

Intro to Backpacking – K'esugi Ridge

Day 1 & 2 – Classroom Half Days

Day 3-6 – Field Days

Gear, transportation, 2 instructors, meals while in the field,
and program shirt provided

Cost: \$625; payment requested upon registration

Ages 14-17; limited to 9 students

July 13&14 classroom; 15-18 field days

Day 1 – 4 hours

- Introduction with instructors and group
- Go through all paperwork & payments
- Pre-trip meeting with instructors
 - Instructors lay out gear/ give gear talk/explanation
 - Talk about group gear/divide group gear
 - Discuss meals, go over dietary restrictions, and come up with a meal plan
 - **Each participant is in charge of coming up with an idea for a meal, and will prepare/cook that meal in the field. Meal assignment will be drawn from a hat. (There are 3 dinners, 3 breakfasts, & 4 (2 car) lunches).**
- **End of Day** - Instructors will go grocery shopping from the meal ideas given

Day 2 – 4 hours

- Bring all personal gear you will bring on the trip
- Instructors will go through participant gear with you individually
 - Write down what you are still missing
 - Get any gear you still need from W.I.L.D. or from store after class.
- Repackage food as a group
- Back bear barrels and pack bags.
- **End of Day**

Day 3 – 5 - Full Days In the Field

Day 3 - Meet at the office at 7am. We will leave at 7:30am. The morning will be spent driving, but we will be hiking by lunchtime. The first day is roughly 3+ miles with significant elevation gain. This appears to be the toughest day for most, as it is the day with the most elevation gain and with a backpack full of food.

Day 4 - Hike ~4 miles. There is a camping location with a latrine about 4 miles from our first camp location. To be LNT friendly, we will camp here and do an optional side hike for those who want to partake.

Day 5 - Hike ~6 miles. There is another latrine 6 miles from the first one, and is near a lake. We will camp here, space permitting.

Day 6 - Hike the remainder in the morning and drive back to Fairbanks. We will return from the field in the late afternoon/evening on the final day. Return W.I.L.D. gear and depart.

Things to bring:

- Sturdy warm hiking boots/hiking shoes
- **Backpack***
- Synthetic or wool long underwear tops and bottoms
- underwear
- Fleece jacket or wool sweater and/or vest
- hiking pants or shell pants
- Puffy coat
- Warm winter gloves
- (2) Warm (wool or synthetic) socks
- Warm wool or fleece hat and neck gaiter, buff or facemask
- Two, 1-liter water bottles
- camera
- sunscreen
- bug net
- sun glasses
- sun hat/baseball cap
- rain jacket & rain pants
- **Trekking poles***
- **Crampons/microspikes***
- **2 breakfasts, 2 lunches, 1 dinner, lots of snacks***
- **Sleeping bag***
- **Tent***
- **Sleeping pad***
- **Bear canister***
- **Group kitchen gear***
- Personal bowl
- Personal spoon
- Personal cup
- toiletries/medications
- Gaiters (optional)

***Bolded items will be provided by W.I.L.D.**