

Class Lecture Schedule and Practicals

Week	Classroom	Field Trip	Weekend Activity
1	<p><i>Tuesday May 14th 2024</i></p> <p>Intro – First Steps</p> <p>10 Essentials</p> <p>Clothing</p> <p>Footgear</p> <p>First Aid – Blisters</p> <p>Walker Pass Hike Preview</p>	<p><i>Wednesday May 15th 2024</i></p> <p>Evening Hike @ Walker Pass</p>	None
2	<p><i>Tuesday May 21st 2024</i></p> <p>Physical Conditioning</p> <p>Mountain Weather</p> <p>Knots Overview</p> <p>Knots - Figure 8</p> <p>Leave no trace</p> <p>Electronics in the Wilderness</p> <p>First Aid – Water Hazards</p> <p>Conditioning Hike Preview (5 Fingers)</p>	<p><i>Wednesday May 22nd 2024</i></p> <p>Five Fingers Hike</p> <p>Leave no trace question for leadin</p>	none
3	<p><i>Tuesday May 28th 2024</i></p> <p>Wilderness Travel</p> <p>Rock Climbing Techniques</p> <p>Knots – Water Knot</p> <p>First Aid – Leg Injuries</p> <p>Bouldering Preview</p> <p>Condition Hike Preview (night hike)</p>	<p><i>Wednesday May 29th 2024</i></p> <p>Bouldering @ Wagon Wheel</p>	<p><i>Friday May 31st 2024</i></p> <p>Sand Canyon Night Hike</p> <p>(2023's night hike was the 3rd week's FR)</p>
4	<p><i>Tuesday June 4th 2024</i></p> <p>Camping and Bivies</p> <p>Food Stoves Water</p> <p>Packs and Equipment</p> <p>Knots – Grape Vine</p> <p>First Aid – Heat Hazards</p> <p>Kennedy Meadows Overnight Preview</p>	<p><i>Wednesday June 5th 2024</i></p> <p>Gear Check @ Leroy Jackson</p>	<p><i>Saturday June 8th 2024</i></p> <p>Kennedy Meadows Overnight</p>
PART 2			
5	<p><i>Tuesday July 23rd 2024</i></p> <p>Belaying</p> <p>Basic Safety Systems</p> <p>Rappelling</p> <p>Knots - Clove Hitch</p> <p>First Aid - Altitude Hazards</p>	<p><i>Wednesday July 24th 2024</i></p> <p>Rapelling @ Fossil Falls</p>	<p><i>Saturday/Sunday July 27th/28th 2024</i></p> <p>High Elevation Day Hike</p>

<p>discuss end of class party Wednesday Rappelling Preview Weekend Preview (HEH)</p>		
<p>6 <i>Tuesday July 30th 2024</i> Alpine Rescue Leave No Trace & Access Knots - Prussic First Aid - Hypothermia Snow Travel Wednesday Climbing Preview</p>	<p><i>Wednesday July 31th 2024</i> Climbing @ Robber's Roost OR The Grill</p>	<p>None</p>
<p>7 <i>Tuesday August 6th 2024</i> Ritter-Banner Safety & Leadership Knots - Munter Hitch Class Surveys First Aid - Evacuations Weekend Preview (HEOH)</p>	<p><i>Wednesday August 7th 2024</i> None</p>	<p><i>Saturday & Sunday August 10th-11th 2024</i> High Elevation Overnight Hike</p>
<p>8 <i>Tuesday August 13th 2024</i> CLMRG Recruitment Brief Plants of the South Sierra</p>	<p><i>Wednesday August 14st 2024</i> End of Class Party at Robber's Roost</p>	