

April 5th, 2025

Introduction to Backpacking

Worcester Chapter



Welcome!



Online Logistics/Etiquette



Who the heck is teaching this stuff, anyway?



What are you looking to get out of this workshop?



Why is it a good thing that you're here?



Agenda

A Word From a Recent Graduate

Preparation for Backpacking

Setting Up Camp Scenario

Camping Equipment

Leave No Trace (LNT)

Emergency/Medical Info

Cooking Equipment

Clothing, Other Gear

Long Distance Hiking

Upcoming Hikes/Wrap Up/Questions





And now a word from a graduate...

A personal perspective

Chau Ho



**CT Border to
Shays Monument, MA**
September 7, 2024

1

BP with different leaders (6)

2

Complete the AT in MA (6)

3

Summit a 4k in White Mt (1)



Home, MA
May 23, 2024



Home, MA
May 24, 2024



Cheshire to Dalton, MA
May 25, 2024



**Monadnock Sunapee
Greenway, Section 1, NH**
June 8, 2024



5:49 LTE

Monadnock Swamp Greenway

< 0.9 mi 0.4 mi >

< 6.1 mi 1.8 mi >

Show on map

Show on elevation

Show in Apple Maps

Report waypoint

Leave a public comment

Sort public comments (date)



Found it!

Lost-N-Found 6/10/24



confirm. Heading back tonight to hopefully retrieve.

sneakAttack 6/10/24



1



Explore



Account



Guide



Social



More



Mt Monadnock, NH
June 10, 2024





Lake Buel Rd to
Tyringham, MA
July 27, 2024

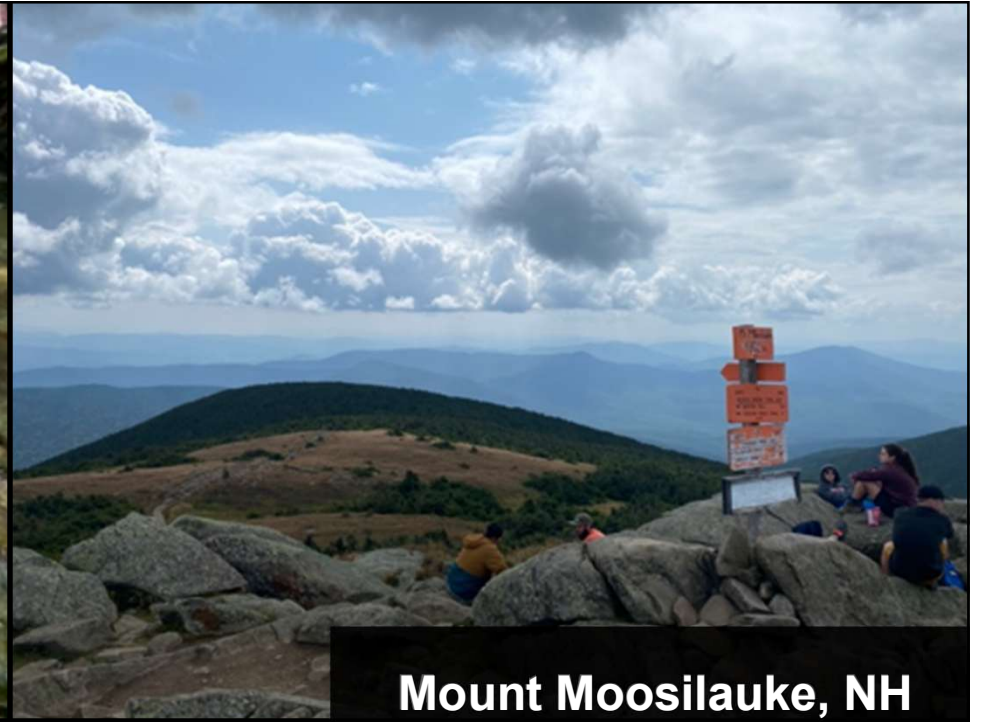


**Lake Buel Rd to
Tyringham, MA**
July 27, 2024





Mount Moosilauke, NH
August 25, 2024



Mount Moosilauke, NH
August 25, 2024





**CT Border to
Shays Monument, MA**
September 7, 2024



**CT Border to
Shays Monument, MA**
September 7, 2024



**Zealand to
Ethan Pond, NH**
September 22, 2024



Zealand to
Ethan Pond, NH
September 22, 2024



**Monadnock Sunapee
Greenway Section 3, NH**
October 20, 2024



**Monadnock Sunapee
Greenway Section 3, NH**
October 20, 2024



**Monadnock Sunapee
Greenway Section 3, NH**
October 20, 2024

1

BP with different leaders (5/6)

2

Complete the AT in MA (3.5/6)

3

Summit a 4k in White Mt (1/1)





**“Life is long as
long as you live it”**

— *Doug from Spiltoir shelter, NH 6/15/24*



Preparation for Backpacking

Chris Fogarty

Preparation for Backpacking

You will carry all your gear

- Ultra-lite under 25 lbs
- Light 25-30 lbs
- Regular 30+ lbs

You cover many miles and climb many hills

- Short trips up to 5 miles a day
- Long trips 8-20 miles a day

Start easy and work your way up



Preparation for Backpacking: Fitness

Overall Pre-trip Readiness:

- Adding strength training (body weight/light weights) to your cardio
- Try an easy hike with additional weight
- Move to longer/more difficult day hikes with additional weight

Strength Preparation:

- Legs: lunges, squats, glutes
- Upper Body: core work
- Functional movement whole body exercises
- Walk using incline on treadmill >5% - wear your backpack!

Additional Trip Days and/or Post-trip Recovery:

- Stretching - during hike and end of day ensures quality recovery
- Hydration - very important during days before hike, during the days post-hike!
- Nutrition – protein packed meals for recovery



Preparation for Backpacking: Skills



Map & Compass



Backcountry cooking



Learn from friends and AMC groups



Wilderness First Aid – Outside the Golden Hour



Preparation for Backpacking: Risk Mgmt



Check for trail closings, reroutes, alternate routes



Identify bail out options in case something goes wrong



Leave detailed plans with someone who can contact authorities if you get into trouble





Environment Assessment & Camp Setup

Wendy Dziemian

Environmental Assessment

The backpacking trip starts before you leave...

- Weather
- Water availability
- Wildlife
- Sun & Moon
- Sun Protection
- Insects
- Navigation
- Remoteness
- Trail Conditions



Choose a Camp Site: Main Goals



Don't disturb the environment



Pick a safe site



Campsite layout



Make Yourself Comfortable



Handling water



Dealing with human waste



Choose a Camp Site: The Environment



Research options ahead of time



Use existing campsites and shelters



Choose your own site

Note: Many trails prohibit stealth camping – know the rules



Choose a *Safe* Camp Site

Flat area

Weather secure

Check for rocks

No over-hanging
branches (aka
widow-makers)

Look for signs of
running water

Avoid flash
flooding areas

Animal signs?
(check with
Ranger)

Water source
nearby?

Existing latrine?



Anatomy of a Camp Site



Tent location



Make yourself
comfortable



Backpack



Cooking area &
washing dishes



Campfire



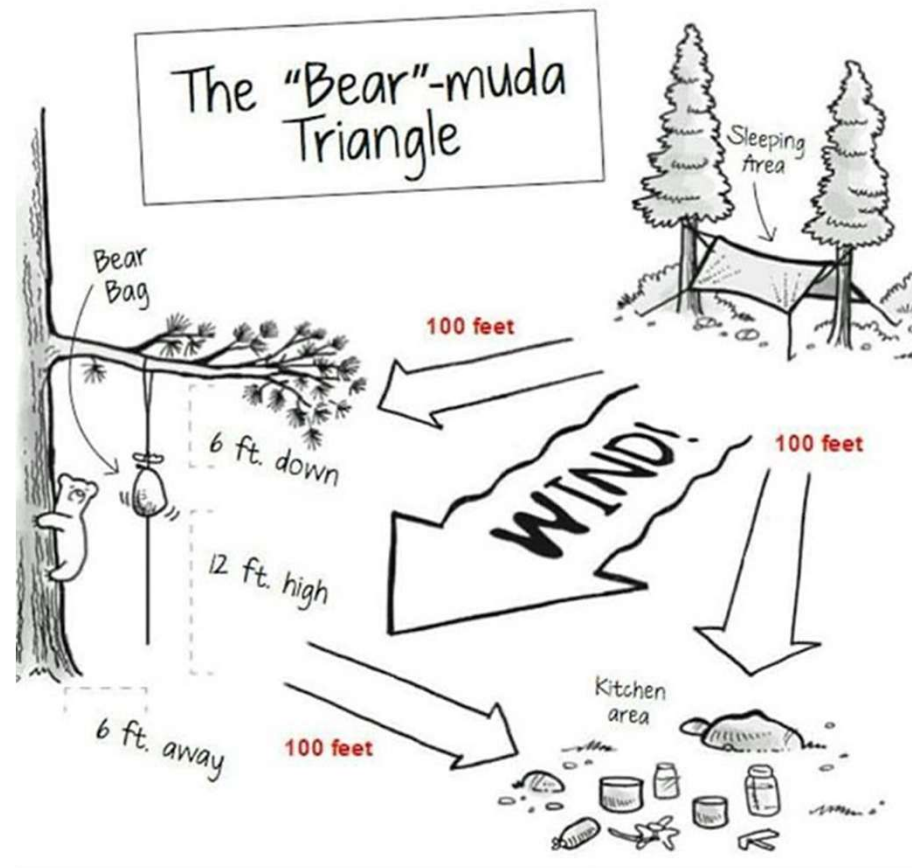
Tarps



Keep animals
away



Primitive Campsite Layout



Choose a Camp Site: Water



Purify all water



Running water
works best



Be prepared for
low water levels



Personal
hygiene



MAKING YOURSELF COMFORTABLE

- Rest, head down for a few minutes
- Wash up
- Change socks & t-shirt
- Water-up, drinks and supply for the night



Choose a Camp Site: Washing Dishes

- No detergents or soap are safe for the backcountry
- Illness from contaminated dishes is a major cause of backcountry illness
- Cooking with little cleanup is best
 - Zip-lock bag cooking
- If you do dishes:
 - Use as little water as possible
 - Pack out your scraps
 - Dispose of grey water away from water sources



Choose a Camp Site: Human Waste

Many back country sites have been lost because they became bio-hazards



Use outhouses where possible



Someone has to clean them, so don't put anything but human waste and toilet paper in them



If there is no outhouse....dig, poop, stick

- How to "poop in the woods"
- TP and Wipes: Pack-it Out
- No bowel movements = BAD



Lions, Tigers & Bears: Oh My!

- Insects: Time of year, campsite selection, head-net, Repellents
- Maintain a spotless campsite, be fanatical
- Micro "Bears": Mice, et al.
- Tools: OpSack, UrSack, bear canister
- Technique: Hanging a bear bag - fun and games





OPSAK & KEVLAR URSACK

- OPSACK CONTAINS/PREVENTS ODOR.
- URSACK PROTECTS FOOD AND TOILETTRIES



BEAR CANISTER



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HANGING A BEAR BAG—THE "PCT" METHOD

Illustration ©2013 by Derek Hansen, TheUltimateHang.com

If hung "upside down" be sure to tie a slippery overhand knot to prevent the cord lock from loosening

The bear bag should be big enough for all food, trash, and "smellable" items.

EQUIPMENT

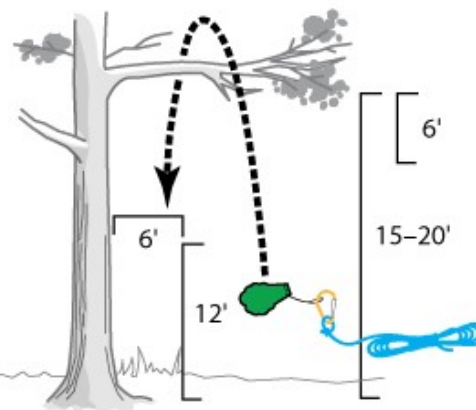
- Bear Bag
- 40 ft (12 m) Rope
- Throw/Rope Bag
- Mini Carabiner
- Small twig

Bags with a webbing strap or loop are ideal

Tie a bowline knot on the carabiner

1.

Add rocks to throw bag and attach carabiner (with rope attached) to the bag's draw string to secure.



2.

Toss the throw bag over a sturdy branch that is 15–20 ft (4.5–6 m) above the ground.

NOTE: When properly hung, the bear bag should hang at least 12 ft (4 m) above the ground and 6 ft (~2 m) down from the branch and away from the tree trunk.

(See <http://Int.org/blog/hanging-bear-bag>)

3.

Unclip throw bag from carabiner. Clip carabiner to bear bag. Feed loose end of the rope through carabiner and pull loose end to raise the bear bag to the top of the tree branch.

Clip in standing end

Pull down

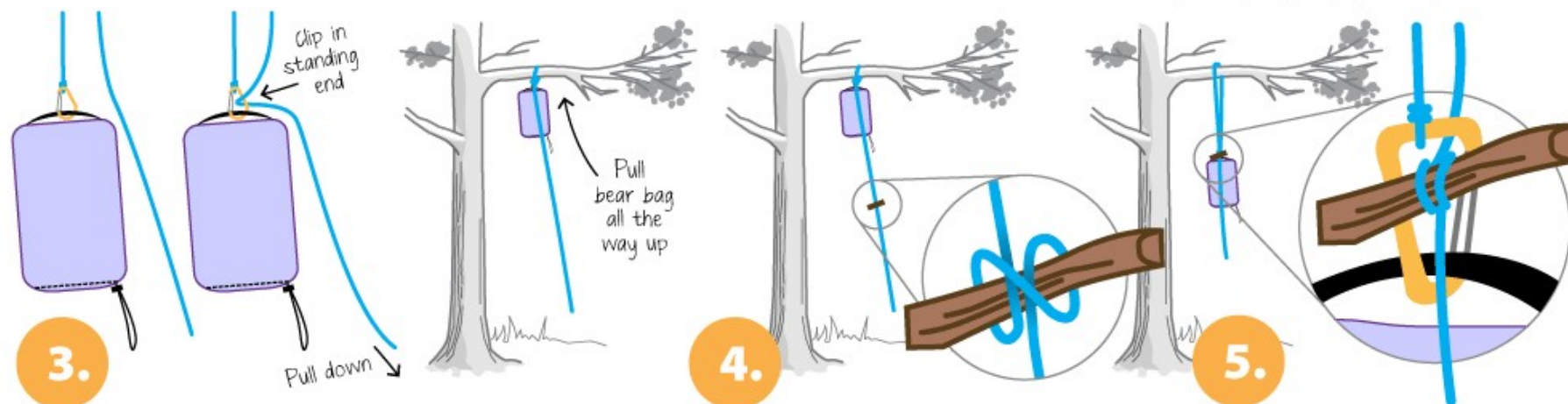
Pull bear bag all the way up

4.

Reach as high as you can and tie a clove hitch around the twig on the loose end of the rope, creating a toggle.

5.

Release the loose end of the rope. The bear bag will stop at the toggle.



Where to go Backpacking

- Mid-State Trail (some)
- Tully Trail
- New England Trail (aka M&M Trail)
- Monadnock-Sunapee Trail (SW-NH)
- Appalachian Trail (CT, MA, VT, NH, ME)
- Berkshires (Mt. Greylock, Taconic Crest Trail)
- Long Trail (VT)
- White Mountain National Forest (NH, ME)
 - Pemigewasset Wilderness
 - Wild River Wilderness Area





15 Minute Break!



Camping Equipment

Chris Fogarty

Camping Equipment: The Big Three



Backpack:

- Volume
- Internal/External Frame
- Gender Specific
- Fit is Very Important
- Weighted Try Before You Buy



Shelter:

- Tent/Tarp/Hammock
- Size – 1p, 2p
- Materials –
Silnylon, Silpoly,
Cuben Fiber
- Mindful of Weight



Sleep System:

- Sleeping Bag, Quilt, Liner
- Temp Rating
- Down/ Polyfil
- Inflatable Pad/Pillow
- Closed Cell Foam Pad



Camping Equipment: The little stuff

Appropriate
clothing

Primary H2O
purification
plus backup

Water storage
system

Kitchen kit
(stove, fuel,
cutlery)

First aid kit

Trail map,
compass &
GPS

Toilet kit
w/cat hole
trowel (LNT)

Headlamp &
spare
batteries

Emergency
equipment



“Oh Crap!” Kit (Emergency Equipment – Non First Aid)

Portable
battery charger
w/Cords

Boot laces (can
use bear line)

Water
purification
tabs

More than 1
bandana

1-2 zip ties

Repair kit
(sleeping pad &
Others)

Hot packs
(Seasonal)

Spare ziplock
bags

Matches/fire
tarter

Mini-Kknife
/multi-tool

Wallet/car
keys/medical
ID



Camping Equipment More “Other” Stuff

****See appendix for more!**

- Dining tarp in bad weather
- Hiking poles (duct tape wrapped)
- Sunscreen/ insect repellent
- Sun/ prescription glasses
- Cell phone
- Lip balm
- Hand sanitizer
- Whistle
- Hat/ visor



BREAKOUT – 45 min

**Backpacks, shelters, sleep systems,
poles**



Leave No Trace

Kim Beauchemin

Conservation: Core to our Mission/Vision

The mission of the Appalachian Mountain Club is to foster the protection, enjoyment and understanding of the outdoors.

We envision a world where being outdoors is an integral part of people's lives; where our natural resources are healthy, loved and protected.



Respect for people and nature



Lifelong Engagement



Prepared Leadership



Intrinsic Worth of the Outdoors



Fun



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Seven Principles of LNT

1. Plan Ahead / Know Before You Go
2. Travel and Camp on Durable Surfaces.
3. Dispose of Waste Properly
4. Leave What You Find
5. Be Careful of fires
6. Respect Wildlife
7. Be Kind and Respectful of Others





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LUNCH

1 hour



Emergencies and Medical Info

Chris Fogarty

Group Management & Emergency Planning



The leader must be in charge!



Be upfront about medical conditions
before the hike



Have an emergency plan – Sign up for a
HikeSafe card (hikesafe.com)



Most common injuries: blisters,
sprains, scrapes/bruises, dehydration,
exhaustion, mild hypo/hyperthermia



Emergency Scenarios



Heat exhaustion



Dehydration - severe



Hypo/hyperthermia - severe



Wasp/bee stings



Large burns



Severe poison ivy



Infection from injuries



Lightning



Recommended First Aid Kit

- Band-Aids (fingertip!)
- Moleskin/ Leukotape/ Blister Bandage
- Gauze
- SOAP note-on paper & pencil
- Tampon
- Nitrile gloves/ spare face mask (non-bandana)
- Tweezers w/ magnifying glass
- Safety pins / Spare Ziploc Bags
- Pain relievers & prescription meds
- Anti-gas, diarrhea, allergy meds, Benedryl
- Co-flex tape (non-BandAid option for cuts)
- Alcohol wipes/Iodine/ Neosporin (optional)
- SAM splint / space blanket (optional)

Use Common Sense



IF YOU HAVE TO SEE A DOCTOR, IT'S TIME TO
EVACUATE



CONSIDER BECOMING WILDERNESS FIRST AID
(WFA) CERTIFIED, GO TO
AMCWORCESTER.ORG FOR MORE INFO





Cooking in the Backcountry

Chris Fogarty

Water Filtration



Filters (Giardia, Cryptosporidium)



Purifiers (UV, SteriPen (Ultraviolet (UV-C) MIOX))



Iodine tablets



Chlorine dioxide (Aquamira)



Boiling



Leverage municipal/potable water when you can



Hydration



Hydrate before the hike! ~2L/day



Avoid dehydration,
hypothermia (cold) and
hyperthermia (heat) illness

Normal activity ~2
liters/day

Hot temps 3.5 liters/day

Heavy exercise 6.6
liters/day



Drink water early and often



Add electrolytes!



Many hydration systems:

Disposable Plastic
Bottles, Nalgene

Camelback/Platypus
reservoir system

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Food



Consider calories, prep, fuel/water needs & taste



3 Meals – nutrition on the trail



Snacks – Assortment of nuts, bars, dried fruit



Don't diet!



Get food that's nutritious, that you'll *want* to eat



Simple and lightweight - Pre-pack food to eliminate waste



Approximately 2 lbs/per person/per day



Preventing Sharing Your Food With Critters



Bugs, Bears and “Mini-Bears” (rodents), oh my!



Use bear boxes, if provided



Use bear canisters, if required



Hanging a bear bag – learn how at our Gear Shakedown



Cooking Equipment



Cooking system
(stove)



Pot/pan/utensils



Dining Fly



Other items that can
be shared?



Individual or group
gear– it's up to you



Food that you don't
have to cook is an
option



Fuel

Stoves: white gas or alcohol

- Warm weather ~5 oz of fuel per person/day
- More in cold weather

Canister stoves:

- Start with fresh canister or have back-up
- Weigh canister before use and then after to know how much fuel you have used/left. Mark the canister accordingly. Some cans have measurement markings

Esbit:

- Fuel tablets – they smell bad :-(
- 1 tab to boil 2 cups of water (~8min)



BREAKOUT – 45 min

Cooking Equipment, H2O Filtration



Clothing and Personal Effects

Wendy Dziemian

Let's chat about...

- Packing list, including hygiene items
- Requirements for clothing while backpacking
- Approaches to clothing
- Dressing in layers
- Waterproofing
- Footwear
- Typical backpacking trip



Packing List, Including Personal Hygiene Items

- Underwear (2 pair, or personal preference)
- Socks (2 pairs)
- Sock liners (optional)
- Base layer
 - Short sleeve (t-shirt)
 - Long sleeve
- Insulating layer
 - Fleece top
 - Puffy jacket (down or synthetic)
- Outer Shell
 - Waterproof and breathable rain jacket
 - Waterproof and breathable rain pants
- Hiking shorts / pants / zip-off pants
- Hiking boots, shoes, or trail runners
- Camp/water shoes
- Baseball cap (brimmed hat)
- Wool or fleece hat (liner)
- Gloves (liner)
- Top & bottoms to sleep in
- Bandana
- Buff (optional)
- Gaiters (optional)
- Change of clothes for drive home (stays in car)
- Personal Hygiene
 - Baby wipes (pack out)
 - Toilet paper
 - Hand sanitizer
 - Dental care items
 - Camp soap and towel
 - Feminine products



Requirements for Backpacking Clothing

- Keep your skin dry
- Always keep body at a comfortable temperature
- Comfortable fit that does not restrict movement
- Light weight
- Packs down small
- Expected weather conditions



Dressing in Layers



- Base
 - Keep skin dry
 - Moisture wicking & quick drying
 - Synthetic or wool (Merino)
- Insulating
 - Warm
 - Breathable
 - Synthetic, wool or down
 - Fleece
 - Puffy jacket
- Outer Shell
 - Waterproof & breathable
 - Jacket & pants (rain gear)



Waterproofing

- DWR
 - Durable Water Repellent
- Membrane
 - Gore-Tex, Bdry, Other



Footwear

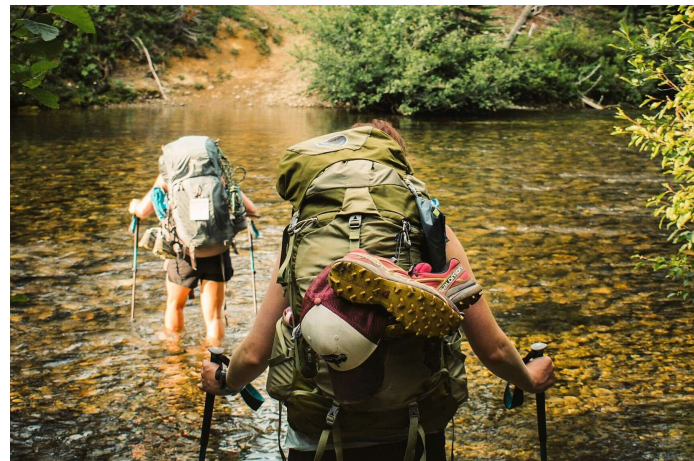
- Backpacking boots, shoes, or trail runners
 - Backpacking boots
 - Ankle support
 - Waterproof & breathable ? liner
 - Stiff soles
 - Backpacking shoes
 - Waterproof or not & breathable ? liner
 - Stiff soles
 - Trail runners
 - Well ventilated
 - Relatively quick drying (not waterproof)
 - Light weight
 - Soles are more flexible
- Water shoes (and camp shoes)
 - Crocks (most popular)
 - Quick draining and drying sneakers
 - Sandals (Keens, Tivas, etc.)



Typical Backpacking Trip

- Hiking clothes
- Camp clothes?
- Sleeping clothes

- Hiking and on the move (layers)
- Stopping (fleece or jacket)
- Water crossings (water shoes)
- Rain (rain jacket and pants)
- Setting up camp/dinner
- Sleeping
- Breaking down camp/Breakfast
- Drive home (change of clothes)
 - Keep in car





15 Minute Break!



BREAKOUT – 20 min

Clothing, personal gear



Perspectives on Long Distance Hiking

Charlie Arsenault

Last night in 100-mile Wilderness - Joy



10 days of rain Virginia - Misery



Everything you need



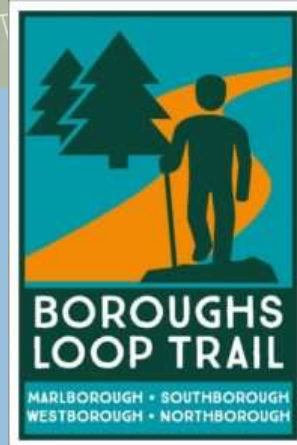
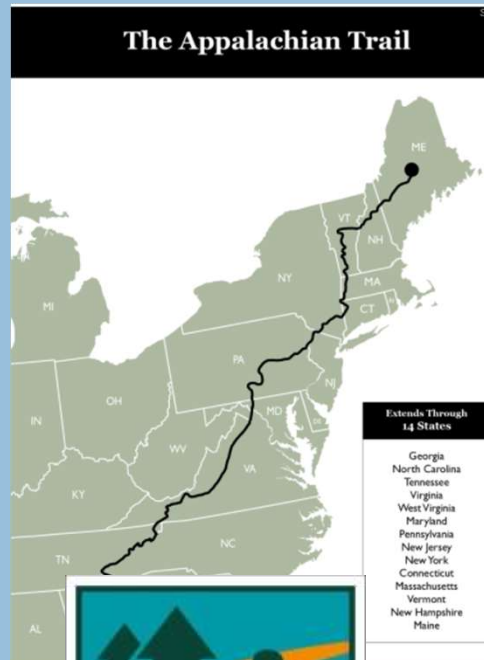
Beautiful places: Colorado Trail



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So Many Trails

Pick a Trail and
Direction
(Nobo vs.
Sobo)



10 Best Tips





**Tip 1: Quit
Your Job!**

**Or find a way to
hike for 6 months
1 month,
1 week,
or a weekend**



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Tip 2: Make a List! (Start Planning)

Item	Specific Item	Cost	Weight oz	a cost	In Pack	bring
Backpack						
Backpack	Gossamer Gear Mariposa	\$235	27.50	\$235	27.50	1
Waterproof Liner	Trash Compactor Bag		1.00	\$1	1.00	1
Flash 65	REI	\$199	51.20	\$0	0.00	0
Meridian Vapor	Granite gear	\$195	46.00	\$0	0.00	0
Z55	Gregory	\$199	53.00	\$0	0.00	0
Arc blast	Zpack	\$325	21.00	\$0	0.00	0
Shelter						
Tent	ZPacks Solplex w/8 Titanium V Stakes	\$550	16.20	\$0	0.00	0
Tent Stakes	Tite-Lite Titanium V Stakes (8)	\$24	4.25	\$24	4.25	1
Stake Bag	Gossamer Gear Q Stake Bag	\$15	0.10	\$15	0.10	1
Cirriform	Yama MT Gear	\$310-475	26.00	\$0	0.00	0
Flylite	MSR	\$260-350	25.00	\$0	0.00	0
Hexamid	Zpack	\$475	18.00	\$0	0.00	0
Contrail	Tarptent	\$209	26.00	\$0	0.00	0



Tip 2 Con't: Stop Planning Already

		27-Mar-17						
Location	Days from Start	departure Date	Mileage Point	Sec miles	Sec days	Zero Days	Miles per Day	Miles from Trail
amicalola falls to stover creek	1	28-Mar-17	3	12	1	0	12.0	0
Gooch Mt Shelter	2	29-Mar-17	16	13	1	0	13.0	0
Woods Hole Shelter	3	30-Mar-17	28	12	1	0	12.0	0
Hog Pen Gap off trail	4	31-Mar-17	38	10	1	0	10.0	0
Blue Mt Shelter	5	1-Apr-17	50	12	1	0	12.0	0
Sassafras gap off trail	6	2-Apr-17	63	13	1	0	13.0	0
Dicks creek gap - Hiawassee	7	3-Apr-17	69	6	1	0	6.0	0
Standing Indian Shelter	8	4-Apr-17	86	17	1	0	17.0	0
Franklin, NC Budget inn	10	6-Apr-17	106	20	1	1	20.0	0
Winding Stair gap US 64, Com	11	7-Apr-17	110	4	1	0	4.0	0
Fontana Village, NC	17	13-Apr-17	164	54	6	0	9.0	0
Standing Bear Farm, NC	22	18-Apr-17	240	76	5	0	15.2	0.5M east





Tip 3: Get Fit



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Tip 4: Take it for a spin

AMC workshop

Do a backpack

Test your gear

Do everyday stuff
outside...

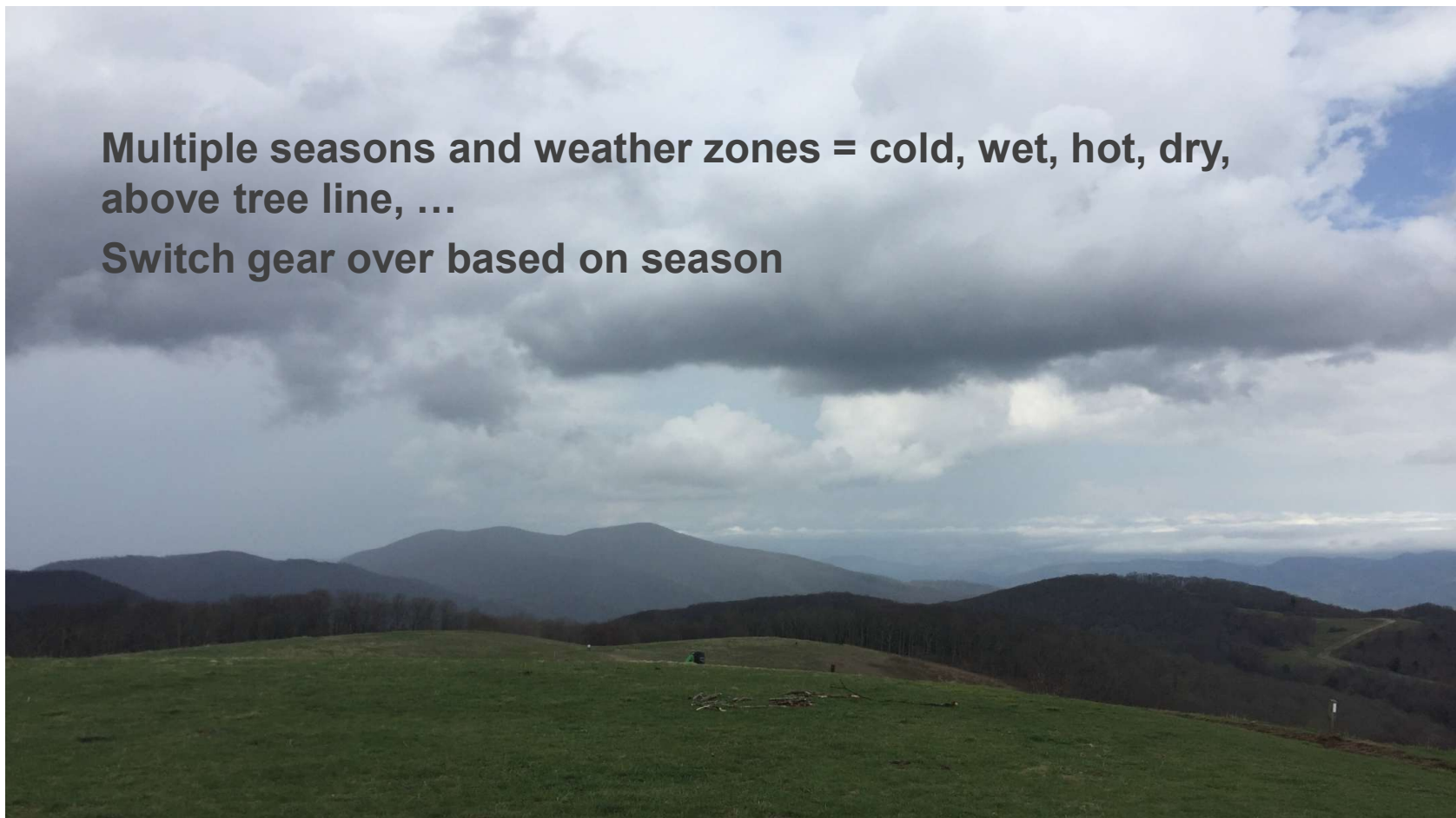


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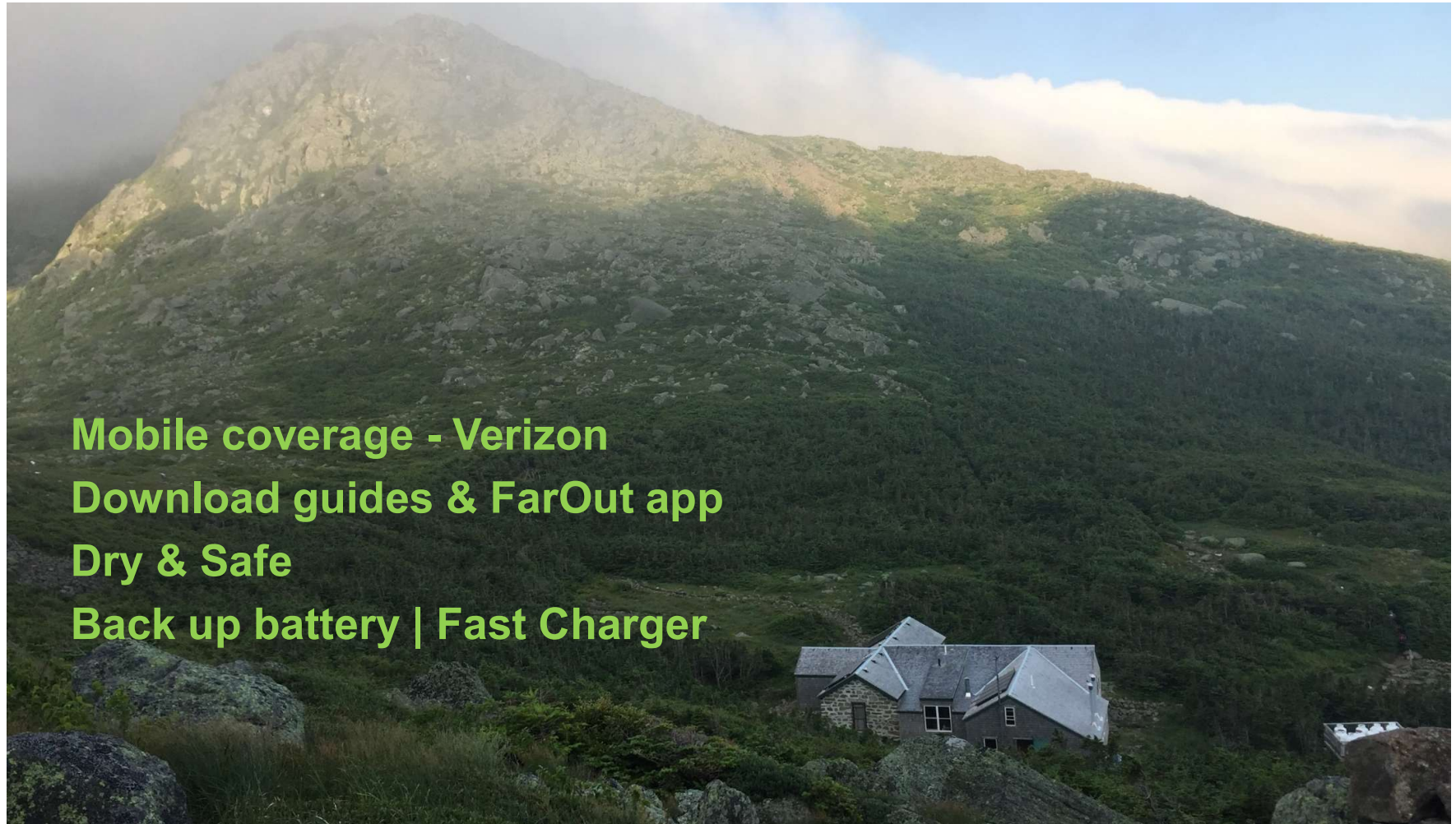
Tip 5: Plan for 100% Chance of Weather

Multiple seasons and weather zones = cold, wet, hot, dry,
above tree line, ...

Switch gear over based on season



Tip 6: Stay Connected



Mobile coverage - Verizon
Download guides & FarOut app
Dry & Safe
Back up battery | Fast Charger



Tip 7: Cut the Weight

Want vs. Need

Choose safety & some comfort

Multi-function



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Tip 8: Budget \$\$

Gear, Food, Lodging, Travel, Medical, Unexpected

Min: \$1/mile

Me: \$3.5/mile



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Tip 9: Don't Forget Home

Bills

Maintenance

Storage

Magazines

Family & Friends

Support!



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Tip 10: Just Walk



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Top Five – Wish I knew



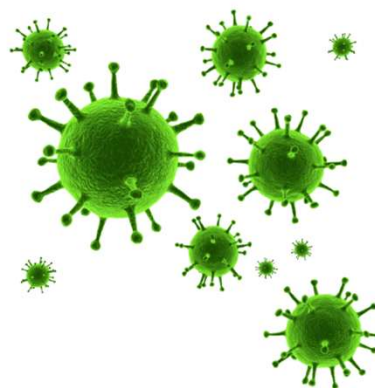
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Wish I knew #1: It Gets Crowded



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Wish I knew #2: It's the small things that will get you



Wish I knew #3: Take Care of Yourself



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Wish I knew #4: Take Your Time (Sometimes)



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Any questions?

Wish I knew #5: HYOH



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What's Next?

Joe Massery

Signing Up for Trips

Go to Outdoors Connector (activities.outdoors.org) for listings of all AMC trips

Search for “Inner Backpack” and Worcester Chapter

Contact Leader/Registrar and mention that you took this workshop

Be prepared for screening process:

- Answer screener’s questions honestly – for your sake and the sake of the others on the trip
 - Your experience, previous trips
 - Your fitness level
 - Your gear
- Ask your own questions, if not already answered:
 - Hike distances: per day, total
 - Level of difficulty
 - Gear required



Our Practices

AMC-sponsored trips have a lot to offer:

Variety
Skilled Leaders
Fun
Safety (listed last, but comes first!)

Must sign waiver agreement

Leaders are in charge

As a rule, we stay together on the trail



2025 Inner Backpacker Series

All these trips ***give preference to you***, but trips have a limited number of openings and require screening, so sign up early!

April 19	Gear Shakedown – Douglas State Forest	Sue Serra, Joe Massery
May	Bigelow Hollow	Joe Massery
May 24-25	Douglas State Forest BP	Sue Serra, Joe Massery
May 31-June 1	Flat Mountain Pond BP (NH)	Ben West, Connie Morillo, Charlie Arsenault
Spring	Kinney Woods BP (Worcester)	Wendy Dziemian
June 13-14	Douglas State Forest BP	Ruth Langh, Renee Pittelli
June 14-15	AT Berkshires: Cheshire-Dalton	Joe Massery, Sue Serra
June 28-29	Monadnock Sunapee Trail (NH)	Walt Lazarz



2025 Inner Backpacker Series (continued)

July 18-19	Pemi Wilderness/Zealand Notch (NH)	Walt Lazarz
June or August	Whites (details coming soon!)	Mike Smith
July 18-19	Pemi Wilderness/Zealand Notch (NH)	Walt Lazarz
July	AT Berkshires: Monterey-Tyringham	Joe Massery
Summer	AT Berkshires	Joe Massery



Dates and locations may change: Keep an eye on the [outdoors.org](https://www.outdoors.org) activities database for official postings and registration info.

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In Closing...



Get out there, do some backpacking, and have fun!



If you have bought some or all of your gear and you'd like an assessment, let our experienced backpackers look it over at the Gear Shakedowns



Feel free to follow up with any of the presenters and other leaders who are here





Let's Review

Kim Beauchemin



Appendix

Gear Comparison Resources

- Backpacks: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacks-backpacking/buying-advice>
- Tents: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacking-tent/buying-advice>
- Hammocks: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-hammock/buying-advice>
- Sleeping Bags (first think about the way you sleep, then read this:) <https://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>



Gear Comparison Resources

- Water Purification: <https://sectionhiker.com/sectionhiker-gear-guide/10-best-backpacking-water-filters/>
- Cook Equipment: <https://www.theadventurejunkies.com/best-backpacking-cookware-sets/>
- Headlamps:
- <https://www.rei.com/learn/expert-advice/headlamp.html>
- Hiking Poles: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-trekking-poles/buying-advice>



Gear Outlets

- [REI](#)
- [EMS](#)
- [GearTrade](#)
- [Steep & Cheap](#)
- [OutdoorsGeek](#) (sell and rent gear)
- [Gear Junkie](#) (gear news, deals)
- [Campmor.com](#)
- [TheClymb/Left Lane Sports.com](#)
- [Backcountry.com](#)
- Walmart! (camping, clothing, misc.)
- Ocean State Job Lot (clothing, food, hand warmers)
- Target (clothing, food)
- Facebook Groups
 - Bearfoot's Hiking Gear Flea Market
 - Backpacking Gear Flea Market for Women



Backpacking Info

- [Sectionhiker - Blog and Gear Reviews](#)
- [AMC Resources & Training](#) (see bottom of web page)
- [Hike Safe: What to take with you on the trail](#)
- [The Trek: Preserving and Maintaining Your Gear](#)
- [Insect Shield Repellent Technology](#) (professional Permethrin treatment)
- [Lighter Pack](#) (gear tracking, weight tool)



Backpacking Food

- [REI: Meal Planning for Backpacking](#)
- [The Epicurious Blog: Best Camping And Backpacking Food](#)
- [YouTube: Backpacking Food Tips](#)
- [YouTube: Quick Cheap Meal](#) (two of a million such videos)
- [Backpacker Magazine: Cooking](#)
- [Backpacker Magazine: Loads of good articles](#)
- [Next Mile Meals \(Keto\)](#)
- [Hawk Vittles](#)



Site Selection

- [Backpacker Magazine: How to Choose a Campsite](#)
- [Section Hiker Blog: How to Select a Good Campsite](#)



Packing your Backpack

A sampling of numerous videos:

- [Last Frontier Adventure Club](#)
- [TheOutdoorGearReview](#)
- [Following Redbeard](#)



Weather and Trail Conditions

- Mountain-Forecast.com
- [Higher Summit Forecast \(Mt. Wash.\)](https://HigherSummitForecast.com)
- [National Weather Service](https://NationalWeatherService.gov)
- [Sunrise, sunset, etc.](#)
- [NewEnglandTrailConditions](https://NewEnglandTrailConditions.com)
- [White Mountains - Road closure general info](#)
- [AT & PCT Weather](#)
- [Weather Underground \(10-day forecast\)](#)
- [Sun-Moon-App](#)



Useful Smart Phone Apps

- Maplets – GPS enabled maps
- Gaia GPS – based on CalTopo USGS data
- FarOut (formerly Guthook) – the standard for AT hiking and more
- Star Walk – “see” the night sky
- All Trails – actual tracks
- iNaturalist – citizen scientist app
- Peak Finder – ID distant peaks

