

What to Expect on Class Field Trips

Geology 184

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"JOIN ME IN THE HILLS!" he yelled in passing. "ONLY THE PROPERLY EQUIPPED WILL SURVIVE!"
His fatigues were freshly pressed.

Physical Fitness

◆ Robin

Fitness

Combination of:

- ◆ Strength – ability to move resistance through ROM
- ◆ Endurance – ability to sustain activity over time
- ◆ Flexibility – mobility through ROM

Why do you care?

- ◆ Pain-free movement, less discomfort
- ◆ Reduced fatigue
- ◆ Increased efficiency and productivity
- ◆ Reduced risk or intensity of injury
- ◆ Less likelihood of bad attitude!

How to increase fitness

- ◆ Strength – resistance through range
if you can do 10...
- ◆ Endurance – 20-30 minutes of moderately strenuous activity 3-4X/week
- ◆ What is “moderately strenuous”?
calculating target heart rate:
THR = (.75) max HR minus age

Ways to build fitness

(from easy to hard)

- ◆ ALWAYS take the stairs
- ◆ Keep your pack on (and take the stairs)
- ◆ Park on far side of the parking lot
- ◆ Do things the “hard way”
(i.e., lifting, squatting, balancing)
- ◆ Go to the gym
- ◆ Hire a professional to develop a program

When Nature Calls

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◆ Brandon



How to.....

Go before you leave

Be prepared

toilet paper

hand sanitizer

Check where your gonna go

Clean up after yourself

Health and Hygiene

- ◆ Christine and Nic

Health & Hygiene in the Field

How to stay healthy and clean...and how to
keep others happy.

What to pack...to stay clean!



For the Feet!



- Comfy night time shoes
- Clean socks
- Band-Aids
- Duck tape

For the sake of others...



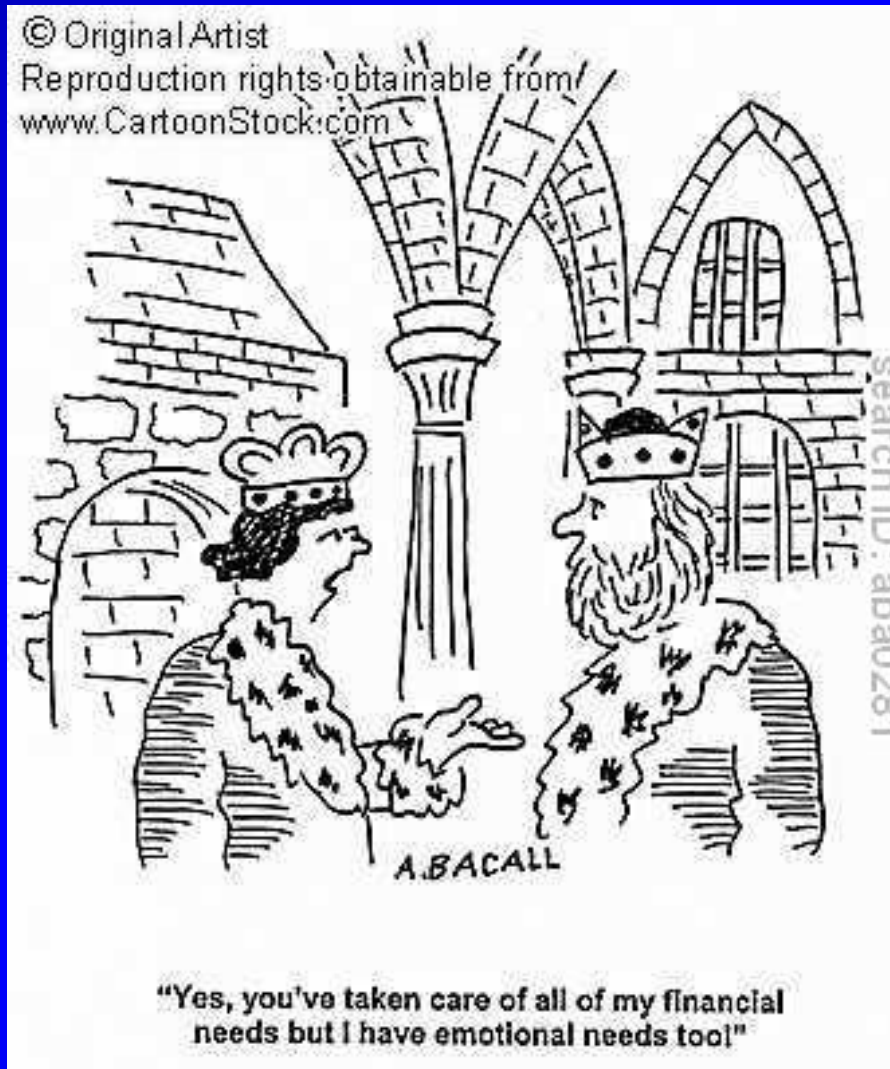
For in the field...



- Any and all medications you may need
- Something to wipe with...
- Hand sanitizer
- First aid supplies

Emotional Needs when your away from home

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Working on your own and in Groups

- ◆ Individual Work and Group Work
- ◆ What is expected?
- ◆ What is desirable?
- ◆ What is cheating?



Equipment

Sleeping Bags



Green

Blue

Tents

◆ Tad

TENTS

You want something along these lines:



You **DON'T** want something like this:



Water Needs

- ◆ Tad

WATER



Proper Back Attire

You are gunna need it...

Christine

What to look for...

- ▶ Proper fit
- ▶ Adjustable/back strap
- ▶ Plenty of pockets/room
- ▶ Water area
- ▶ Durable
- ▶ Water resistant
- ▶ Metal zipper
- ▶ Not white...
- ▶ Get fitted! You can't go wrong and it is free and always returnable at REI.



What not to get... you will regret it.

- ▶ No back strap
- ▶ Small or big
- ▶ No place to hold water
- ▶ Flimsy
- ▶ Shoddy zippers



Footwear

◆ Brandon

Boots



Good fit
Comfortable
Ankle Support

Sunscreen, Etc.



Being Prepared for the Elements

Nic

Base layer provides comfort by keeping the skin dry.

Also called *inner layer*.

Mid layer provides warmth.

Also called *insulating layer*.

Shell layer protects from wind and water.

Also called *outer layer*.

Often clothes combine two adjacent layers, as in the case of warm undergarments that provide both comfort and insulation.



The purpose of the inner layer is to draw the sweat away from the skin to the next layers, which makes the wearer feel warmer and more comfortable. The transfer of moisture happens due to capillary action. This is sometimes called wicking, and thus the used materials are called *wicking materials*. When moisture has moved from the skin into (nonabsorbent) clothing, it has more surface area and will evaporate faster. If a piece of clothing does not transfer moisture well, it is not strictly an inner layer garment at all, but simply a comfortable mid-layer garment.



The mid layer is needed in cold weather to provide additional [insulation](#). For maximum warmth, multiple thin mid layers can work better than one thicker layer. The use of multiple thin layers also facilitates adjustment of warmth. The mid layer should be more loose-fitting than the inner layer, as this leaves insulating air between the layers. However, if best possible moisture transfer is desired, too great a gap between any adjacent layers of clothing may reduce the moisture transfer by capillary action from one piece of clothing to another. On the other hand, very loose-fitting layers can allow more removal of moisture (and heat) via air circulation.



The outermost clothes are called the shell layer, but only if they block wind or water, or have good mechanical strength. If wearing, for example, just an undershirt (inner layer) and a fleece jacket (mid layer), there is no shell layer. Ideally the shell layer lets moisture through to the outside (that is, is breathable), while not letting wind and water pass through from the outside to the inside. While this is enabled to some degree by modern materials, even the best and most expensive materials involve a trade-off between breathability and water- and wind resistance.



Hats and Headlamps

◆ Robin

Food

You are gunna need it too...

Christine

What to look for...

- ▶ Packable
- ▶ Light
- ▶ Nutritious/substantial
- ▶ Long lasting
- ▶ Non-melting

Examples:

Sandwiches, trail mix, granola bars, fruit, candy, beef jerky, string cheese, deli meats

What not to get... you will regret it.

- ▶ Heavy items
- ▶ Things that are cumbersome to make in cold mornings
- ▶ Labor intense items
- ▶ Squishy items
- ▶ Things that don't preserve well
- ▶ Examples:
 - ▶ Bananas, cream cheese, intricate sandwich toppers, non deli meats, milk...

Food for large groups

- ▶ Keep it simple and cheap!
- ▶ Consider others' needs... e.g. vegetarians
- ▶ Do as much prep work as possible before you go
- ▶ Good ideas:
 - ▶ Chile, spaghetti, tacos, hotdogs
- ▶ Bad Idea:
 - ▶ Things that take a lot of dishes to make, are intricate to make or take precise heat/portions

Tips of the trade

- ▶ Prepackage items like trail mix into daily portions before you go
- ▶ Pre-chop/cut etc all items that can you can before a group meal
- ▶ Try sharing items with field buddy. E.g. bring one creamer for the two of you.
- ▶ Keep it simple! Its cold/hot/windy/sandy/sleep/cranky/crowded /and short on time...
- ▶ Calculate how much you are going to need and bring that much (+ a lil' more)

Other Field Gear

- ◆ hammers
- ◆ compass
- ◆ notebooks
- ◆ mapping board



