

ESAR Course One 48-Hour Pack Checklist

Course One staff will perform a pack check prior to the start of the morning lecture. You will be required to have each of the following items in your 48-Hour pack. Even if you have a partner with whom you will share some equipment, please bring everything to Course One, in the event that your partner does not show up.

COURSE ONE 48-HOUR PACK CHECKLIST	
<input type="checkbox"/> Internal or external frame backpack	<input type="checkbox"/> Boots (waterproof)
<input type="checkbox"/> Navigation Kit <ul style="list-style-type: none"> ○ 360° protractor ○ Ruler (in tenths of inches) ○ Small Notepad ("Rite in Rain") ○ Pencil(s) ○ Calculator 	<input type="checkbox"/> Gaiters (recommended)
	<input type="checkbox"/> Eye protection (safety glasses)
	<input type="checkbox"/> Sleeping bag (triple wrap in plastic)
	<input type="checkbox"/> Insulated sleeping pad
	<input type="checkbox"/> Tarp (8' X 10' or bigger)* (Additional 4' X 6' ground tarp recommended) (NO TENTS ALLOWED)
	<input type="checkbox"/> 50' to 100' of nylon line (parachute cord)*
<input type="checkbox"/> A set of tent stakes	<input type="checkbox"/> Stove and fuel (lighter or matches in waterproof case)*
<input type="checkbox"/> Compass	<input type="checkbox"/> Mess kit (spoon, metal pot, cup)
<input type="checkbox"/> Headlamp with extra batteries/bulb	<input type="checkbox"/> Water purification tablets or filter*
<input type="checkbox"/> Clothing (Wool or Synthetic - NO COTTON ALLOWED) <ul style="list-style-type: none"> ○ Shirt ○ Pants ○ Socks (2 pair) ○ Long underwear ○ Extra wool/synthetic shirt/sweater ○ Jacket ○ Insulated hat ○ Gloves / Mittens 	<input type="checkbox"/> First Aid kit (see Orientation Packet)
	<input type="checkbox"/> Emergency kit (see Orientation Packet)
	<input type="checkbox"/> Watch (with alarm)
	<input type="checkbox"/> Whistle
	<input type="checkbox"/> Leather work gloves
	<input type="checkbox"/> Pocket knife
	<input type="checkbox"/> Toilet paper (double wrap in plastic)
	<input type="checkbox"/> Extra Ziploc bags
	<input type="checkbox"/> Food <ul style="list-style-type: none"> ○ Snacks for two days ○ Breakfast (hot or cold) ○ Lunch for two days ○ Dinner (hot)
<input type="checkbox"/> Extra clothing (wrap in plastic or waterproof stuff sack) <ul style="list-style-type: none"> ○ Shirt ○ Socks ○ Long underwear 	<input type="checkbox"/> Water (two quarts)
<input type="checkbox"/> Rain gear (heavy rubberized nylon recommended)	

*May be shared with a partner

COURSE ONE HOMEWORK



Course One homework will be collected at the beginning of the Saturday morning lecture. If you do not have your homework when it is collected, you will be required to complete it on your own time and turn it in prior to your departure on Sunday afternoon.

Name: _____

Date: _____

Wilderness Navigation

1. _____

2. _____

Map 1

1. A. _____

B. _____

2. _____

3. A. _____

B. _____

4. A. _____

B. _____

5. A. _____

B. _____

6. _____

7. _____

8. A. _____

B. _____

9. _____

10. _____

Map 2

1. _____

2. A. _____

B. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____
