

## Backpacking Blitz

### BACKPACKS

Internal Frame: Pro's—typically lighter than external frames

Stay closer to your body—keeps loads more stable and increases your balance

Narrow profile—doesn't snag on branches along the trail

Con's—can be hotter than external frames in summer because pack is against your body

A little more expensive than external frames

External Frames Cost \$50-120

Internal Frames Cost \$60-280

Size and Fit: 2-4 days = 40-75 liters(2500-4500 cu inches)

5 days or more = 65-98 liters (4000-6000 cu inches)

Good fit is most important part of a backpack. Measure from your C7 vertebrae (big bump at top of neck) to the shelf of your hips

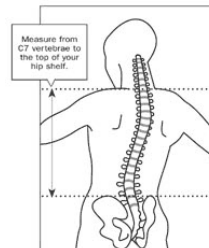
Up to 15 ½" = Extra Small

16-17 ½" = Small

18-19 ½" = Medium/Regular

20" and up = Large/Tall

Many backpacks have adjustable torsos.



Waist belt should fit snugly on top of your hip bones so that 80% of the pack's weight is on your hips.

EVERYONE NEEDS A BACKPACK COVER. A trash bag will do in a pinch, but covers work better around the straps.

### SLEEPING BAGS

Synthetic bag features-- man-made insulating materials—Primaloft, Climashield, etc.

Heavier--- 1-1 ½ pound heavier than goose down

Still has insulating value when wet—good for wet environments

Cheaper than goose down—synthetics cost \$20-220—down bags cost \$90-500

Down bag features— Lighter, more compressible, durable

No insulating value when wet—very heavy when wet

Expensive

SHAPES (rectangular or mummy)—Rectangular might be more comfortable but it's @ ¾ pound heavier than a mummy and harder to stay warm.....more air space that your body has to heat up

TEMPERATURE RATING: +20 degree bag will probably only keep you warm to 40-45 degrees....if it truly is going to be 20 degrees, plan on wearing long underwear and/or sweatpants and fleece jacket inside bag

Summer season only = +35°

Spring/Summer/Fall = +10 to +35°

Cold Weather = -10° to +10°

Winter/Extreme = -10° and lower

## CLOTHING

SPRING/SUMMER/EARLY FALL—nylon/polyester shorts or zip-off pants (light and quick drying)

Nylon/polyester t-shirts (quick drying for sweat)

Wool socks with polyester/nylon sock liners to wick moisture away from body and reduce friction

Waterproof hiking boots

Light fleece jacket

Gore-tex rain jacket (breathable fabric....no PVC)

WINTER—light layers—1) moisture-wicking base layer (polypropylene/capilene/merino wool)

2) nylon pants or zip-off pants (light and quick drying)

Nylon/polyester t-shirts (in case you are sweating from exertion)

3) light fleece jacket

4) heavy fleect jacket

5) Gore-tex/breathable shell or rain jacket—stops wind as well as water

6) waterproof insulated gloves

7) winter hat

Take layers off and lash on back pack as needed. Can sleep in as many layers as needed.

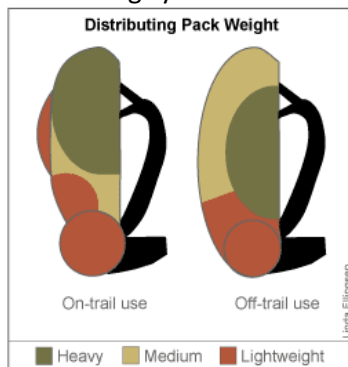
The only place cotton has in backpacking is sleeping.....COTTON KILLS (it retains moisture..makes you cold)

## PACKING A BACKPACK

BOTTOM: Things you don't need often (sleeping bag, extra clothes)

MIDDLE (closest to your back): Heavy stuff (stove, cooking gear, food, tent, liquids)

TOP: Things you need to most/quickest (water filter, first aid, snacks, 10 essentials)



Handy things to have with your backpack: parachute/utility cord for lashing things on—small carabiner

## WHAT TO BRING

10 ESSENTIALS: Map, compass, extra clothing, headlamp/flashlight w/ extra batteries, first aid, firestarter and matches, knife, extra food, sun protection, toilet paper (unless you like leaves), (4) 10' sections of parachute cord

CLOTHING DETERMINED BY WEATHER—Pack in separate stuff sack or gallon zip-lock bag to keep handy & dry  
SLEEPING BAG

SLEEPING PAD—closed cell foam, Z-rest, Thermarest. This gives you insulation under your body. When you smush your sleeping bag by lying on it, you no longer have any insulating value from the bag. The Earth is an eternal heat sink.

TENT—2-3 man backpacking style @ 5-6 pounds is best—can split tent, poles, rainfly with buddy

GROUND CLOTH/PLASTIC—protects floor of tent from damage

FOOD—Plan out each meal to know what you will eat, what is required to prepare it, will you use a stove or open fire? Include some snack food for energy on the trail. Plan to eat heavier foods early on trip to get rid of weight. Try to take foods that do not need to be refrigerated or eat those first. Pack food in separate stuff sack or zip-lock bags. Do not bring original packaging (i.e. glass bottle holding peanuts, cardboard box containing cereal, etc.). Empty food into zip-lock bags instead of hiking in and hiking out trash/extra weight.

FIRST AID—alcohol prep/cleaning pads, band-aids, butterfly closures or liquid skin, antibiotic ointment, gauze, tape, tweezers, scissors, moleskin/duct tape, pain reliever (Tylenol, Motrin), elastic bandage, signaling mirror, whistle, pencil/paper

POTS/PANS/PLATE/CUP/FORK—based on what you are eating and how you are preparing it—SPLIT THIS WITH PATROL

BACKPACKING STOVE & FUEL—SPLIT THIS WITH PATROL

WATER FILTER or PURIFICATION TABLETS—SPLIT THIS WITH PATROL

NALGENE OR SIMILAR WATER BOTTLE

STUFF SACK FOR FOOD....We will be in BEAR COUNTRY and will need to hang our food at night

## WHAT NOT TO BRING

ANYTHING OUT OF YOUR KITCHEN—It is designed for durability, not weight, and is too heavy

ORIGINAL PACKAGING OF FOOD—Pack all food in a zip-lock bag instead of the box it was sold in

TOO MANY CLOTHES....especially if they're jeans. They are too heavy. One extra pair of clothes ought to be fine for emergency purposes

AIR MATTRESSES THAT REQUIRE A PUMP...way too heavy and bulky. If you have to have an air mattress, get a \$5 inflatable pool float and blow up manually

HEAVY WINTER COAT...it is much too heavy to haul and you will be too hot while hiking to even use it. Use multiple lighter layers that you can take off and put back on.

## MEAL IDEAS

BREAKFAST: scrambled eggs or omelettes...bust eggs,cooked bacon, green peppers open in zip-lock bag at home...double or triple bag for transportation...put bag in boiling water and mix occasionally until eggs are scrambled..don't let bag touch edge of pot or it will melt

Oatmeal packets....just need boiling water

Cereal bars/dry oatmeal cereal

Fruit—apple, orange...though this gets heavy

LUNCH: Sandwiches

Trail mix, Gorp, etc.

Peanut Butter/cheese crackers

Snack bars

Summer sausage, cheese, Ritz crackers

DINNER: Mountainhouse packets--\$7-8/pouch—easy to cook but very expensive

Ramen noodles

Lipton Sides—beans and rice, broccoli and rice, jumbalaya

Hobo prepared and wrapped in foil at home...cook in open fire

Steak cooked on a stick or on coals of open fire

Shishkabobs cooked over open coals

Summer sausage & cheese tortillas

You can always get gourmet meal ideas from [www.backpacker.com](http://www.backpacker.com) or [www.backpackingmeals.net](http://www.backpackingmeals.net).