



Karuk Tribe 2021 Training Series

Pack Test Training

Open to All • Free



Field Day (Orleans, CA): February 19th
Time: 0800 – 1700

The Work Capacity Test (WCT), known informally as the pack test, is a physical test for [wildland firefighters](#). The pack test is intentionally stressful as it tests the capacity of [muscular](#) strength and [aerobic](#) endurance of the firefighter. There are three tests known as arduous, moderate, and light. The pack test may be given as part of the [S-130/S-190](#) basic wildland firefighter course.

Arduous: involves field work calling for above-average endurance and superior conditioning. All firefighters are required to perform arduous duty. This test level is required by the U.S. Forest Service and most other agencies to fight fire in the United States. Requirements: 3-mile hike with 45 lb pack in 45 minutes. No jogging or running.



REGISTER TODAY: <https://forms.gle/jmh7mj98HsFgBcj26>

Contact DNR Training with any questions: dnrtraining@karuk.us



This event is sponsored by the Karuk Tribe. This class is designed to provide up-to-date fireline safety information to all new firefighters required to complete this training per the PMS 310-1, Wildland Fire Qualification System Guide and FS5901.17. This class is sponsored and hosted by the Bureau of Indian Affairs, and is part of a demonstration project funded with California Climate Investments funds granted by the California Natural Resources Agency, Department of Conservation to the North Coast Resource Partnership.



NORTH COAST RESOURCE PARTNERSHIP