



SWS Mountain Guides

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Survival for Backpackers

Golden Trout Wilderness, Southern Sierra Nevada, Lone Pine, CA



General Description: This excellent basic survival course is designed for backpackers and hikers. We take you for a 6-day trek into the Golden Trout Wilderness, our backcountry classroom. You'll learn techniques for traveling light, navigation by natural means, map and compass, fire making without matches, mountain medicine, survival psychology, and emergency shelter building, locating water, identifying edible plants, and catching fish with your bare hands. Learn Indian methods of using the natural environment to keep warm and comfortable while traveling through pristine basins, and enjoying spectacular scenery. To finish the course you will, on a voluntary basis, hike to a solo campsite which you will select, spend a night in isolation, and return to a designated rendezvous point the next day, navigating by shadow, stars and other primitive means. You'll come away from your survival seminar with the confidence and knowledge to protect yourself in any survival situation. Come join us and gain the experience, skills and confidence to feel comfortable and relaxed while getting the most out of the wilderness backcountry.

What to Expect: We will backpack to various camps throughout the Golden Trout Wilderness; lecturing, demonstrating, and looking for survival situations and examples in the backcountry. We will progressively use less and less of the civilized goods we have brought, as we get more proficient with using the native environment for our needs. Towards the end of the trip, you may choose to do a 24 hour solo, in which you will select a private bivouac for the night then, orienteering on your own, return to a designated rendezvous point the next day. Most people come away from this seminar with the ability to backpack with a lot less gear, the knowledge of what to do in a survival situation, and the confidence to really enjoy the wilderness.

Itinerary: After meeting at 8:00 am on first day, we will have a pack check before hiking a short distance into the backcountry. Day two today three: hiking, lecturing, demonstrating, and looking for survival situations in the backcountry. Day four: optional solo opportunity. Day five: Rendezvous with the group after the solo, share experiences and participate in a closure ceremony. Day six: hiking back to the trailhead, arriving by approx. 3:00 pm.

Meeting: Course starts at **8:00 am** on the first day of the course, please see map for exact meeting place.

Location: Southern Sierra Nevada, in Golden Trout Wilderness. Just south of Mt. Whitney, near Lone Pine, CA.

Food: All meals beginning with lunch on the first day to lunch on the last day. Note: this trip involves short rations, to facilitate incentive to forage for alternate food. Please **do not** bring extra snacks on this trip.

For lodging and camping recommendations and/or special accommodations for before or after this course, give us a call at 1-888-797-6867 or log on to resources at www.swsmountainguides.com

Level: Easy to Moderate; Participants should be in good physical condition, previous hiking and backpacking experience helpful but not needed. Designed for hikers and backpackers of all levels.

Dates 2009: July 6-11, August 10-15.