



Backcountry Basics

Trail Masters Camp

Create a more meaningful connection with nature one step at a time as we explore the Bighorns. Build survival skills, hone in on basic first aid, and master the art of backcountry cooking. Develop a sense of direction as you hike and learn to orienteer at higher elevations in the Bighorns. Reconnect with nature as we learn to thrive in the backcountry.

- **Day One (1.5 hrs): Survival 101 & Basic First Aid**

- Humans have seven basic needs for survival. If these needs are met, within a specific time period, survival is possible. Campers will work in teams to identify items and concepts that represent a survival need and learn the "Rule of 3".
- Based off the basic needs, campers will work on building their own fire, starting with a single match fire, flint and steel, then move to using a multitude of different materials and methods. Campers will also have an opportunity to build a shelter suitable for their situation.
- What happens when your friend wipes out while hiking and gashes their leg. What's the first course of action? In basic first aid, campers will learn techniques to manage minor injuries, and how take action during a medical emergency in the backcountry.

- **Day Two (1.5 hrs): Beginning Orienteering & Hike**

- Feeling Lost? Once you learn the basics of orienteering you'll never have to worry about that happening again. Campers will develop the skills to successfully use a compass, take a bearing, and read a map. They will put those skills to use as we hike to a secret location in the mountains.

- **Day Three (1.5 hrs): Backcountry Cooking with Wild Edibles**

- Hiking or backpacking deep in the backcountry requires that you carry everything on your back making pack weight a priority. Exploring backcountry cooking, campers will learn how to safely use a variety of camp stoves and what goes into making a balanced backcountry meal.
- There are old mushroom hunters and bold mushroom hunters, but no "old, bold mushroom hunters." Campers will learn how to identify wild edibles and discover the dangers and benefits that plants, fungi, and trees can provide.

- **Day Four (1.5 hrs): Animal Signs Hike & Naturalist Notebook**

- What lives in the Bighorns? What signs do animals leave behind? What can we learn about the relationship between animals and their environment based on the signs they leave. On our animals signs hike, campers will step into the role of a detective to help us answer these questions. Campers will also compile a Naturalist Notebook with their findings.

- **Day Five (1.5 hrs): Geology & Water**

- Step into the Camp 307 time machine as we travel back to a time when the Bighorns looked a lot different. Campers will gather geological evidence as we put together the story of how the Bighorns came to be.
- Water is crucial to life. Learn what lives in our lakes and streams as we do a health assessment of the water sources we come across. By doing a health assessment of our water, campers will learn to choose the best means of filtration and how to take care of water resources.

- **Day Six (8 hrs): Full Day Hiking Adventure**