

# **Backpacking Level 1 - Lesson Plan**

Key Points to Cover:

- 1 – What is backpacking
- 2 – Planning – Gear, food fitness, skills,
- 3 – Checklists
- 4 – The right sized backpack and adjusting

Supplies Suggested:

Bring examples different backpacks.

Maps of different state and national parks, state forests and trails.

Activities to Reinforce Lesson:

Devotion: