



# NECESSARY EQUIPMENT & HOW TO USE IT WORKSHEET

Please note: This form cannot be saved in a web browser. We recommend downloading the pdf file to your local computer drive prior to starting the assessment. When you finish this section assessment, save your form so you can review with your Assessor and group at your next meeting to go over the correct answers.

## Part B - Section 2: Assessment of videos #5, #6, #8, #9 - Equipment

Participant Name	
Name of Group	

1. What are some basics you'll need for any trip? **Select the 3 that apply.**

- Clothing and a pack to carry it all
- Music or entertainment
- Food and water
- Emergency supplies

2. What items should you keep handy in your pack when walking?

- Map, torch/flashlight, toiletries and a compass
- Food, snacks and candy
- Your sleeping bag for a quick nap
- Stove and fuel in case you need to cook more food

3. Emergency supplies only need to include some band aids and a bandage for cuts and blisters. True or false?

- True
- False

4. The trick to staying comfortable is wearing lightweight, breathable materials and layering them. True or false?

- True
- False

5. What are the right steps when layering clothing?

- Base layer, Waterproof layer, Insulation layer
- Insulation layer, Waterproof layer, Base layer
- Waterproof layer, Base layer, Insulation layer
- Base layer, Insulation layer, Waterproof layer

6. What is the benefit to wearing multiple layers?

- Allows you to adjust to weather and temperature changes
- You look great
- You can share clothes easier
- You can pack more without adding weight to your bag

7. What body parts are considered the "core"?

- Legs, arms, ears
- Head, chest, hands
- Fingers, toes, nose
- Head, elbows, knees

8. Good hiking/tramping boots can mainly help your journey by:

- Providing extra ankle support and grip
- Making you look like you're ready
- Keeping you warm
- Allowing you to walk through shallow water

9. How often should you typically stop for a break?

- Every hour, for about 5 minutes
- Every 2 hours, for about 20 minutes
- Only when you feel like you need one
- Every 20 minutes, for about 2 minutes

10. You can treat water (make it safe for drinking) by boiling it, filtering it or with the use of chlorine tablets. True or False?

- True
- False

11. Packing different types and enough food is a good idea. But how much extra should you pack?

- Triple what you would normally eat
- No extra is really needed for a 2-day journey.
- About 50% more than you would normally eat
- Double what you would normally eat in a day

12. What are some options for emergency meals?

- Cans of soup or beans
- Yogurt, cheese and milk
- Couscous, rice or a dehydrated meal
- You don't need emergency meals for a 2-day journey

13. Treats like cheese, nuts and chocolate can help boost morale and keep everyone's spirits up. True or False?

- True
- False

14. What's a great way to learn how to pack your bag correctly?

- There is no "right way"
- Have someone else experienced do it
- Try it once and just deal with it
- Practice, practice, practice

15. What should be packed near the bottom of your pack, because "the first thing in is the last thing out"?

- Tent, sleeping bag and cooking equipment
- Toiletries and extra clothes
- First aid supplies
- Food and water

16. What are some ways to help waterproof your bag?

- There are sprays you can use on your pack to keep it waterproof
- You don't need to waterproof anything, it's not supposed to rain
- Your pack liner will be enough
- Through the use of dry bags, garbage bags and Ziploc bags.

17. What is the proper way to ensure you put your pack on correctly?

- Using the hoist handle and lifting with your legs, hoist the pack onto your thigh and place arm through strap. Swing the pack around and put your other arm through. Fasten waist straps then tighten shoulder straps.
- Lie back onto the pack on the ground, tighten all the straps and then have someone help you stand.
- Just lift it on your back with arm strength and throw it behind you.
- It doesn't make a difference how you put it on.

18. If your pack doesn't feel right, you should just live with it until you reach the next break or camp, no need to immediately rearrange items. True or false?

- True
- False

