



BLACK ROCK DESERT
HIGH ROCK CANYON
EMIGRANT TRAILS



NATIONAL CONSERVATION AREA

LEAVE NO TRACE

Plan Ahead and Prepare: Packing Lists

Objective:

- To determine the most useful and necessary items to bring on a trip to the wild lands under varying circumstances.

Materials needed:

- -Packing items provided in kit.

Instructions:

- Divide class into small groups. Give each a set of items along with the extreme weather conditions. Have students determine the extreme weather conditions, and then divide the items into the appropriate categories. For example, in the extreme cold, pack long underwear. Discuss why students divided the items the way they did, and how it relates to Principle 1: Plan Ahead and Prepare. For an added challenge, have students add their own items to the packing list and explain their reasoning behind it.

Packing List Activity

Drought/ Extreme Heat

Sunblock

Water

Water

Water

Perishable food (Cheese, milk, fruits)

**Non-perishable food (Canned soup,
trail mix)**

Food

Summer/ Bucket Hat

Lightweight Sleeping Bag

Aluminum/ Foil Blankets

Extreme Cold

Rain

Pocket Knife

Wool Socks

Cotton Socks

Scarf

Short sleeve tees

Winter jacket

Low Temperature Sleeping Bag

Wool gloves

Rain Fly

Plastic bags

Plastic bags

Plastic bags

Wool hat

Windbreaker

Galoshes

Tarp

Slicker

Long underwear

Tent

Tent

Tent

Hydration backpack

Sleeping pads

Sleeping pads

Sleeping pads

Waterproof matches

Water purifiers

Water purifiers

Water purifiers

First Aid kit

First Aid kit

First Aid kit

Flashlight

Flashlight

Flashlight

Water bottle

Water bottle

Water bottle

Pocket knife

Pocket knife

Pocket knife

Compass

Compass

Compass

Map

Map

Map

Rope

Rope

Rope

Sunglasses

Radio

Candles

Warm jacket

Pajamas

Pajamas

Pajamas

Boots

Boots

Boots

Sneakers

Sneakers

Sandals