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| **Gear Selection****□** Base layer**□** Insulation Layer**□** Outer Layer**□** Down vs. Synthetic**□** Gaiters**□** Poles – proper sizing, maintenance |
| **Self** | **Peer** | **Teacher** |

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| **Meal Planning****□** Nutritional Value – allergies, diets, shelf-life, caloric need, appealing, diversity**□** Packability – size, weight, hardiness**□** Field Appropriate - prep time, effort to clean up, fuel consumption, minimal waste and garbage |
| **Self** | **Peer** | **Teacher** |

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| **Knots****□** Clove hitch**□** Trucker’s hitch**□** Taut line hitch**□** Bowline |
| **Self** | **Peer** | **Teacher** |



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| **Water Filtration****□** Giardia Lambla, Cryptosporidium**□** Proper site selection (moving water, still water)**□** Pump setup – no loose parts on ground, correct intake/outtake, gravity hang setup (MSR Autoflow only), minimize particulate**□**Pump technique – no lateral torsion (MSR Hyperflow only), close to body**□** Troubleshoot pressure issues |
| **Self** | **Peer** | **Teacher** |

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| **Tents & Shelter****□** Site selection**□** Correct use of footprint**□** Tent setup – efficient, organized, timely, avoids undue stress to poles and fabric, utilizes pegs and anchors for a taut pitch**□** Livability – organized entranceways, intentional gear in tent, options for ventilation |
| **Self** | **Peer** | **Teacher** |

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| **Tarps****□** Site selection**□** Intentional drainage**□** Sufficient pitch, wind considerations**□** Fixed anchors and improvised anchors**□** Troubleshoot broken or torn tarp anchor |
| **Self** | **Peer** | **Teacher** |

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| **Stoves and Cooking****□** Site selection□ Stove setup – heat reflector and wind shield, fuel bottle locked on with valve upright**□** Correct priming technique**□** Correct stove lighting technique**□** Use pot grips to move pots and strain liquids**□** Safe practice |
| **Self** | **Peer** | **Teacher** |

**Name:**