

# Backpacking Plan Ahead & Prepare

When you are selecting a backpacking destination, please consider your skill level, the time of year to go, navigation, and that it will be fun!

## Gear

- Backpacking pack - internal frame suggested
- Lightweight tent
- Inflatable pad or foam pad
- Synthetic or down sleeping bag - sleeping bags come in different temperatures to keep you warm in various weather. Make sure you have a warm enough bag. For backpacking, we suggest at least a 20 degree bag.
  - Compression Sack - used to compress/stuff your sleeping bag into.
- First Aid Kit - size dependant on number of backpackers
- Headlamp
  - Extra batteries
- Lighter & matches
- Map & compass
- Toilet paper sealed in a ziplock baggy
- Cathole sanitation trowel - Be aware of the areas Leave No Trace principles.
- Toothpaste, toothbrush, deodorant, etc. - Make sure these are as small as possible

## Clothing (The amount of clothing varies on the length of your backpacking trip):

- Lightweight long pants
- T-shirts - nylon/synthetic is best, especially in cooler weather
- Hiking socks - Avoid wearing cotton socks, synthetic or wool is recommended. Smartwool is a good option.
- Lightweight jacket or sweater - consider using fleece jackets because they are light and warm.
- Lightweight puffy down jacket
- Rain jacket & pants - You never know when or if it will rain. Rain can come quick when in the mountains and it is best to always be prepared.
- Long underwear
- Beanie
- Sandals - To wear when just chilling around camp. It is nice to kick off the boots after hiking all day.

## Cooking Gear

- Lightweight backpacking stove
  - Fuel
- Pot set
- Cooking utensils, bowl, and cup
- Soap and sponge

- Food - We highly recommend Mountain House meals, all you have to do is add hot water and let it sit for ten minutes. Lasagna, chicken & rice, beef stroganoff, etc.)
- Water
- Water Filter

Miscellaneous

- Chapstick
- Insect repellent
- Sunscreen

Optional

- Camera

**No 4** 

## HOW DO I PACK MY PACK?

**Packing a backpack properly isn't just about making sure everything fits—where you put things will largely affect how comfortable your pack is to carry.** A general rule of thumb is to put water, cooking gear, and other heavy items close to the center of your back and pack lighter-weight items around them. This will help you maintain balance by keeping the bulk of the load close to your center of gravity. Keep snacks, maps, and other small items you might need throughout the day in the side pockets or lid of your pack for easy access. Split the weight of communal items like the tent and the cooking gear by divvying up their components among the group.

- LID**  
Map, snacks, and other essentials
- SIDES & TOP**  
Clothing, tent components, other light/compressible items
- CENTER**  
Water, food, and cooking gear
- BOTTOM**  
Sleeping Bag
- OUTSIDE**  
Sleeping pad

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