



INTRODUCTION TO BACKCOUNTRY TRIP PLANNING May 5-7, 2023

Course Scope:

This course is designed to help adventurers feel prepared to tackle an overnight, backcountry trip that may include a combination of trail and off-trail travel. Class is primarily directed towards backpacking, but could be applied towards other recreational activities in Alaska.

Course Topics Include:

- Map and compass skills
- Wilderness medicine basics and patient assessment
- Leave No Trace
- Nutrition and meal planning in the backcountry
- Tools available for route planning
- How to pick the right route
- Risk management
- Search and rescue in Alaska
- Packing a backpack

Course Dates and Location:

Friday, May 5: [Musk Ox Farm](#) in Palmer, Alaska

Saturday, May 6: [Musk Ox Farm](#) in Palmer, Alaska

Sunday, May 7: [Wilderness Emergency Medical Education](#) in Palmer, Alaska (Dorothy's facility is up Buffalo Mine Road about 20 minutes from downtown Palmer).

Class will start each day at 9AM and end between 5PM and 6PM.

Course Fees: Course fees are \$539 for 3 days of instruction. If cost is a barrier to you attending, please email Kierre at info@revelak.com. Conversely, you would like to help support the scholarship fund for this event, let us know.

Meals and Lodging:

Meals and lodging are not included in course fees. If you need lodging recommendations, please contact Kierre at info@revelak.com.

- **On Friday and Saturday**, you will have an hour lunch break and be able to run into town to get food. You're also welcome to pack a lunch and eat at the Musk Ox Farm.
- **On Sunday, May 7**, we recommend you pack a lunch as the location is about 20 minutes outside of the downtown Palmer area.



Presenters:

Our presenters include:

- Dorothy Adler
 - Owner - [Wilderness Emergency Medical Education](#)
 - 2022 Governor's EMS Educator of the Year
- Winona Benson
 - Owner, [Nourished Health Coaching Services](#)
 - National Board Certified Health & Wellness Coach, Nutrition Educator & Culinary Instructor
- Tim Kelley
 - [National Outdoor Leadership School](#)
- Amy Macpherson, Geographic Information Systems professional
 - Check out some of Amy's handy GIS work [here](#).
- Justin and Patrice La Vigne
 - [Leave No Trace Master Educators](#)
 - Guides, outdoor writers/speakers
 - Read some of their articles in [Backpacker Magazine](#), [Adventure.com](#) and [Alaska Magazine](#)
- Stephanie Rice
 - [Alaska Mountain Rescue Group](#)
- Raine Fryberger
 - [Mind and Mountain](#)

You can read presenter bios and credentials on the website [here](#).

There will be some slight overlap with course topics between presenters. This is intentional. We've found it is helpful to learn how different folks plan adventures so you can evaluate different methods and find the way that works for you.



Approximate itinerary:

Please note this is a draft schedule and exact timing and order of presentations may shift. You will receive an updated course itinerary prior to the class start. There are many moving pieces to this course. We will do our best to stick to the schedule, but your flexibility during the actual course is very much appreciated.

Friday, May 5, 2023

Musk Ox Farm

- **9AM-9:45AM: Search and Rescue (SAR) in Alaska** - Stephanie Rice with Alaska Mountain Rescue Group (AMRG)
 - SAR: What happens when you hit the SOS button
 - How does search and rescue work in Alaska
- **10AM-12PM: Food in the Backcountry** - Winona Benson, Nourished Health Coaching Services
 - How to prepare before you even put your backpack on - learn about making dehydrated meals
- **12PM-1PM: Lunch Break**
- **1PM-3PM: Food in the Backcountry, Continued**
 - Food in the backcountry - how to get the nutrients you need when your body is working hard
 - An analysis of store-bought dehydrated meals and other popular trail snacks
- **3:15PM-5:15PM: Leave No Trace** - Justin and Patrice La Vaigne, Master Leave No Trace Educators
 - What does Leave No Trace Mean and how can you minimize your impact while outdoors?

Saturday, May 6, 2023

Musk Ox Farm

- **9AM-10AM: Risk management** - Tim Kelley, National Outdoor Leadership School
 - How to determine the right trip for the the people in your group
 - Tools to manage risk pre-trip, during trip, post trip assessment
- **10AM-12PM: Route planning tools** - Amy Macpherson
 - What tools exist to help with route planning and basics on how to use them
- **12PM-1PM: Lunch Break**
- **1PM-5PM: Planning your route** - Tim Kelley, National Outdoor Leadership School
 - Explore the nuts and bolts of building a route
- **5PM-5:45PM: Exercise break and discussion with Mind and Mountain, Raine Fryberger**
 - Learn about exercises helpful to build and maintain strength



Sunday, May 7, 2023

**Wilderness Emergency Medical Education Yurt
9AM-5PM**

This day will be taught entirely by Dorothy Adler with Wilderness Emergency Medical Education.

Course topics covered will include:

- Trip planning and backpack packing
- Planning for the right route, with the right people, at the right time....
- Gear planning
- How do I fit all this gear into my backpack?
- Route planning/finding (map/compass)
- Wilderness First Aid
- Patient assessment
 - Presentation and treatment of various common injuries such as:
 - Sprains/fractures and soft tissue injuries
 - Cold weather injuries: treatment and prevention
 - What's in the first aid kit?