

Backpacking Level 6 - Lesson Plan

Key Points to Cover:

- 1 – Ultralight Backpacking – what it is?
- 2 – The 7 steps to Ultra-Light Backpacking
- 3 – The 4 – Go’s

Supplies Suggested:

Bring examples of an Ultra-Light pack and supplies.

Activities to Reinforce Lesson:

Go on a day hike as an Ultra-light

Devotion: