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

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…

Dave Kulpa
My prior experience

- Local hikes
- Mt Greylock
- Monadnocks
- White Mountains

Had never backpacked

- Or camped
- Or even slept outside in a tent
My motivation

• Complete the NH48 4,000 footers
  – Owl’s Head
  – The Bonds
My program summary

- **Leaders:** Experienced, compassionate, and patient; with decades of hiking and backpacking experience

- **Environment:** Welcoming, non-intimidating, interactive and hands-on; developing skills through practice and progression

- **Result:** Builds your skills and your confidence

Learned about:
- Gear selection
- Stowing and carrying gear
- Selecting a tent site
- Setting up camp
- Building a campfire
- Cooking a meal
- Filtering water
- Hanging a bear bag
- Hike … hike … hike … repeat

Look at me; I’m backpacking!
My Inner Backpacker trips

- Gear Shakedown
- Bigelow Hollow, CT, 1 night, 9 miles
- Section of New England Trail, 2 nights; 15 miles
  - Mt Grace / Richardson-Zlogar Cabin, MA
- 3 Sections of the Appalachian Trail in Massachusetts, 2 nights, ~20 miles each
Backpacking expanded my hiking options

Adirondack Mountains, New York
Backpacking opened doors to new activities

Canoe Camping, West Penobscot River, Maine
During your progression

Your focus is on things …

– What do I need
– How do I use it
– How am I going to carry it
– How can I be more efficient
  • Setting up; Tearing down; Repacking
  • Managing wet gear after a rain
  • How do I minimize what I bring in order to better manage the weight
– What to bring for meals and how to prepare them
– How to manage nature’s call for relieving yourself
– How to be comfortable enough to get some sleep

But through repetition, this becomes the norm and you begin to experience and sense everything around you
Look out your window and smile
Get up and go outside
The real experience …

- Wake to birds singing, and dawn breaking
- Enjoy meandering trails as you cross forests, ford streams, and climb mountains
- Be inspired by endless views and natural beauty
- Listen …
  animals scurrying, birds singing, insects humming, wind rustling, rain pattering, streams trickling, thunder booming, rivers running, waterfalls tumbling
- Be surprised by an eagle in flight, or moose meandering
- Set up camp and chat by a campfire, make new friends
- Watch the sun set, the moon rise, and the stars twinkle
- Finally, after fully immersing all your senses, and challenging your physical, mental, and spiritual self, sleep deeply … and prepare to do it all over again
Explore Your Inner Backpacker

- Check out an AT Shelter
- Hang a Bear Bag
- Hit the trail
- Pitch a Tent
- Enjoy a campfire
- Make new friends
Questions ?
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 here too!

**Post-trip Recovery:**
- Stretching - during hike and end of day ensures quality recovery
- Hydration is important
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

Paul Glazebrook
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
- Making 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 as well)
- 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

The "Bear"-muda Triangle

- Bear Bag
- 6 ft. down
- 12 ft. high
- 6 ft. away

100 feet

Sleeping Area

WIND

Kitchen area

100 feet

12 ft. away

6 ft. away
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 AND 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
- Maintain a Spotless Campsite, be fanatical
- Tools: OpSack, UrSack, Bear Cannister
- Technique: Hanging a Bear Bag. Fun and Games
OPSACK & KEVLAR URSACK

- **OPSACK** contains/prevents odor.
- **URSACK** protects food and toiletries.
BEAR CANNISTER
**Hanging a Bear Bag—The “PCT” Method**

**If hung “upside down” be sure to tie a slippery overhand knot to prevent the cord lock from loosening.**

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

**Bags with a webbing strap or loop are ideal.**

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**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)

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**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.

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**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.

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**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
Before we talk about all the shiny stuff…
15 Minute Break!
Camping Equipment
Chris Fogarty
Camping Equipment: The Big Three

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

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

**Shelter:**
- Tent/Tarp/Hammock
- Size – 1p, 2p
- Materials – Silnylon, Silpoly, Cuben Fiber
- Mindful of Weight
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 Starter
- Mini-Knife/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 repellant
- 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.
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
LUNCH
1 hour
Group Management & Emergency Planning

The leader must be in charge!

Be upfront about medical conditions before the hike

Have an emergency plan

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 AMCWOCESTER.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!**

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<th>Avoid dehydration, hypothermia (cold) and hyperthermia (heat) illness</th>
<th>Normal activity ~2 liters/day</th>
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</thead>
<tbody>
<tr>
<td>Hot temps</td>
<td>Hot temps 3.5 liters/day</td>
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<tr>
<td>Heavy exercise</td>
<td>Heavy exercise 6.6 liters/day</td>
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</tbody>
</table>

- **Drink water early and often**

- **Add electrolytes!**

- **Many hydration systems:**
  - Disposable Plastic Bottles, Nalgene
  - Camelback/Platypus reservoir system
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

**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

Chris Pignatiello
Outline

- Requirements for clothing while backpacking
- Approaches to clothing
- Dressing in layers
- Footwear
- Typical backpacking trip
- Packing list, including hygiene items
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
- Versatile to handle possible/expected weather conditions
Approaches to Clothing

- Dress in layers
- Moisture wicking & quick drying
- NO cotton
- Multi-use
- Don’t bring a change of clothes for each day
Dressing in Layers

- **Base**
  - Keep skin dry
  - Moisture wicking & quick drying
  - Synthetic or wool (Merino)

- **Insulating**
  - Warm
  - Breathable
  - Synthetic, wool or down
  - Puffy jacket
  - Fleece

- **Environmental**
  - Waterproof & breathable
  - Jacket & pants
Footwear

- Waterproof backpacking boots OR trail runners
  - Backpacking boots
    - Ankle support
    - Waterproof & breathable liner
    - Stiff soles
  - Trail runners
    - Well ventilated
    - Relatively quick drying
    - 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 and on the move (layers)
• Stopping (jacket)
• Water crossings (water shoes)
• Rain (water proof jacket and pants)
• Setting up camp
• Sleeping (PJ’s)
• Breaking down camp
• Drive home (change of clothes)
Setting Up and Breaking Down Camp

- Setup tent
- Clean myself up (bandana & water OR baby wipes)
- Change into tomorrow’s underwear and camp clothes
- Let boots dry under vestibule
- Hang damp clothes to dry
- Filter water
- Enjoy dinner and socializing with group
- Turn in (sleeping clothes)
- Wake up
- Change into day’s hiking clothes
- Take care of bio needs
- Pack up tent
- Have breakfast
- Pack up backpack
Packing List, Including Personal Hygiene Items

- Underwear (pair for each day)
- Socks (2 pairs)
- Sock liners (2 or more pairs)
- Base layer
  - Short sleeve (t-shirt)
  - Long sleeve
  - Long sleeve synthetic hiking button down
- Insulating layer
  - Fleece top
  - Puffy jacket (down or synthetic)
- Environmental layer
  - Waterproof and breathable rain jacket
  - Waterproof and breathable rain pants
- Hiking shorts / pants / zip-off pants
- Hiking boots or trail runners
- Camp/water shoes

- Baseball cap (brimmed hat)
- Wool or fleece hat
- Gloves
- 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 towel
  - Feminine products
15 Minute Break!
BREAKOUT – 20 min
Clothing, personal gear
Perspectives on Long Distance Hiking

Charlie Arsenault
Let down in Leadville
Last night in 100-mile Wilderness - Joy
Beautiful places:
Shenandoah
Pick a trail – So many

Pick a 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
## Tip 2: Make a List! (Start Planning)

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## Tip 2 Con’t: Stop Planning Already

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Tip 3: Get Fit
Tip 4: Take it for a spin

AMC workshop
Do a backpack
Test your gear
Do everyday stuff outside...
Tip 5: Plan for 100% Chance of Weather

Multiple seasons and weather zones = cold, wet, hot, dry, above tree line, …
Switch gear over trip
Tip 6: Stay Connected

Mobile coverage - Verizon
Download guide & Guthook app
Dry & Safe
Back up battery | Fast Charger
Tip 7: Cut the Weight

Want vs. Need
Choose safety and some comfort
Multi function
Tip 8: Budget $$

Gear, Food, Lodging, Travel, Medical, Unexpected
Min $1/mile
Me $3.5/mile
Tip 9: Don’t Forget Home

Bills
Maintenance
Storage
Magazines
Family & Friends
Support!
Tip 10: Just Walk
Top Five – Wish I knew
Wish I knew #1: It Gets Crowded
Wish I knew #2:
It’s the small things that will get you
Wish I knew #3:
Take Care of Yourself
Wish I knew #4: Take Your Time (Sometimes)
Any questions?
Wish I knew #5: HYOH
Let’s Review
Kim Beauchemin
What's Next?
Joe Massery
Signing Up for Trips

AMC activities: outdoors.org on-line trip listing web site

Search for “Inner Backpack” and Worcester Chapter

Contact 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
Leader and co-leader are in charge
As a rule, we stay together on the trail
2022 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!

<table>
<thead>
<tr>
<th>Date</th>
<th>Location/Activity</th>
<th>Leader(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 16</td>
<td>Gear Shakedowns: Douglas State Forest</td>
<td>The Team</td>
</tr>
<tr>
<td>May 14-15</td>
<td>AT Berkshires: Tom Leonard</td>
<td>Joe Massery/Dave Kulpa</td>
</tr>
<tr>
<td>May 21-22</td>
<td>Monadnock-Sunapee Greenway I</td>
<td>Walt Lazarz/Ruth Langh</td>
</tr>
<tr>
<td>May 27-28</td>
<td>Douglas State Forest</td>
<td>Sue Serra</td>
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<tr>
<td>June 22-25</td>
<td>AMC Worcester Mountain Leadership School: Pemi Loop, NH</td>
<td>Debi Garlick</td>
</tr>
<tr>
<td>June 24-26</td>
<td>AT Berkshires: Upper Goose Pond</td>
<td>Joe Massery/Kim Beauchemin</td>
</tr>
<tr>
<td>July 11-12</td>
<td>13-Falls/ Galehead</td>
<td>Walt Lazarz/Debi Garlick/Wendy Dziemian</td>
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<tr>
<td>July 15-17</td>
<td>Berkshires: Alander Mtn.</td>
<td>Rick Chin/ Dave Kulpa</td>
</tr>
<tr>
<td>July 30-31</td>
<td>Monadnock-Sunapee Greenway II</td>
<td>Walt Lazarz/Ben Coon</td>
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# 2022 Inner Backpacker Series (continued)

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<tr>
<th>Date TBD</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>August 12-14</td>
<td>AT Berkshires: Cheshire/Dalton</td>
<td>Joe Massery/Ben Coon</td>
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<tr>
<td>August 14-15</td>
<td>Monadnock-Sunapee Greenway III</td>
<td>Walt Lazarz/Wendy Dziemian</td>
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<tr>
<td>August/Sept</td>
<td>Zealand/Pemi area, White Mountains</td>
<td>Walt Lazarz/Jose Schroen</td>
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<td>October 8-10</td>
<td>AT Berkshires: Mt. Greylock</td>
<td>Sue Serra/Dave Kulpa</td>
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<tr>
<td>Date TBD</td>
<td>AT White Mountains</td>
<td>Vanessa Butler</td>
</tr>
<tr>
<td>Date TBD</td>
<td>Pisgah, NH</td>
<td>Paul Glazebrook</td>
</tr>
</tbody>
</table>

Dates and locations may change: Keep an eye on the outdoors.org activities database for official postings and registration info.
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.
Appendix
Gear Comparison Resources

- 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

- Cook Equipment: https://www.theadventurejunkies.com/best-backpacking-cookware-sets/
- Headlamps: https://www.rei.com/learn/expert-advice/headlamp.html
Gear Outlets

- REI
- EMS
- GearTrade
- Steep & Cheap
- OutdoorsGeek (sell and rent gear)
- Gear Junkie (gear news, deals)
- Campmor.com
- 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's 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.)
- National Weather Service
- Sunrise, sunset, etc.
- AMC Backcountry Weather
- NewEnglandTrailConditions
- TrailsNH - The Whites
- White Mountains - Road closure general info
- AT & PCT Weather
- Dark Sky app
- Weather Underground
- 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