Bryan Conant – Pres LPFA + cartographer) 9:20 – 9:30 Backpack 2 Descriptions and sign-up (Heather)	RA: 8 Please continue to fill out class surveys!
Class 7 March 29	7:00 – 7:30 Weather (Carol Ciliberti Smith – NOAA) 7:30 – 8:00 Flora & Fauna (Joey Algiers – Park Ranger SMMNRA) 8:00 - 8:30 Tech in the Backcountry & GPS devices (Mike Maki) 8:30 – 8:40 Break 8:40 – 9:10 Gadget Panel (Staff) 9:10 - 9:20 Mini workshop descriptions and sign ups. 9:20 - 9:30 Backpack 2 Last Call sign-up and Planning with Leaders	RA: All of Ch. 4
Backpack 2 April 1-2	Easy - Rancho Nuevo, 1.5m. Moderate - Pine Springs CG, 3..5m, 665 elv. Moderate- Upper Reyes 3.0m 1000 elv. Strenuous - Mt. Pinos Sheep Camp from top, 4.3 m, 915 elv.	Check gear list and be prepared! Coordinate and share. Yeah!
Class 8 April 5	7:00 – 7:10 Debrief Backpack 2 (Heather D) 7:10 – 7:45 Los Padres Chapter Conservation Issues (Jim Hines – LPSC Conservation Chair) 7:45 – 8:30 Mini Workshops: Snow Camping; Longer Trips; Photography; Navigation 8:30 – 8:40 Break 8:40 – 8:50 WBC Trips slideshow (Suzanne Tanaka) 8:50 – 9:00 Leadership Opportunities w WBC and SC (Scott) 9:00 – 9:05 Program Questions 9:05 – 9:30 Graduation & 2023 Photo (Scott, Breakout Leaders, Cara)	Remember the course evaluations help us improve – smile. Return all gear loaned from WBC or individuals in WBC – PLEASE!!! Certificates of Graduation, Congratulations!!