

W I L D E R N E S S

T R E K



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JOURNAL

FAITH-BASED
ADVENTURES SINCE

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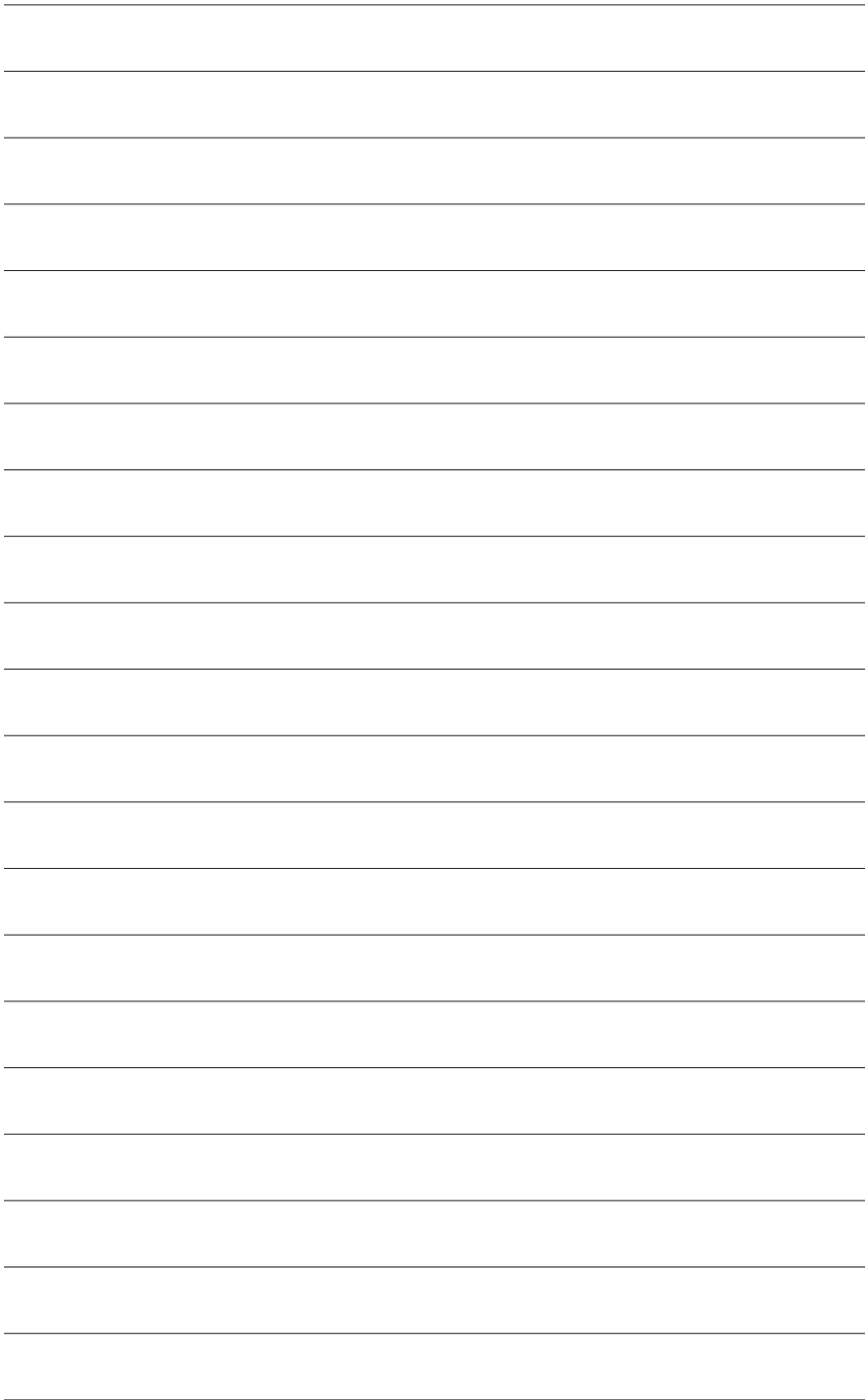
Day: 1

Observations :

Problems :

Cross References:

Application :



Day: 2

Observations :

Problems :

Cross References:

Application :

Day: 3

Observations :

Problems :

Cross References:

Application :

Day: 4

Observations :

Problems :

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Application :

Day: 5

Observations :

Problems :

Cross References:

Application :

A series of 20 horizontal lines for writing.

A series of 20 horizontal lines for writing.

Day: 6

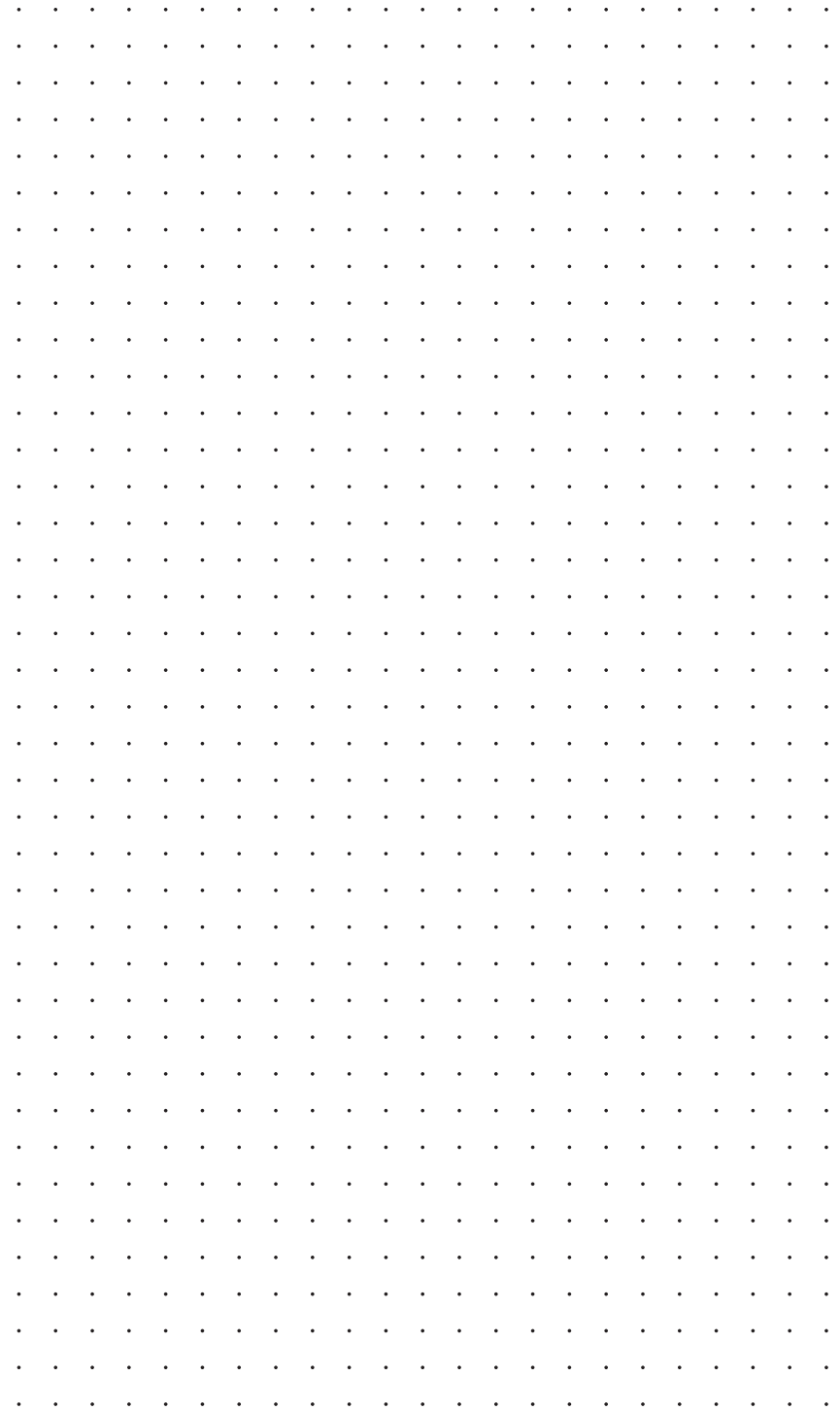
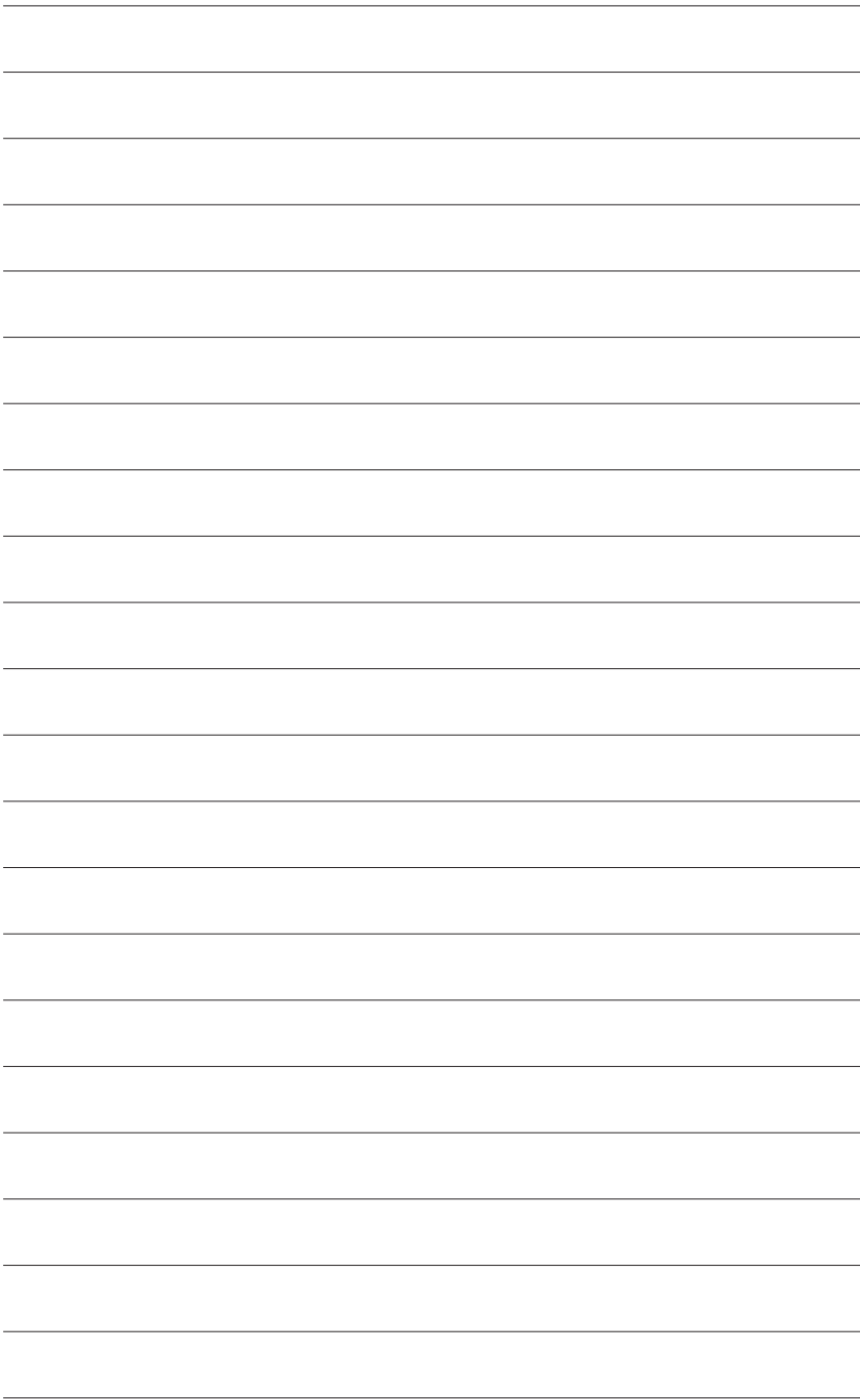
Observations :

Problems :

Cross References:

Application :

Notes:





Leave No Trace Practices

Specific to Desert Environments (Arid and Semi-Arid)

1. Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2. Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.

In popular areas:

- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

3. Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

4. Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

5. Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

6. Respect Wildlife

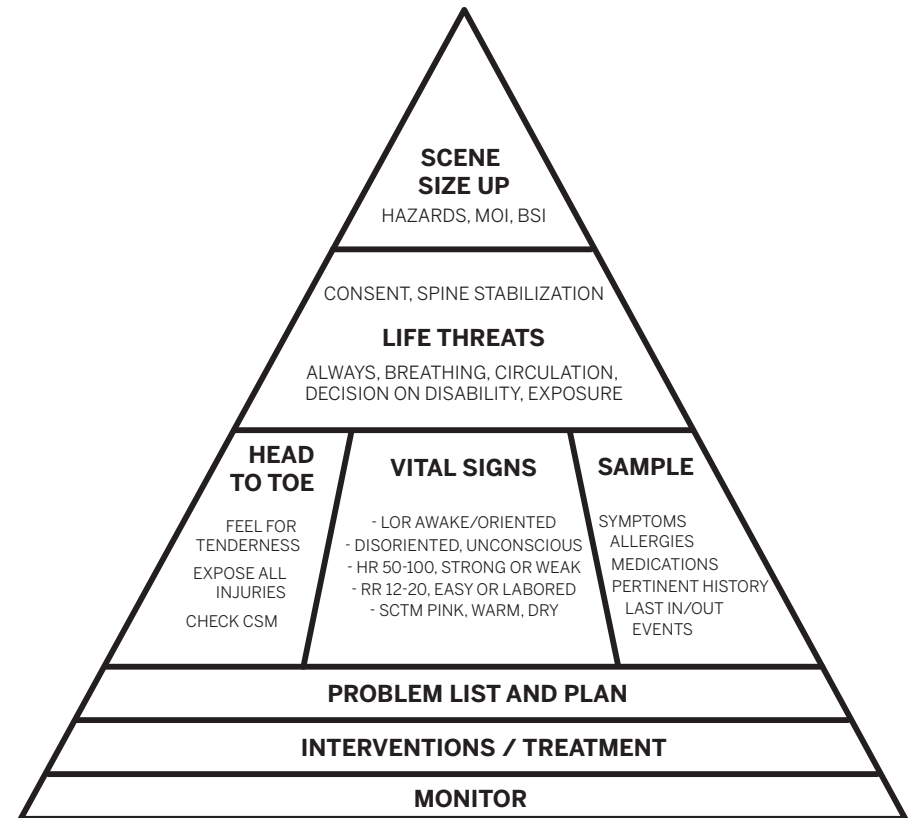
- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7. Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.



Patient Assessment Triangle



SOAPNOTE

SUBJECTIVE: AGE, SEX, MECHANISM OF INJURY (MOI), CHIEF COMPLAINT (C/C)

OBJECTIVE: VITAL SIGNS, PATIENT EXAM, A.M.P.L.E. HISTORY

VITAL SIGNS

TIME					
LOC ORIENTED X?					
RR AND EFFORT					
HR AND EFFORT					
SKIN C. T. M					

PATIENT EXAM: DESCRIBE LOCATIONS OF PAIN, TENDERNESS & INJURIES:

ALLERGIES: _____

MEDICATIONS: _____

PAST PERTINENT MEDICAL HISTORY: _____

LAST IN & LAST OUT: _____

EVENTS LEADING UP TO ACCIDENT:

ASSESSMENT - PROBLEM LIST:

1. _____

2. _____

3. _____

PLAN: PLAN FOR EACH PROBLEM ON THE PROBLEM LIST:

1. _____

2. _____

3. _____

MONITOR - HOW LONG DO YOU PLAN TO MONITOR THE PATIENT? _____