

## NOS Backpacking – Summer 2024

Topic	Youth (14 – 17 years old)	Adults (18+)
	3:00 – 4:00pm	6:00 – 7:00pm
What to Bring? Gear Overview	May 17 (Friday)	June 28 (Friday)
Maps and Route Planning	May 31 (Friday)	July 12 (Friday)
Let's Eat – Food Planning	June 7 (Friday)	July 26 (Friday)
Biology Happens...Going to the Bathroom and Introduction to What's Beneath Your Feet	June 13 (Thursday)	August 2 (Friday)
Adventure!	June 25 – 27 (Tuesday – Thursday)	August 9 – 11 (Friday – Sunday)

In-person at NOS-Elko Office, or via Google Meets.

### **What to Bring? Gear Overview**

Being comfortable in the wilderness is all about having the proper gear. From the backpack that holds all of your stuff to the spoon you eat with, every ounce matters. During the session we will review gear lists and help you determine what supplies you need to gather by our adventure in June.

### **Maps and Route Planning**

Knowing where you are going and being able to communicate your plans with others is important. During this session we will review our intended route and discuss the attributes to a good backpacking route.

### **Let's Eat – Food Planning**

After an all-day hike, there is nothing better than a yummy meal! From freeze-dried prepackaged foods to meals made from scratch, you can do it all in the wilderness. During this session, we will discuss which options the group would like to experience and do meal planning for our adventure.

### **Biology Happens...Going to the Bathroom and Introduction to What's Beneath Your Feet**

You are going to have to go to the bathroom...let's talk about how to do that right in the wilderness. It's not as weird as you may think...and we all have to do it, so let's not make it awkward! While you are doing your business, you can contemplate what is beneath your feet, so get ready for an introduction to the microscopic world of the wilderness. Then, on our adventure, we'll continue the exploration of things seen and unseen along the trail.