

FREEDOM JOURNAL

Date: _____ Time: _____ Location/Route/Trail: _____

F	Forecast	Temperature: High & low, precipitation, winds, concerns to watch/forecast? How will the forecast affect your day's plans?
R	Route Planning	Goals and Objectives? Does the plan meet the group's goals, experience and abilities?
E	Equipment	<p>Ten Essentials: 4. Light Source 8. Tools/knife</p> <p>1. Map Filtration 5. Food 9. Fire starter</p> <p>2. Compass 6. Water/filtration 10. Sun Protection</p> <p>3. FirstAid 7. Extralayers Extras: Sleeping system/tent</p> <p>Consideration from last/next trip? Physical Preparation?</p>
E	Emergency Considerations	Designated leadership? Communication plan? Plan B/evacuation, Emergency numbers? Is outside help realistic?
D	Discussion	Have details of the trip plan been communication to all party members? Are all concerns voiced: Concerns, risk response?
O	Observe LNT	<p>1. Plan ahead/prepare 5. Leave what you find.</p> <p>2. Travel camp on durable surfaces 6. Respect wildlife</p> <p>3. Dispose of waste properly 7. Be considerate</p> <p>4. Minimize/eliminate campfire impacts</p> <p>LNT Observations: Positive and Negative</p>
M	Mastery	Mastery of skills means reflecting on the process. What was true to planning? What changes could/should have been made?

		Pace Values				Destination, Bearings, Safety Concerns, Observations, Travel Objective? Plan B's
		Ascent	On Trail	Descent	On Trail	
E + D Pace	Start/End Elevation	Elevation Difference	Distance of Leg	Time Estimate	Time Actual	
Leg 1						
Leg 2						
Leg 3						
Leg 4						
Leg 5						
Notes:						

Swedish Formula:
 For every 330 ft of elevation gain ascent or descent = 1 point
 For every .6 miles of horizontal distance = 1 point
 Travel Time = Total Points divided by pace value (see chart)

FREEDOM JOURNAL

Date: June 1-2 Time: depart 12 noon Location/Route/Trail: Ingalls Creek
Return 11 am

F	Forecast	Temperature: High & low, precipitation, winds, concerns to watch/forecast? How will the forecast affect your day's plans? High - 75 Low - 44 Wind 10-15 S-SW Precip. 20% chnc	Avalanche Concerns A tree N/A @ Tree N/A B tree N/A	Forecast concerns include upper level winds and potential thunder storms in the afternoon/early evening.
R	Route Planning	Goals and Objectives? Does the plan meet the group's goals, experience and abilities? Goals/objectives: Introduction to LNT backpacking, positive group dynamics and FUN Plan A Plan B/C	Establish Group campsite @ 4.7 miles. Alternate campsites at miles 4.2/5.5	
E	Equipment	Ten Essentials: 1. Map/Filtration 2. Compass 3. First Aid 4. Light Source 5. Food 6. Water/filtration 7. Extra layers 8. Tools/knife 9. Fire starter 10. Sun Protection Extras: Sleeping system/tent Consideration from last/next trip? Physical Preparation?		
E	Emergency Considerations	Designated leadership? Communication plan? Plan B/evacuation, Emergency numbers? Is outside help realistic? The group and FA leader is Peter Prescott, course instructor. Emergency forms and contact info are held by lead and one additional group member.		
D	Discussion	Have details of the trip plan been communication to all party members? Are all concerns voiced: Concerns, risk response? Objectives and plans were discussed at the trail head using FREEDOM details to ensure all party members were aware and concerns were expressed and addressed.		
O	Observe LNT	1. Plan ahead/prepare 2. Travel camp on durable surfaces 3. Dispose of waste properly 4. Minimize/eliminate campfire impacts LNT Observations: Positive and Negative LNT education was provided with specifics on human waste, campsite selection, Campfire impacts. LNT education will be considered in all group decisions.	5. Leave what you find. 6. Respect wildlife 7. Be considerate	
M	Mastery	Mastery of skills means reflecting on the process. What was true to planning? What changes could/should have been made? The entire group spent time reflecting on the events plans and details. A formalize debrief was conducted and opinions shared about individual experiences: sleeping bag changes, campsite location, packing, layering and sun protection.		

E + D Pace	Start/End Elevation	Elevation Difference	Distance of Leg	Time Estimate	Time Actual	Pace Values				Destination, Bearings, Safety Concerns, Observations, Travel Objective? Plan B's						
						Ascent	On Trail	Off Trail	Descent							
Leg 1	2000 2100	700	2.0	$\frac{6}{14} = 1.5$ hrs	1.75			4	2	3	4	10	6	7	10-15	time delays as result of pack adjustments
Leg 2	2100 3250	950	2.5	$\frac{6}{14} = 1.5$ hrs	1.5											low water- made drainage crossing safe and timely
Leg 3																
Leg 4	3250 2100	950	2.5	$\frac{6}{14} = 50$ min	1 hr											snack at water's edge
Leg 5	2100 2000	700	2.0	$\frac{6}{14} = 50$ min	50 min											made good time with a cool breeze down the valley

Notes: Elevation Flow Chart: Ingalls Creek, group site
Approx. 4.5 miles