The Essentials

Course Description: Laurel Canyon, Laurel Spur, Willow Trail Loop

Program Outcomes:
- Learn the proper etiquette when in the wild.
- Learn the four basic rules of staying alive.
- Learn the essential items to carry for survival.
- Discover local trails in your backyard!

Duration: 3 hours

Activity Level (1-5):   2

Skill Level (1-3):   1

	Activity Level	Skill Level
1	Relaxed	Beginner
2	Easy Active	Intermediate
3	Moderate	Advanced
4	Vigorous	N / A
5	Strenuous	N / A

Course Progression:

At the Church prior to departing.

Welcome Introduction and outline of the day.
- Safety talk
- Program Policies

Learn the proper etiquette when in the wild.
- Know your right of way.
    - Hikers coming uphill have the right of way.
    - Bicyclists yield to hikers and horses or other pack stock.
    - Hikers yield to horses and other pack stock. Make yourself known.
- Stay on the trail.
- Do not disturb wildlife.
- Be mindful of trail conditions.
- Take time to listen.
- Be aware of your surroundings.

Midway through the hike, snack break.

Learn the four basic rules of staying alive.
- 3 minutes without breathing (asphyxiation, severe blood loss)
- 3 hours without shelter in an extreme environment (exposure)
- 3 days without water (dehydration)
- 3 weeks without food (starvation)

Learn the essential items to carry for survival.
- Navigation
- Headlamp
- Sun Protection
- First Aid
- Knife
- Fire
- Shelter
- Extra Food
- Extra Water
- Extra Clothes

At the church at the end of the event

<u>Closure and promotion of future programs</u>.
- Follow-up Email.
- Future Hiking with God Events.

<u>Biblical Connection</u>.
- We learn about the basics needed to stay alive and the essentials to help protect us from what may happen whenever we are out in nature, but what basics and essential has GOD given us to help us stay alive and protect us when we are not?
- The Armor of God – Ephesians 6: 10-18
  - The Belt of Truth
  - Breastplate of Righteousness
  - Shoes of the Gospel
  - Shield of Faith
  - Helmet of Salvation
  - Sword of the Spirit
  - Prayer