

Backpacking Level 4 - Lesson Plan

Key Points to Cover:

- 1 – Blister avoidance
- 2 – Lightning avoidance
- 3 – Weather
- 4 – Pace yourself
- 5 – First Aid
- 6 – Trail Etiquette
- 7 - Planning

Supplies Suggested:

Bring examples of maps and hike locations.

Print out the unit to use as a teaching guide.

Activities to Reinforce Lesson:

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Devotion: