Intro to Backpacking – K’esugi Ridge

August 1st & 2nd Instructional 1/2 days

& August 3-6 Field Days

 K'esugi Ridge: 17 miles roundtrip

Ages: 18+

Difficulty: Strenuous

Participant Limit: 9

Participant to Trip Leader Ratio: Less than 5:1

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Cost: $625.00; payment requested upon registration

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No Experience Required

Gear, transportation, 2 instructors, meals while in the field,

and program shirt provided

**Day 1 – 4 hours**

* Introduction with instructors and group
* Go through all paperwork & payments
* Pre-trip meeting with instructors
	+ Instructors lay out gear/ give gear talk/explanation
	+ Talk about group gear/divide group gear
	+ Discuss meals, go over dietary restrictions, and come up with a meal plan
		- **Each participant is in charge of coming up with an idea for a meal, and will prepare/cook that meal in the field. Meal assignment will be drawn from a hat. (There are 3 dinners, 3 breakfasts, & 4 (2 car) lunches).**
* **End of Day -** Instructors will go grocery shopping from the meal ideas given

**Day 2 – 4 hours**

* Bring all personal gear you will bring on the trip
* Instructors will go through participant gear with you individually
	+ Write down what you are still missing
	+ Get any gear you still need from W.I.L.D. or from store after class.
* Repackage food as a group
* Back bear barrels and pack bags.
* **End of Day**

**Day 3 – 5 - Full Days In the Field**

**Day 3** - Meet at the office at 7am. We will leave at 7:30am. The morning will be spent driving, but we will be hiking by lunchtime. The first day is roughly 3+ miles with significant elevation gain. This appears to be the toughest day for most, as it is the day with the most elevation gain and with a backpack full of food.

**Day 4** - Hike ~4 miles. There is a camping location with a latrine about 4 miles from our first camp location. To be LNT friendly, we will camp here and do an optional side hike for those who want to partake.

**Day 5** - Hike ~6 miles. There is another latrine 6 miles from the first one, and is near a lake. We will camp here, space permitting.

**Day 6** - Hike the remainder in the morning and drive back to Fairbanks. We will return from the field in the late afternoon/evening on the final day. Return W.I.L.D. gear and depart.

**Things to bring:**

* Sturdy warm hiking boots/hiking shoes
* **Backpack\***
* Synthetic or wool long underwear tops and bottoms
* underwear
* Fleece jacket or wool sweater and/or vest
* hiking pants or shell pants
* Puffy coat
* Warm winter gloves
* (2) Warm (wool or synthetic) socks
* Warm wool or fleece hat and neck gaiter, buff or facemask
* Two, 1-liter water bottles
* camera
* sunscreen
* bug net
* sun glasses
* sun hat/baseball cap
* rain jacket & rain pants
* **Trekking poles\***
* **Crampons/microspikes\***
* **2 breakfasts, 2 lunches, 1 dinner, lots of snacks\***
* **Sleeping bag\***
* **Tent\***
* **Sleeping pad\***
* **Bear canister\***
* **Group kitchen gear\***
* Personal bowl
* Personal spoon
* Personal cup
* toiletries/medications
* Gaiters (optional)

**\*Bolded items will be provided by W.I.L.D.**