

**Grade Level: Middle School**

**Unit: Backpacking and Camping**

## **Lesson 1: Backpacking Day - Equipment**

### **Objectives**

- Students will be able to prepare for a backpacking trip.
- Students will be able to pack a backpack effectively.

### **Standards**

- Demonstrates correct technique for a variety of skills in 1 self-selected outdoor activity. (S1.M22.7)
- Demonstrates correct technique for basic skills in at least 2 self-selected outdoor activities. (S1.M22.8)

### **Key Vocabulary**

- Compass
- Campground
- Canteen
- Gear
- Wildlife

### **Equipment Needs**

- Backpack
- Tent
- Sleeping bag / pad
- Clothes
- Appropriate weather gear (sunscreen, hats, gloves)
- Compass
- Walking stick / poles
- Hiking shoes
- Cooking Stove / fuel
- Matches
- First aid kit
- Water bottles
- Bug repellent
- Flashlight
- Picture of appropriate knife or multitool for cutting
- Video on backpack list
  - <https://www.youtube.com/watch?v=HugY6T3Dvho>
- Video of choosing a backpack
  - <https://www.youtube.com/watch?v=LI1va-97f4w>

**Set-up**

- Have equipment separated by groups (all tents together, all backpacks together) throughout the activity area

**Safety**

- Check activity area for obstacles or holes
- Be cautious of sun exposure / temperature / other weather (ex. rain)

**Warm Up**

- We are going on a bear hunt song. [https://www.youtube.com/watch?v=5\\_ShP3fiEhU](https://www.youtube.com/watch?v=5_ShP3fiEhU)

**Description**

1. Students will gather one piece of equipment from each pile of items to be packed.
2. Students will check all equipment for usefulness and safety.
3. Students will pack the backpack with all necessary equipment.
4. Students will put on the backpack and walk around the activity space for 5 minutes.
5. Students will unpack equipment and put it back in piles.
6. The next student will start on step 1.

**More Challenging**

- Have students race to pack the backpack appropriately.
- Add more items that could be used (more clothes, food, fishing pole, etc)

**Less Challenging**

- Students work in groups instead of individually.

**Assessment**

- Students will create a backpacking checklist for packing their backpack. (Written)
- Students will be assessed on appropriate gear packed in the backpack - see equipment above. (Physical)

**Cool Down/Review/Closure**

- Review the steps to packing a backpack and the items that should be included and why.