

2018 Haleakala Trip – High School Hikers

Dec 2017 Agenda for Haleakala class

Environment (Bob)

- Climate difference between sea level and Haleakala
- Weather conditions – wide range of temperatures, hypothermia
- Altitude – effects of lower oxygen intake, higher exposure to ultraviolet and sunburn

Clothes (Jim)

- Fall Hikers Workshop Handout
- Insulation / Long Johns
- Boots / Socks
- Layering
- Sun Protection /Hat
- Raingear

Home (Fred)

- House – tents / ground cloth /pegs / cords
- Clothes closet – see Clothes above
- Bedroom – sleeping ag / pad / PJs
- Living room – indoor clothes / slippers
- Bathroom – toiletry / medications, first-aid kit / nail clipper / kleenex
- Shower – towel / soap / shampoo? / toilet paper

Utility Closet

- Laundry – clothes line / clothes pins / soap

Packs (Jamie)

- External frame / internal frame
- Volume – (1 litre ~ 61 cubic inches); daypack 20 L; overnight 30 L; multi-day 40-50 L
- Adjustments
- Weight ratio – approx. 25%-30% of body weight
- Waterproof liner
- Bag of bags

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Personal Gear (Kelson) * = optional

- Whistle / flashlight / knife* / compass* / map* / paracord
- Water bottle /trek poles* / bandana-hand-kerchief /
- Camera or cell-phone / batteries / charger*
- Repair Kit – duct tape /sew kit /multi-tool /
- Shower Kit* - wet wipes, small towel

Notes:

Some things can be shared by a buddy. Some things can be shared by the group.