

# TRTA teaching Backpacking 101 for women

Tahoe Rim Trail Association is conducting Women's Backpacking 101, an all female group event to learn skills and techniques for staying safe and comfortable in the backcountry.

The program will cover backpacking basics, including trip planning; how to pack; bear awareness; campsite selection and set up; meal preparation; and Leave No Trace principles. Attendees must be able to hike four or more miles per day at elevation with a 20-30 pound backpack. Participants must provide all of their own gear, food and clothing. Some gear can be rented for a small fee from the TRTA.

The trip is July 28-29 and is limited to 10 participants. The TRTA is holding a similar program open to both men and women on Aug. 25-26.

Register online. For more information, go to the TRTA website or call Ashley Vater at (775) 298.0012.