



BACKCOUNTRY TRAILS PROGRAM: TYPICAL DAILY SCHEDULE

While the exact times shown here may vary between different projects and land management agencies, this is generally representative of the highly structured and rigorously scheduled day of the CCC/AmeriCorps Backcountry Trails Program. Success requires an abundance of humility, flexibility, self-discipline, focus, drive, intensity and the highest level of emotional/social maturity. Performance in all areas of the daily schedule are considered to be important measures of success in the community and on the job.

- 0500-0600: Report to camp common areas, uniform ready-in-hand for work, wash up, prepare lunch, prepare day pack, assist cook & KP, maintain tools, feed the fire, fetch water or wood, then drink coffee, huddle to the fire, etc.
- 0600-0630: Breakfast
- 0630-0730: Camp Chores – gather wood, filter water, wash dishes, general camp cleanup and organizing.
- 0730-0800: Physical Training (PT) – stretching, abdominal and lower back strengthening, calisthenics, warm-ups, etc.
- 0800: Crew Circle Up – morning reading, general crew briefing and individual assignments, safety discussions, questions, all other morning information.
- 0800-1630: Hike to work at maximum personal speed (3-5 MPH) carrying up to 25-60 lbs of day pack and tools over steep rugged terrain at altitudes averaging 4,000 to 10,000 feet above sea-level. No talking – all your wind is for making speed!
 - Work can consist of 2-20 daily miles of roving maintenance consisting of clearing logs, rocks, boulders and brush from the trail way as well as digging drainages. Trail maintenance can fill up to 2-3 months of the crew program of work.
 - The other main work mode is trail construction/reconstruction. Typical tasks include moving dirt, logs and rocks ranging in weight from 10 to 300 pounds (and up to as much as 2,000 pounds). These materials are moved via lifting, carrying, dragging, rolling, wheelbarrow, stretcher, high line cable systems, draft stock and using 20 lb. steel pry bar. Other tasks include excavation for construction and crushing stone rubble fill using 8 to 16-pound sledge hammers. Logs and rocks are used to build trail structures such as water bars for drainage, soil retainer steps/terraces/checks, slope retaining walls, elevated causeways through fragile sites, and trail tread rip-rap stairways for erosion control, drainage and tread protection. Dry-stone masonry (rock construction without mortar) is the preferred building method for its qualities of durability and longevity. Quality control is rigorous in its minimum requirement for "100-year work". This ancient craft is difficult to master, taxing even the most patient young trainee/"apprentice" as they endure the frustrations of gaining the skills of masonry.
 - The last main work function of these crews is wilderness site restoration and revegetation. Typical tasks include seeding and/or transplanting of grass, brush and tree species as well as site stabilization and preparation of damaged areas including installation of soil retainers/check dams in gullies, soil scarification to remove compaction, backfilling of gullies, and application of native mulching materials (sand, thatch, leaf litter, woody debris, etc.) for purposes of camouflage and enhancement of soil fertility, moisture retention, temperature moderation, etc.



- 1200-1230: Lunch
- 1230-1600: Continue Work
- 1600-1630: Hike Home
- 1630-1730: Prepare for Dinner – bathe (in a snow melt creek or occasional solar shower), empty day packs of lunch garbage, fill up water bottles, etc.
- 1730-1800: Eat Dinner
- 1800-1830: Camp Chores – wood, water, dishes, cleanup, burn garbage, assist Cook/KP in breakfast preparation, organize camp
- 1830-2030: Curriculum – approximately one hour (4 nights/week) spent examining a wide variety of subject matter ranging from natural history to Spanish to literacy to crew member-taught-subjects to recreational activities. Other topics for class include community and team building, stress reduction, production of the crew newspaper, designing the crew T-shirt, reading aloud, career development and resume writing, conservation awareness, map and compass use, minimum impact camping techniques, wilderness survival and primitive skills and wherever else the positive intellectual curiosity of the crew takes the curriculum program. Curriculum is held four nights per week with one night of the four devoted to a Community Meeting for dealing with issues of importance to the crew community. Community involvement and personal improvement are the overriding themes that crew members need to commit themselves to.
- 1930-2300: Free Time – most crewmembers are ready for bed by 2100. Reading, playing music, playing cards or other games, singing, and talking are common activities around the campfire.

On weekends, crew members are encouraged to participate in weekend explorations of their wilderness home. Weekend backpacking trips can begin as early as Friday afternoon -- if weekend gear is hauled to work -- or as late as Saturday morning after breakfast. Trips are never solo! A minimum number of four crew members is required for all weekend trips. Cross-country hikes will not be permitted until the supervisor has determined crew members have the skills to do it safely.

