

# IT'S TIME FOR BACKPACKING Y'ALL!

## A GUIDE TO BRINGING LESS SHIT AND HAVING MORE FUN.

### 1) THE BIG ONES

- Tent
- Sleeping bag \*\*
- Sleeping pad \*\*
- Backpack \*\*\*

\*\* This is where you want to spend your money. Because you know what sucks worse than hiking all day just to lie down and be uncomfortable and cold all night? Not much.

\*\*\* You're an adult I'm assuming you don't need me to tell you that you need a backpack for backpacking. But it should also fit well, hold all your shit, and weight under 3lbs.

### 2) SAFETY GEAR (that you'll hopefully never have to use.)

- Locator Beacon (at least one per group)
- First Aid Kit + Small Roll of Duct Tape
- Emergency Blanket
- Compass + Maps
- Whistle

### 3) KITCHEN/FOOD MAKING

- Stove + Fuel
- Pot
- Spoon (multiple utensils are for squares!)
- Lighter + Fire backup (matches, flint + steel)
- 2x Water Bottles \*
- Water Filter (I use the Sawyer Squeeze, it's rad)
- Food Bag
- Cup/Mug (I use a Sea to Summit silicone X Mug)
- Knife (Swiss Army or regular single blade)

\* Just pick up some Smart Water or Gatorade bottles, they're cheap, light, and BPA free.

### 4) THINGS I PUT ON MY BODY

These are the things I wear, pretty much every day from sun-up to sun-down. They will smell like ass no matter what you do so don't worry about it.

- Running Shorts\*
- Tech T-shirt\*
- Bra
- Underwear
- Hiking/running shoes
- Socks (I like the toe kind - Injinji's)
- Trekking Poles\*\*
- Sun/Baseball hat \*\*\*

\* Functional stuff! This isn't business casual and if you don't have moisture wicking stuff that's 100% synthetic you'll be sad and cold and sad, and chaffed. No COTTON!

\*\* I would strongly encourage these, they'll save your knees on the downhill, and can be used as a pretty sweet lightsaber substitute.

\*\*\* The fairer you are, the bigger your hat needs to be.

### MISC STUFF YOU MAY NEED DEPENDING ON CONDITIONS (Location dependent)

- Mosquito Head Net
- Kindle/Book (but never more than one!)
- Bear Canister
- Permits in a plastic bag
- Odor Proof Food Bags
- Gaiters
- Micro Spikes (for winter/ice)
- Ice Axe (in case of snow on high passes)
- Bug Spray
- Long sleeve white shirt (for desert hiking)
- GPS

### 5) CLOTHES TO PACK AWAY

- Down Puffy Jacket
- Thermal Base Layers (top and bottom)
- Rain Jacket and Pants (weather dependant)
- Down Booties for Camp or Thick Sleep Socks
- Warm Hat for sleeping in
- 1 pair each extra undies and socks
- Light fleece gloves

### 6) TINY SHIT YOU'LL FORGET

These are the things you'll probably forget and then be super bummed out that you did.

- Headlamp (and make sure the batteries work)
- Phone (this is also your camera) + charging cable
- External battery pack
- Ear Plugs (nature can be loud, ok?)
- Toothbrush/Toothpaste
- Chapstick, sunscreen, hand sanitizer
- Sunglasses and Case
- Toilet Paper \*
- Foam butt pad for sitting \*\*
- Buff or Bandana
- Headphones/Earbuds
- Wallet (aka ID, some cash, Credit or Debit Card)
- Mini Sewing Kit (aka dental floss and needle)

\* If you wanna poop in nature like a champ, you're gonna need your old friend TP.

\*\* Pretty much my only concession to comfort. Also nice that it weighs just about an ounce.

### 7) DON'T BRING THIS SHIT!

Going light is as much about what you bring, as it is about what you really don't fucking need. When I say don't bring this shit, I really really mean it. For Serious.

- Deodorant\*
- Pillow
- Extra shirts/clothes (beyond thermals/jackets)
- Extra eating utensils/cups/plates
- Camp Chair
- I dunno what else! People bring dumb stuff all the time and never use it and their packs are too heavy and then they're sad. Think of it this way: if you don't use it almost every day, then don't bring it. \*\*

\* Fun Fact: Your pits aren't the place on your body that will smell the worst (yeah, just let that one sink in). And beyond that it's heavy and won't be super effective anyway, and bears will probably try and eat your armpits because it smells like food.

\*\* The obvious exceptions being stuff like first aid kits and rain gear that you'll hopefully never need, but want to bring Justin Cases.