

BOSS life skills training Lesson Plan

Pinnacles National Park Day Hike

Maximum number of participants: 22

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.

Service members will be accompanied and supervised by an MWR Recreation Specialist who act as guide and 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 **0730**

Departure from ODR **NLT 0800**

Activity from **0800-1300**

Estimated Arrival back to POM **NLT 1400**

YOU WILL NEED TO BRING:

- Comfortable and stout footwear appropriate for hiking.
- LOTS OF WATER (2-4 LITERS)
- Lunch and snacks
- sun protection (sunscreen, hat, sun glasses)
- backpack
- flashlight or headlamp

WHAT TO EXPECT:

We will be departing POM Outdoor Recreation (Bldg. 228) and driving to Pinnacles National Park (about 1.25 hr drive). We will hike an 5-9 mile loop trail exploring the Balcony Caves system and Pinnacles High Peaks. Depending on the hike, these trails range from moderate to very strenuous and temperatures in the park can exceed 100 degrees, so please bring ample water and stout footwear as well as a personal lunch and snacks. Headlamp or flashlight will be required for navigating the Balconies Cave System!