

# BOSS life skills training Lesson Plan

## POINT LOBOS DAY HIKE

### Maximum number of participants: 21

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 will lead a moderate – strenuous hike in nearby Point Lobos State Reserve adjacent to the Presidio of Monterey. Rec-Spec will comment on local flora/ fauna, geology, and natural history of the area with emphasis 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.

### ITINERARY:

**Meet at ODR** for paperwork **0730**

**Departure** from ODR **NLT 0800**

**Hiking** Point Lobos **0830-1030**

**Estimated arrival** back to POM **1100**

### YOU WILL NEED TO BRING:

- CAC Card
- Comfortable and stout footwear appropriate for hiking
- Water bottle or bladder
- Bagged lunch/ snacks
- sun protection (sunscreen, hat, sun glasses)
- backpack