EPS 198 Syllabus: Cal Hiking and Outdoor Society’s Intro to backpacking DECAL

chaosberkeley.org

Monday 5:30-6:30PM
Wednesday 11AM-12PM

Teachers:
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**Course Objective:** Backpacking is defined as traveling or hiking while carrying one’s belongings in a backpack, and staying at least one night. At its core, it is quite simple, yet many people are afraid to attempt it. The objective of this course is to break down the barriers stopping people from going backpacking by providing knowledge on how to plan and execute a backpacking trip safely. Encouraging students to see Earth’s natural formations first hand inspires an awareness for the environment and the global impacts we have.

By the end of this course, each student should be able to safely plan and lead a 2-3 night backpacking trip with a small group of friends or family. This course will also prepare students to conduct fieldwork that necessitates an overnight stay by acquainting them with backpacking.

**Course Structure:** This course consists of 9 in-class lectures and 2 out of class trips. Please try to make as many of the out of class activities as possible. If you cannot make an out of class trip, you can always make it up! There will also be 8 weekly readings of articles or scholarly papers in this class.

**Assignments:** We will have 7 short assignments in this class that all have to do with creating a comprehensive trip plan. At the beginning of the class, each student will select a backpacking trip they would like to go on. Each assignment will be another part of the trip plan, and by the end of the semester, all of the assignments put together will make up a complete trip plan and present the plan to the class. Each student will ideally also go on the trip that they planned at some point during the semester.

**Grading (all grades will be kept on BCourses, and updated frequently)**
- Lecture Attendance 27% (3% per class)
- Assignments 21% (3% per class)
- Did you go for a dayhike this semester? (26%)
- Did you go for a backpacking trip this semester? (26%)

****The passing threshold for this class is 94%****
Class schedule: (Trip schedule is subject to change based on weather)

Lecture 1: 9/14 | 9/16
   Introductions
   Define backpacking and wilderness areas

Lecture 2: 9/21 | 9/23
   Best places to go backpacking in California+maps

Assignment #1 due: decide Trip location + trip map

Lecture 3: 9/28 | 9/30
   What Gear to bring on a backpacking trip
   Assignment #2+3 due: gear list (worth double)

Lecture 4: 10/5 | 10/7
   Food on a backpacking trip

Lecture 5: 10/12 | 10/14
   Practice setting up tents and using stoves
   Assignment #4: food list for trip

Assignment #2+3 due: gear list (worth double)

Lecture 6: 10/19 | 10/21
   Leave no trace
   Assignment #4: food list for trip

Lecture 7: 10/26 | 10/28
   General Trip Safety
   Assignment #5 due: Leave no trace plan

Lecture 8: 11/2 | 11/4
   Discussion of more advanced trips: rock climbing, mountaineering, thru hiking, field work etc.
   Assignment #6: general safety plan

Lecture 9: 11/9 | 11/11
   Class on the glade
Lecture 10: 11/16 | 11/18

Class closing
Final Discussion, Takeaways, and thoughts

Assignment #7: Trip report presentation and trip plan due