

Plan Your Own Adventure

Now that you have completed your backpacking trip, you have had the opportunity to experience all that goes into a trip including, meal planning, choosing a route, packing for the weather and managing a group. For this assignment you will have the opportunity to incorporate all of those things for your very own experience.

The Assignment

- 1. Choose a destination.** Your trip can take place anywhere in the United States. State and National Parks are really good starting points if you are unsure of where to look. Famous trails such as the Appalachian Trail and the Pacific Crest Trail are also good starting points.
- 2. Choose a group.** Determine what type of group you will be leading. It can range anywhere from a group of middle schoolers to a group of elderly adults.
- 3. Choose a goal for your trip.** Typically the type of group you have determines what the groups' goals may be. You could have a group that is just out for a casual trip, a group that is learning backpacking for the first time, a group that is trying to complete a large amount of mileage, or a group that is on the trip to see specific sites or types of nature.
- 4. Choose a route and length of trip.** This is where the planning gets fun. Look at maps for your destination and choose a route that is suitable in length for your group and their goals. Make sure to plan the number of miles the group will hike each day, taking elevation into account and to plan for your group to camp at designated areas. (Your only requirement here is that it is a weekend trip with two overnights)
- 5. Create a meal plan for your group.** This meal plan does NOT have to be as detailed as your second assignment. You are only required to come up with the types of food you will bring, not the amounts, but it should cover all of the meals for your trip with no repeats.
- 6. Create a gear list for your group.** Keep in mind the type of area you are in, for instance, if you are in a desert, sun protection becomes more important than rain protection and you may not have trees to set up a tarp.

Grading Rubric

Destination (make sure it is a practical destination for your group and their goals)	/10
Group (be creative, and don't use "college backpacking course" as your group)	/10
Goal	/10
Route Length and Mileage (include a picture of the map you are using with the route highlighted, miles/day written in and the campsites marked)	/25
Campsites (choose designated campsites that have access to water if possible)	/10
Meal Plan (plan for the type of trip you are taking, if you are doing high mileage, you will be burning more calories, if you are leading kids, you may want to choose something easy to prepare with minimal mess)	/15
Gear List (keep in mind the weather you will be encountering)	/20
Total	/100