**EO M223.01 – PREPARE FOR TREKKING**

1. **Performance**: Prepare for Trekking

2. **Conditions**:

   a. Given:

      (1) supervision; and

      (2) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facility or training area large enough to accommodate the entire group.

3. **Standard**: In accordance with specified references, the cadet shall prepare for trekking by:

   a. reviewing Green Star trekking gear and hiking techniques;

   b. creating a personal kit list; and

   c. discussing the physical demands of trekking and how to prepare.

4. **Teaching Points**:

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Conduct an activity on trekking gear, to include:<br>a. the characteristics of a suitable daypack, to include:<br>1. types of packs;<br>2. padding;<br>3. waist band; and<br>4. capacity;<br>b. the characteristics of hiking footwear, to include:<br>1. the boots; and<br>2. the socks;<br>c. the characteristics of water carriers, to include:<br>1. types of carriers; and<br>2. capacity; and<br>d. the characteristics of optional trekking gear, to include:<br>1. raingear;<br>2. hat;<br>3. extra insulation layer;<br>4. sunglasses;<br>5. sunscreen;<br>6. insect repellent;<br>7. camera and film; | In-Class Activity | 15 min | C2-017 (p. 20)<br>C2-042 (pp.70 to 75)<br>C2-051 (pp.36 to 37)<br>C2-042 (pp.62 to 65)<br>C2-051 (pp.34 and 35)<br>C2-042 (p. 92)<br>C2-042 (pp. 55 to 57 and pp. 102–103) |



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| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| | 8. bathing suit and towel; and<br>9. binoculars. | | | |
| TP2 | Conduct an activity where cadets will:<br>a. identify permanent items list, to include:<br>1. personal items;<br>2. the six essential items; and<br>3. a last-minute checklist; and<br>b. create a personal kit list based on the weather forecast, to include:<br>1. a sunny day;<br>2. a rainy day; and<br>3. a cold and snowy day. | In-Class Activity | 15 min | C2-042 (pp.104–105, 112–113 and 116–117) |
| TP3 | Discuss the physical demands of a trek, to include:<br>a. cardiovascular endurance;<br>b. strength; and<br>c. balance. | Interactive Lecture | 5 min | C2-051 (pp.12 to 14) |
| TP4 | Discuss how to physically prepare for a trek, to include:<br>a. exercises to build body strength, such as:<br>1. aerobics exercises; and<br>2. strength building exercises; and<br>b. stretching exercises before and during the trek. | Interactive Lecture | 15 min | C2-016 (pp. 169–170)<br>C2-051 (pp. 12 to 14 and pp. 17 to 21)<br>C2-042 (pp. 132-133 and pp. 144-145)<br>C0-089 (pp. 152–153) |

5. **Time**:

| | | |
|---|---|---|
| a. | Introduction / Conclusion: | 10 min |
| b. | Interactive Lecture: | 20 min |
| c. | In-Class Activity: | 30 min |
| d. | Total: | 60 min |

6. **Substantiation**:

a. An in-class activity was chosen for TP1 and TP2 as it is an interactive way to present a personal kit list.

b. An interactive lecture was chosen for TP3 and TP4 to introduce preparing for a trek.



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7. **References**:

   a. C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching 20th Anniversary*. (Rev. Ed.). Bolinas, CA: Shelter Publications Inc.

   b. C2-016 (ISBN 0-517-8878-5) Curtis, R. (1998). *The Backpacker's Field Manual: a Comprehensive Guide to Mastering Backcountry Skills*. New York, NY: Three Rivers Press.

   c. C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking*. Guilford, CT: The Globe Pequot Press.

   d. C2-042 (ISBN 0-7566-0946-1) Berger, K. (2005). *Backpacking & Hiking.* New York, NY: DK Publishing, Inc.

   e. C2-051 (ISBN 978-0-7153-2254-3) Bagshaw, C. (Ed.). (2006). *The Ultimate Hiking Skills Manual.* Cincinnati, OH: David & Charles.

8. **Training Aids**: Presentation aids (eg, whiteboard/flipchart/OHP) appropriate for the classroom/training area.

9. **Learning Aids**: N/A.

10. **Test Details**: N/A.

11. **Remarks**: Instructors will confirm the cadets' ability to create a personal kit list according to various weather scenarios. Cadets shall compare their pick with the choices of the group.



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