

# Olympia Mountaineers

## 2022 The Essentials of Backpacking

ENJOY backpacking with like-minded travelers who wish to explore the great outdoors!

Prerequisite - Wilderness Skills or Equivalent

Open to the public – Course Fee - \$ 60 members and \$ 90 non-members

Course Schedule:

May – Online Class Session

June – In Person Gear Demonstration Session and In Person Group Backpack Field Trip

This course involves:

Hands-on exercises in backpacking including: problem solving skills, physical conditioning, handling emergencies, foods options, clothing and equipment, gear maintenance and repair, LNT, animal protection, places to go, and lots of practical tips.

**To register visit [www.mountaineers.org](http://www.mountaineers.org)  
Registration opens on 1/15/22**

