

High School Hikers Fall Hikers Workshop
Saturday, September 12, 2015
Hawaii Nature Center
8:00 am to 3:00 pm

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| 8:00 - 8:30 am | Check in, registration |
| 8:30 – 9:15 am | Introduction, ECO and HSH Backpacking Presentation |
| 9:15 – 10:15 am | Rotating Workshop Session I |
| 10:15 – 11:15 am | Rotating Workshop Session II |
| 11:15 – 12:15 am | Rotating Workshop Session III |
| 12:15 – 1:00 am | Brown Bag Lunch (everyone brings their own) |
| 1:00 – 2:00 am | Rotating Workshop Session IV |
| 2:00 – 3:00 am | Rotating Workshop Session V |
| 3:00 – 3:30 | Evaluation, closing activity |

Workshop Session Topics

1. Tents – Fred Nakaguma
2. First Aid – Mark Lee
3. Ropes and Knots – Marc Morinaga
4. Team Building/Volunteer Service Project – Bob Keane
5. How to Prepare for a Hike – Jim Yuen