

Backpacking 101

Tuesday, June 8, 2010

Learn the basics of backpacking. This information is essential for anyone wanting to safely and confidently enjoy the outdoors. The course is open to youth in general (ages 11-18) and is required for anyone participating in the June 2010 Paria Canyon trip.

PLANNING: backpacking basics

GEAR: finding the right gear

FOOD: outdoor cooking

SKILLS: map and compass

FIRST AID: backcountry first aid

LEAVE NO TRACE: ways to keep the backcountry beautiful

What to Bring: Sunscreen, water, and a sack lunch

What Time: 9:00 a.m.—2:00 p.m. at McCarty Park (corner of Whipple and 24th Dr. off Hwy 260). Parent/adult volunteers are welcome to attend.

How Much Does it Cost: \$5.00

How to Register: Register online at www.showlowaz.gov/wmyl or by phone at (928) 532-4140.



WHITE MOUNTAIN



YOUTH LEADERSHIP

www.showlowaz.gov/wmyl

Contact Meckenzie for more information at
WMyouthLeaders@gmail.com or call (928) 532-4047.

White Mountain Youth Leadership is an outdoor recreation and education program for youth ages 11-18 being conducted with the cooperation of: University of Arizona Cooperative Extension, USDA Forest Service - Kids in the Woods, City of Show Low, the Town of Pinetop-Lakeside, and the Yellow Jacket Youth Center