

# BOSS life skills training Lesson Plan

## Pinnacles National Park Day Hike

### Maximum number of participants: 15

The purpose of these local day hikes is to improve morale among single service members, connect them to the community in which they are stationed through emphasis on natural history and environment, to instruct (or refresh) on the use of map and compass orienteering, with emphasis on safety, fitness, exercise, and outdoor recreation.

BOSS service members will aid in safely and efficiently loading/ hitching utility trailer with equipment, setting up camp, putting up personal tents and establishing shade/ rain shelter, establishing potable hydration and sanitation systems and kitchen facilities, preparing and cooking group meals, and exploring Yosemite National Park by foot during a guided hike. Break-down and returning of equipment to storage facility (ODR) will also be a requirement.

Service members will be accompanied and supervised by an MWR Recreation Specialist who will facilitate camp set-up, kitchen facilities, and act as guide to provide instruction on orienteering, and safely navigating around hazards. Emphasis will be placed on hiking with “the ten essentials” listed below;

1. **Navigation.** Topographic map and assorted maps in waterproof container plus a magnetic compass, optional altimeter or GPS receiver.
2. **Sun protection.** Sunglasses, sunscreen for lips and skin, hat, clothing for sun protection.
3. **Insulation.** Hat, gloves, jacket, extra clothing for coldest possible weather during current season.
4. **Illumination.** Headlamp, flashlight, batteries. LED bulb is preferred to extend battery life.
5. **First-aid supplies,** plus insect repellent.
6. **Fire.** Butane lighter, matches in waterproof container.
7. **Repair kit and tools.** Knives, [multi-tool](#), scissors, pliers, screwdriver, trowel/shovel, duct tape, cable ties.
8. **Nutrition.** Add extra food for one additional day (for emergency). Dry food is preferred to save weight and usually needs water.
9. **Hydration.** Add extra 2 liters of water for one additional day (for emergency).
10. **Emergency shelter.** Tarp, [bivouac sack](#), [space blanket](#), plastic tube tent, jumbo trash bags, insulated sleeping pad.

MWR Recreation Specialist will commentate on local history, flora, fauna, and ecology of the local mountain ranges and waterways adjacent to the Presidio of Monterey army garrison on which service-members are stationed.

### ITINERARY:

**Meet at ODR** for paperwork/ loading equipment **1700**

**Departure** from ODR **NLT 1730**

**Meal Stop 1845**

**Estimated arrival** to NPS campgrounds **2230**

**Saturday** 8 mile round trip group led hike, all meals included

**Sunday** Meal Stop **1200**

**Estimated arrival** back to POM **1400**

### YOU WILL NEED TO BRING:

- CAC Card
- Money for Visitor Center memorabilia/ meal stop(s)
- Comfortable and stout footwear appropriate for hiking
- Comfortable shoes/ sandals to be worn around camp
- Water bottle or bladder
- Snacks (TO BE STORED IN PROPER BEAR SAFE CONTAINERS AT ALL TIMES IN THE PARK AND CAMPGROUND FACILITY!)

- sun protection (sunscreen, hat, sun glasses)
- backpack
- flashlight or headlamp
- Change of clothes for 2.5 days

#### **WHAT TO EXPECT:**

Eligible BOSS service members must sign up for this trip with their BOSS representative and come prepared to hike and aid in group camp set up. The above items listed are **mandatory**. All other materials/ supplies will be provided including sleeping bags, sleeping pads, tents, cooking/ kitchen facilities, beverages, one dinner meal, two breakfasts, and one lunch.

We are planning to hike the North Dome Trail which offers the best views of Half Dome the park has to offer. The trail is a moderate - strenuous 8 mile round trip. We will plan to visit the valley floor and visitor center as well, so that service members can better understand and appreciate the rich history of Yosemite National Park. This will make for a *complete* day of activities and personal readiness will be a priority as well as group safety.

Questions/ inquiries, contact ODR Recreation Specialist

Mati Paruolo  
831.242.6997  
Pom.mwr.odr@gmail.com