

Lighten up, hiker dude!

Outfitting stores these days offer (literally) loads of opportunities to stuff your pack with things you don't need. A backcountry espresso machine, a portable Dutch oven, collapsible chairs, portable saws, nesting pots, and towels specially designed for travel all look like good ideas—until you load your pack with them and try to heft it!

So the first rule of lightweight hiking is to beware all the gimmicks, gizmos, and gear trying to worm their way into your pack. Ignore all those seductive promises about bringing at-home comforts to the trail. Here's the real deal: Life on the trail is about simplicity, not luxury. Take your luxuries in the form of fabulous views or the refreshing feel of a cold stream on hot skin at the end of a hard day. Leave the other luxuries at home. You'll get back soon enough.

Next rule: Re-evaluate the gear you already have. Is there something you always, always take but never, never use? Something you *do* use, but could really do without? What about all those extras you don't need?

For example, you might own one of those nesting pot sets. Do you really need both of those pots (not to mention the frying pan)? Who knows—maybe you do. If you're a backcountry gourmet, you might consider a nifty spice set, a spatula for making pancakes, and several pots and pans "must-have" items. Most of the rest of us get by on one-pot concoctions—for which we only need to carry one pot. The weight savings can add up to a couple of pounds.

Look at other pieces of gear with an eye for extra weight. Sacks stuffed with too many compression straps or tent stakes, knife-fork-spoon sets, a stuffed-to-the-brim first-aid kit—these are all candidates for modification.

Share with your partner. Do BOTH you and your partner really need a Swiss army knife with a portable chain saw and 14 screwdrivers on it, or could you get by with something simpler and lighter? What other items can you share? A water filter, tent, first-aid kit, guidebook, matches, stove, and pots can all serve two or three hikers as easily as one.

Backpacks themselves are often heavier than they need to be. You might want to get rid of features you know you'll never need, like extra pouches, unnecessary straps, or that crampon guard, which you probably haven't (let's be honest) used in the five years you've had your pack. Or get rid of whole compartments. I frequently leave the top hood of my pack at home when I'm hiking in the summer—it weighs a good half a pound, and I don't need the extra space.

TRIP PLANNER

This Trip Planner is offered to help the beginning backpacker... Upon your return from a trip eliminate everything you did not use or that you think you will not use or need... After you have gone on a few outings you will develop your own list by addition and elimination... You will also arrive at your location for items in your bag.

FOOD

- Canteen
- Water Bag*
- Pots
- Fry Pan*
- Cup Bowl*
- Tablespoon
- Foil
- Matches
- Pot Tongs*
- B.P. Grill
- Stove/Fuel
- Fire Tube*
- Eating Utensils
- Salt/Pepper
- Milk/Sugar
- Coffee/Tea
- Cocoa
- Drink Mix
- Cooking Oil
- Trail Snacks
- _____
- _____

CLOTHING

- Socks
- Underwear
- Sock Cap or Down Hood*
- Pajamas or Long Johns*
- Jacket*
- Wool Shirt*
- Windbreaker
- Rainwear*
- Bandanas*
- Swim Suit*
- Gloves*
- Sneakers*
- Shirt*
- Trousers*
- _____
- _____

SHELTER

- Tent or Tarp or Tube Tent
- Sleeping Bag
- Air Mattress or Foam Pad

- Ground Cloth
- Nylon Cord
- LIGHTWEIGHT TARP
- _____
- _____

TOILETRIES

- Tooth Brush
- Tooth Paste
- Soap
- Toilet Paper
- Wash Basin*
- Towel*
- Sanitary Supplies*
- Mirror*
- _____
- _____

MEDICAL

- F.A. Booklet
- Antiseptic
- Band Aids
- Gauze Pads
- Moleskin
- Snake Kit
- 2" Roll Adh. Tape
- Tweezers
- Safety Pins
- Medication*
- Sun Burn or Chapstick
- Extra Glasses
- Vitamins

- Tweezers
- Safety Pins
- Medication*
- Sun Burn or Chapstick
- Bug Repellent
- Water Purifiers
- Sun Glasses
- Protein
- Allergy Restrictions
- _____
- _____

MISCELLANEOUS

- SURVIVAL KIT
- Needles
- Thread
- MATCHES
- Candles
- WHISTLE
- FLASHLIGHT
- Extra Batteries and Bulb
- Plastic Bags
- Rubber Bands
- Hiking Staff*
- Maps
- NOTEBOOK/PEN
- Ground/Air Signals
- Fire Permit
- Name/Address
- Camera/Film
- TWO DIMES (emergency phone calls)
- _____
- _____

* Optional Equipment Depending on Weather or Personal Needs
 CAPITALIZED ITEMS SHOULD ALSO BE CARRIED ON DAYHIKES...
 EMERGENCIES CAN KEEP YOU OVERNIGHT.

MENU PLANNER

DATES _____

BREAKFAST

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	

LUNCH

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	

DINNER

DAY 1	
DAY 2	
DAY 3	

BACKPACKERS CHECKLIST

This check list is offered as a near minimum for a safe and comfortable backpack outing. Using a Camp Trails pack and sleeping bag the weight should be under 20 pounds. You will need to add 1½ to 2 pounds per man per day for dehydrated food and 2

pounds per quart for water. You should be able to pack in for a week carrying under 30 pounds.

NOTE: It is not intended that this be considered as either the best or the only way to pack a bag. As you gain experience you can shift around to suit your own ideas.

A. FLAP POCKET

- MAPS*
- FIRE PERMIT
- NOTEBOOK*
- PEN*
- FISHING & HUNTING LICENSE
- MEDICAL ALLERGIES & RESTRICTIONS
- IDENTIFICATION

B. CARRY ON PERSON

- KNIFE*
- COMPASS*
- WATERPROOF MATCHES*
- MEDIC ALERT BRACELET OR PENDANT (IF USED)

D. BACK POCKET

- PLASTIC BOWL
- MATCHES*
- EXTRA GLASSES*
- PLASTIC BAGS
- TOILET KIT: TOOTH BRUSH & PASTE, SOAP* DISH CLOTH, TOILET PAPER,* PAPER TOWELS or BABY DIAPER
- CUP
- LUNCH*
- SUN GLASSES*
- RUBBER BANDS
- TABLESPOON
- TRAIL SNACKS*
- JUICE CRYSTALS
- NYLON CORD 30 FT.

F. UPPER COMPARTMENT

- COOK KIT
- POT TONGS
- BP GRILL
- GL CAN OPENER
- FOOD
- STOVE *
- WATER BAG *
- TENT OR TARP
- TUBE TENT OR
- GROUND CLOTH
- AIR MATTRESS
- CONDIMENT KIT: SALT, PEPPER, MILK, SUGAR, COFFEE, COCOA, TEA, COOKING OIL, FLAVORINGS

H. LOWER COMPARTMENT

- HAT OR CAP*
- UNDERWEAR
- TROUSERS
- WINDBREAKER*
- PAJAMAS OR LONG JOHNS *
- SOCKS CAP OR DOWN HOOD* *
- WOOL SHIRT OR DOWN JACKET* *
- (FOOD, if not room in top compartment)
- SOCKS
- HANKIES
- SHIRTS *
- GLOVES *
- RAIN GEAR* *
- SWIM SUIT *
- BANDANA
- WASH BASIN

* CARRY THESE ITEMS ON ONE DAY HIKES IN A CT DAY HIKER. HIKERS SOMETIMES GET LOST AND STAY OUT OVERNIGHT OR LONGER.
 • DETERMINED BY WEATHER OR LOCATION.

J. STUFF BAG

STUFF IN YOUR SLEEPING BAG AND AIR PILLOW (IF USED). IF YOUR FOAM PAD IS NARROW ENOUGH AND THE STUFF BAG IS BIG ENOUGH, THE FOAM PAD CAN BE ROLLED IN THE STUFF BAG AND THE SLEEPING BAG STUFFED INTO THE CENTER. OR THE FOAM PAD CAN BE CARRIED ON TOP OF THE PACK OR UNDER THE FLAP.

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C. UPPER LEFT POCKET

- CANTEEN OR *
- STOVE FUEL AND/OR *
- RAIN GEAR *

G. LOWER LEFT POCKET

- SUNBURN CREAM
- CHAP STICK
- MEDICATION
- WATER PURIFIER
- BUG REPELLENT
- REPAIR KIT
- NEEDLES - THREAD
- BUTTONS
- AIR MATT REPAIR
- FLASH LIGHT*
- EX. BATTERIES & BULB*

E. UPPER RIGHT POCKET

- CANTEEN OR *
- STOVE FUEL AND/OR *
- RAIN GEAR *
- FOIL FOR STOVE WINDBREAK *

I. LOWER RIGHT POCKET

- FIRST AID KIT IN CT BELT BAG*
- BAND AIDS
- ANTISEPTIC
- STING KILL
- MOLESKIN
- 2" GAUZE ROLL
- 3" GAUZE PADS
- EYE WASH
- SNAKE BITE KIT
- TWEEZERS
- SAFETY PINS

(See back for survival items)

A FEW TIPS

SURVIVAL

Carry a small survival kit—it could save your life... Leave a trip schedule, preferably in writing with a responsible person giving the following information: Who is going where... When you will be back... The type of vehicle you will use... Location of the trailhead and the route you expect to take... Above all do not decide to stay an extra day... Search parties cost money and time.

CARRY THESE ITEMS ON YOUR PERSON AT ALL TIMES...

Matches in waterproof container Knife
Compass Preferably Survival Kit

ECOLOGY

Carry out everything you carry in... Do not bury garbage... Animals dig it up and scatter it... Never wash in a pool or stream... Use a wash basin... Drown your campfire... Preferably scatter the ashes and rocks... Leave your campsite cleaner than you found it...

Carry away nothing but pictures and memories, and leave nothing but footprints to tell of your passage through the wilderness.
WATER PURIFICATION: Boil 5 to 10 minutes, or add 1 Iodine tablet or 2 drops of Clorox per quart of clear water. Let stand 30 minutes. For cloudy water double the purifier.

EQUIPMENT

Do not be hasty in buying equipment. Talk to experienced backpackers. Try out several packs. Before buying equipment ask yourself: is it **LIGHT WEIGHT** and **LOW IN BULK**? Will it be **DURABLE**? Will I use it? Do not make low cost your only criterion. **THERE IS NO COMPROMISE FOR QUALITY. THERE ARE NO STORES IN THE WILDERNESS.**

ZONE METHOD OF PACKING A BAG



The Zone Method of packing a bag can make the difference between drudgery and enjoyment during the time spent on the trail.

A few simple principles which are often overlooked can make a difference. Technically speaking, the body has a center of gravity located directly over the ankles. When standing normally there is very little forward lean of the body. However, when a pack is placed on the back, the body leans forward to bring the pack's center of gravity directly over the ankles. Consequently, it is advantageous to keep the pack's center of gravity as close to your back as possible to prevent unnecessary forward lean. As a result, Camp Trails recommends the following methods to load a pack:

ZONE A

This area is the closest to the back and should carry equipment of the greatest density like stoves, tent hardware, etc.

ZONE B

This medium area should be packed with medium density objects.

ZONE C

The area farthest away from the body's center of gravity should be filled with the lightest equipment. There is also benefit in placing the densest weight high in the pack as it will be more directly over the center of gravity.

CAMPING

By using Dehydrated foods you add under two pounds per man per day... Water weighs two pounds per quart... Wherever possible carry your own stove and fuel... Leave the vegetation for the next party to enjoy... Camp away from the only source of water... The animals will not be able to drink as long as you are camped there.

GETTING INTO A HEAVY LOAD

Most backpackers have developed a method of putting on a pack. However, Camp Trails has a few recommendations which have proven to be easy and safe for both pack and packer.

Before following the suggestions outlined, start with a realistic weight, by loading the pack as if you were going on a hike.

1. Stand by the frame with the load side turned away. If you are righthanded, point your right foot toward the frame.
2. Stepping backward with the left foot and crouching slightly to slant the right thigh, drag or lift the frame to rest on the thigh.

3. Steadying the frame with the left hand, and holding the upper part of the right shoulder strap, put the right arm under the shoulder strap. Reach downward with the right hand to grasp the lower right corner of the frame. Twist the upper body to the right and pull the right shoulder strap in place.
4. Lifting the frame with your right hand, swing your right elbow back to slide the frame around on your back. While the frame is held high and far to the left, put the left arm through the shoulder strap and pull the strap into place.

5. Buckle the hipbelt in place and adjust the shoulder straps to hold the frame high on your back. Tighten the hipbelt to relieve the pressure on the shoulder straps.

To remove the pack reverse the procedure shown above. Just remember never let the loaded frame drop on one leg as damage may occur. With practice a loaded frame can be put on or taken off with ease and without injury or damage to packer or the frame.

