

Snowcamping Preparation

Description

This course prepares students for participation in the Snowcamping 1 Outing. Topics include trip planning and preparation, thermoregulation and clothing, cold weather camping equipment, snow shelter construction techniques, minimum impact camping techniques in snow covered terrain, route selection and evaluation, winter navigation, avalanche safety, cold related injuries and winter survival techniques.

Prerequisites/Corequisites

- Prerequisites:
- PEOL 285 - Wilderness Survival
 - PEOL 351 - Backpacking 1 Outing (or equivalent experience)

Objectives

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of this course, in addition to meeting the objectives of the prerequisite courses, the student should be able to:

1. Plan, organize, equip and safely implement a multi-day winter camping trip.
2. Explain the mechanisms of heat loss and techniques for keeping warm in winter.
3. Explain the signs and symptoms of hypothermia and frostbite and techniques for preventing and/or treating each.
4. Demonstrate a general understanding of avalanche hazards.
5. Describe how to travel safely through avalanche terrain.
6. Demonstrate an understanding of winter navigation techniques.
7. Describe how to minimize impact while traveling and camping in winter.
8. Explain the step-by-step procedures for constructing snow caves, igloos and other snow shelters.
9. Demonstrate adequate fitness for participation in the Snowcamping I Outing.

Evaluative Criteria

To be considered for a passing grade (a "C" or better), a student must:

1. Attend the entire outing.
2. Submit the trip planning worksheet on time and with a score of 80% or higher.
3. Attend the post-outing meeting.
4. Pass the final exam.

Other Information

- The required textbook and packet are available from the Bookstore.