

Olympia Mountaineers

Conditioning Hiking Series Pre-Workshop Homework

Complete this assignment before the first workshop. Bring it to the first workshop!

The goal of this homework is to test your understanding of the contents of the Conditioning Hiking Series course manual.

1. How many hikes per month are required to graduate?
 - 1) Four
 - 2) One
 - 3) Two
 - 4) Three

2. Name the Ten Essentials and indicate what you already have that you can use:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____

3. According to the Leave No Trace principals outlined in the manual, how many feet from water must you be before depositing human waste?
 - 1) 100
 - 2) 150
 - 3) 300
 - 4) 200

4. Name the Seven Principals of "Leave No Trace"
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
 - 6) _____
 - 7) _____

Olympia Mountaineers

Conditioning Hiking Series Pre-Workshop Homework

5. When do hikes open to CHS participants each month for registration?
 - 1) First of the month
 - 2) 5 days prior to the hike date
 - 3) 15 days prior to the hike date
 - 4) 15th of the month prior to the hike date.

6. What conservation activity is required for graduation?
 - 1) 1 day conservation activity
 - 2) 2 days conservation trail work
 - 3) ½ day conservation activity
 - 4) 2 days overnight conservation activity

7. How large should your day pack be?
 - 1) 28 liters
 - 2) 46 Liters
 - 3) Large enough for both day hiking and backpacking
 - 4) Large enough to carry your gear inside the pack.

8. Explain the layering approach to maintaining temperature control and the purpose of each type of layer:

9. What is the date of your Mountaineer Waiver Agreement on file? Hint: Log onto the Mountaineers.org website. On the left side of the screen, you will see a “My Waiver” button.

10. What are some exercises you can incorporate into your fitness routine to help you complete this course?
