

Introduction to Backpacking 2024

Lecture 2

1



Session 2 Outline

- Leave No Trace Ethics
- Backpacking Stoves
- Food, Cooking & Storage
- Animal Encounters
- Water Purification & Hygiene
- Clothing
- Trip Planning / Resources



Leave No Trace Ethics

7 Principles

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impact
- Respect Wildlife
- Be Considerate of Others



leave no trace

CENTER FOR OUTDOOR ETHICS

Low Impact Recreation

Skills Include

- Camping on durable surfaces
- Management of human waste in different outdoor environments
- On and off trail etiquette
- Food management: food storage techniques, microtrash, & not feeding wildlife

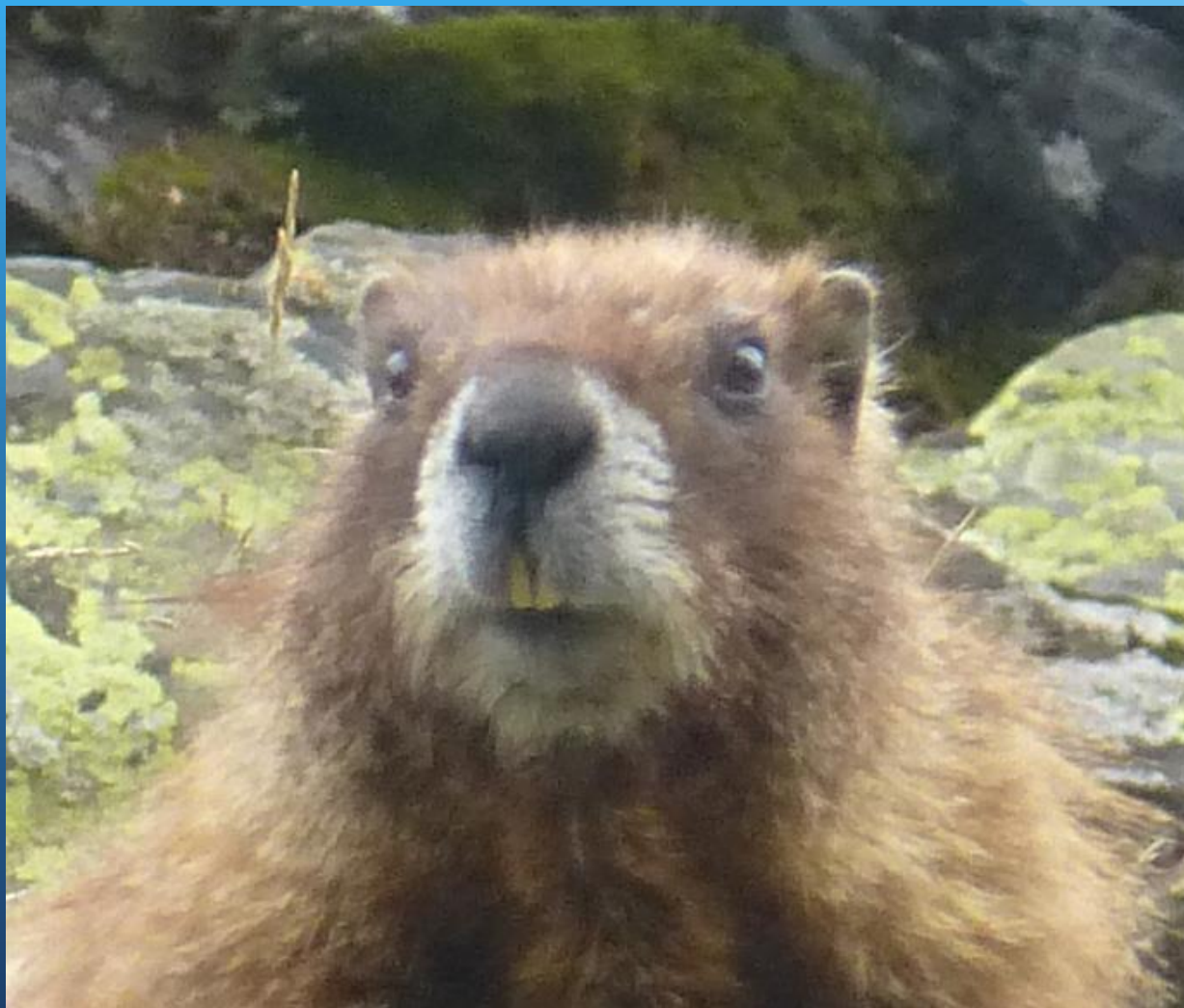


Trail Etiquette

- Be nice to others
- Yield to uphill traffic
- Step to the uphill side of the trail and face the trail
- Stay to the right on wider paths
- Pass on the left
- Keep noise levels low
- Practice “Low Impact Recreation”
- Stay on the trail
- Walk through puddles, unless you can do so without going off trail



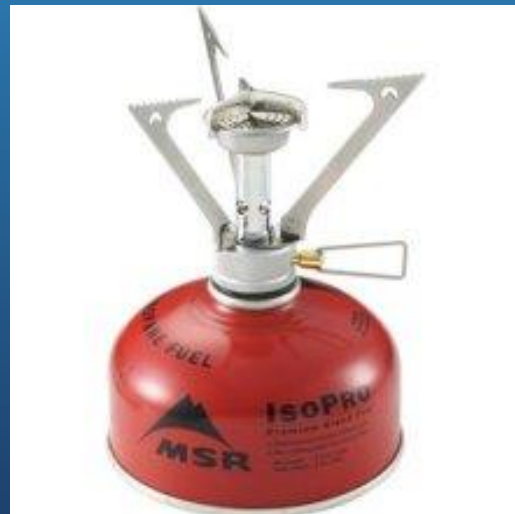
Questions?



Backpacking Stoves - Canister

Examples: JetBoil, Pocket Rocket, Windburner

- PROS: Light; low maintenance; easy to use
- CONS: Less efficient in cold or high altitude (but usually fine); fixed fuel can sizes; can't carry fuel on airplanes; must deal with empty canisters



Backpacking Stoves - Alcohol

Examples: Caldera, Brasslite Turbo, many homemade options (pop can)

- PROS: Inexpensive; very light; no moving parts; fuel is cheap and readily available (denatured alcohol); only bring what you need.
- CONS: Lower efficiency fuel; not practical for melting snow or for multiple people; doesn't work as well in cold weather.



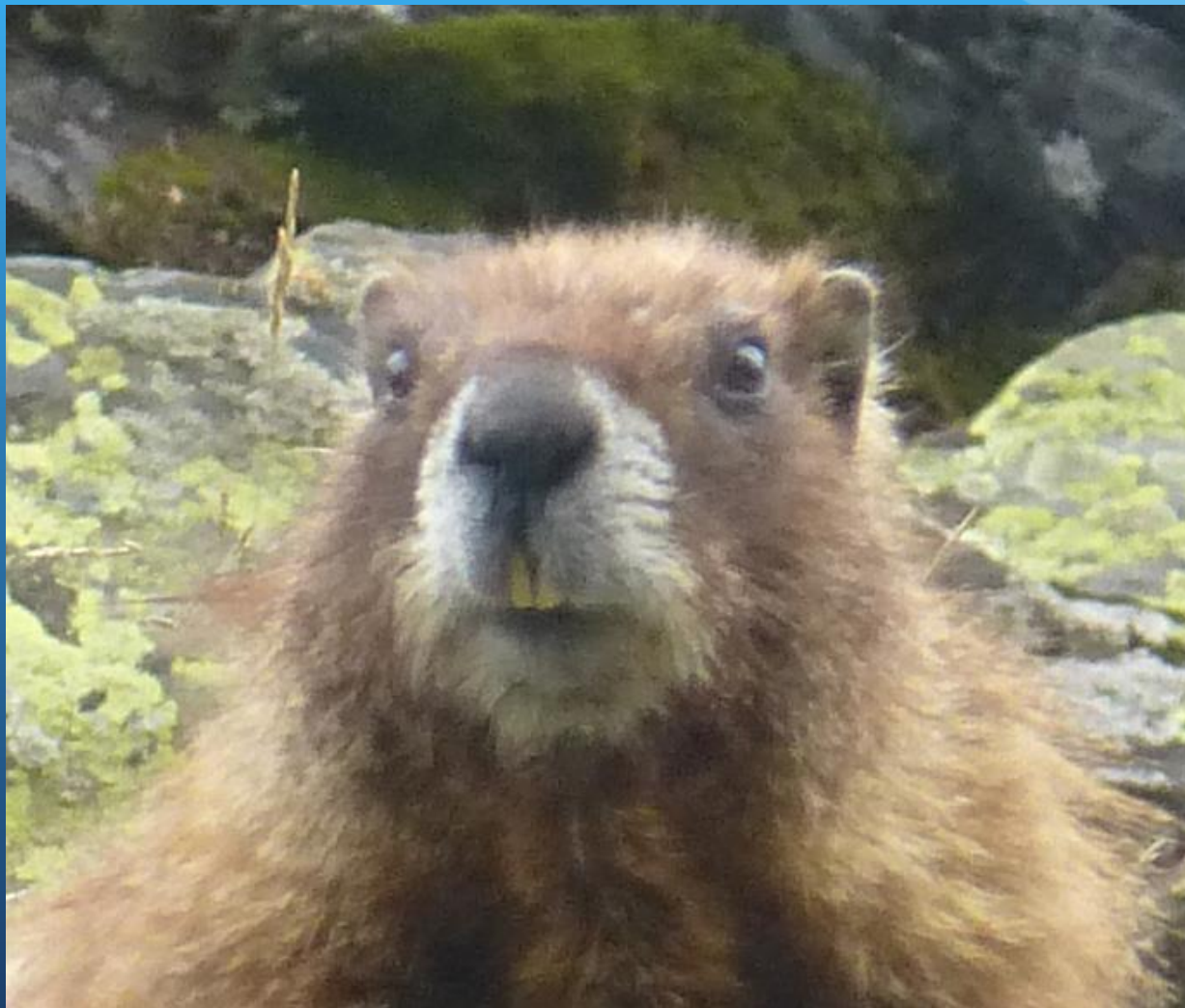
Backpacking Stoves - White Gas

Example: MSR WhisperLite or Dragonfly

- PROS: Works in cold and windy weather and at high altitude; fuel is cheap; multiple fuel options; best for melting lots of snow.
- CONS: Heaviest; more moving parts to fail, requires pumping and priming, noisy, flare-ups are common



Questions?



DEMO TIME!

How does that stove work?

Food Planning Fundamentals



- How much food do I need to bring? It depends on terrain, pace, total pack weight, conditions (elevation, temperature), individual size and metabolism
- Develop a daily food plan, including calorie dense foods. Use a checklist and weigh or measure your meals. Shoot for 2500 to 3000 calories per day
- Transfer non-perishable foods from store packaging into ziplocks
- Develop a system to organize your food so that you can find what you want quickly

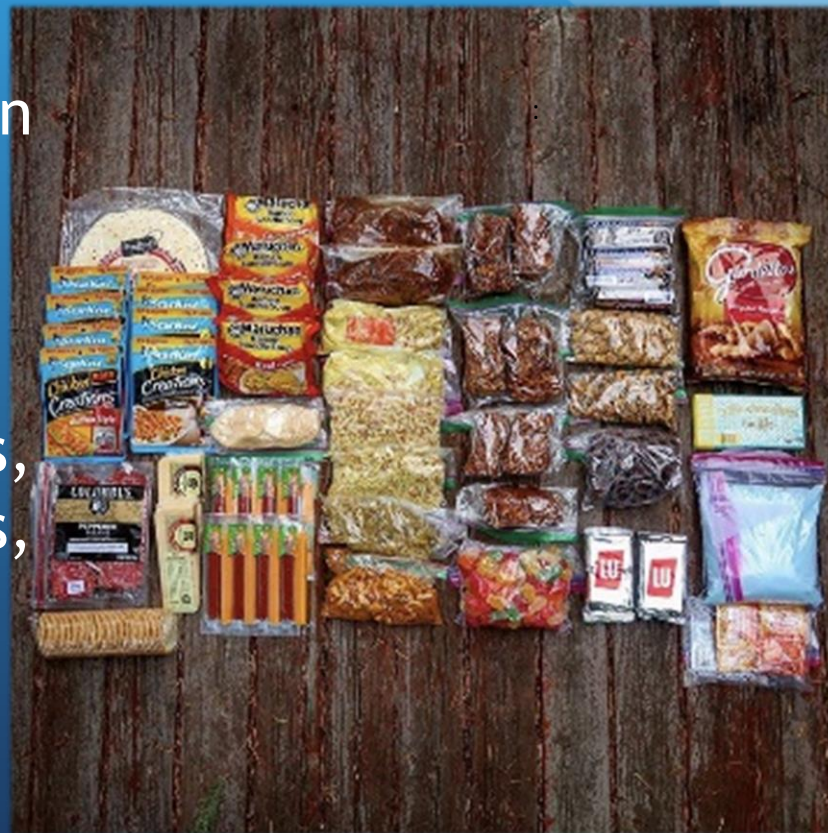
Backpacking Food Ideas

Grocery store pre-packaged items: meats, cheeses, instant oatmeal, ramen, noodle or rice packets, tuna packets, tortillas, pitas, peanut butter, and others

Freeze-dried prepared meals: Mountain House, Backpacker's Pantry, and others

Make your own with a dehydrator!

Snacks: mini bars, bulk items, cookies, dried fruit and fruit leathers, candies, chips, nuts and others



Camp Cookware and Dinnerware



Pot:

- Only get as big as you really need
- Titanium is lightest, but also most expensive

- A lightweight long-handled spoon may be the only utensil you need (plus general-purpose knife)
- Consider eating and drinking out of the same cup/pot
- Sturdy freezer bags can be used to carry food, rehydrate in & eat out of (eliminating need for bowl)
- Lightweight collapsible bowls are another option



Storing Food

Why worry about securing your food?



1. Critters are all around us and very motivated to gather food!
2. If animals learn to get easy food from humans, they can become aggressive
3. Habituated creatures almost always lose
4. Good food storage and camp sanitation are an essential part of Leave No Trace backcountry travel

Storing Food

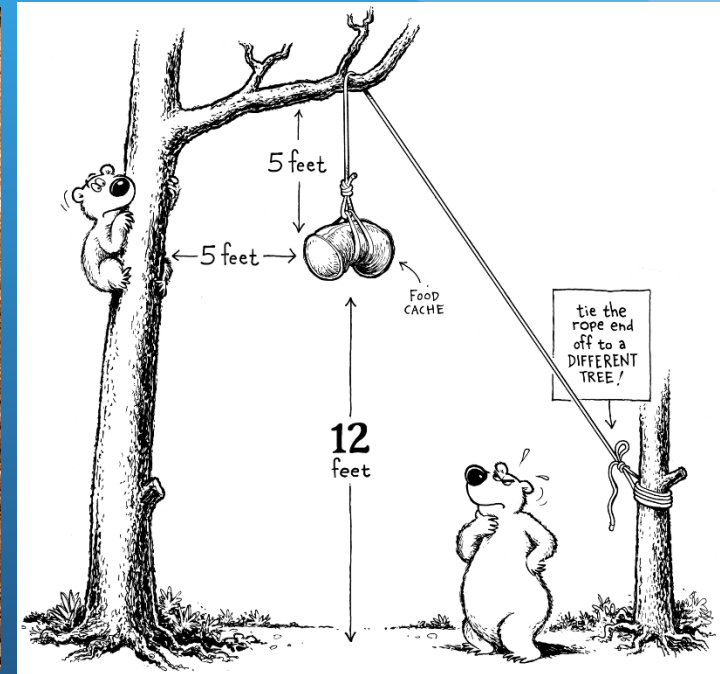
Methods to secure your food and other scented items:



Ursack (often combined with odor-proof bag)



Bear canister



Hang stuff sack with 50' paracord

Keep a Clean Camp



- Try to prepare, eat and store food away from your sleeping area
- Wash your pot and utensils well
- Store trash in your food storage container
- Be careful not to spill food on ground, on clothing or in your tent
- ***Never leave your camp with food or trash unsecured!***

Most Common Animal Encounters



Use the Thumb Trick to reduce encounters



Be Bear Aware!

- Don't look a bear in the eye or get between a mother and her cub
- Don't turn your back to a bear
- Do make noise when hiking to reduce startling a bear
- Do walk slowly backwards, talk calmly, give the bear some space
- Do give goats the right-of way
- Do keep your distance, retreat if needed
- Do make noise, scream, wave at a goat that is getting too close
- When hiking in goat territory, urinate 50 feet off trail and preferably on rocks

Questions?



Water Purification

ALWAYS purify your water before drinking

Improper purification or drinking without purifying first can cause:

- Giardia
- Diarrhea
- Dehydration

Prevent these first aid emergencies from occurring by designating dirty and clean containers.



Water Purification

Option 1: Filter

These are typically pump, squeeze, or gravity operated

- Pros: easy to use, lightweight, quick treatment-to-drink time, many connect to reusable bottles
- Cons: some not so easy to use, some heavier, some take longer than others, some clog faster, doesn't filter for viruses

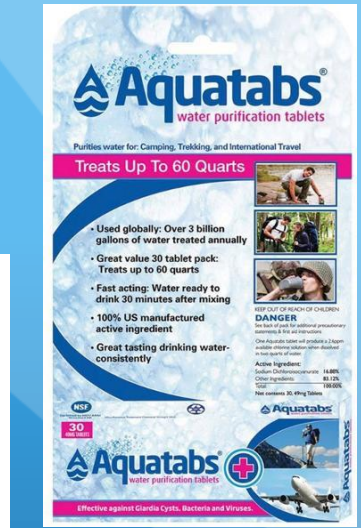


Water Purification

Option 2: Chemicals

This option includes blister packs of tablets or dropper bottles

- Pros: lightweight, most backpackers use as backup option
- Cons: longer treatment-to-drink time, treated water can have an after taste, requires knowing the volume of water to tablet or drops ratio



Water Purification

Option 3: UV Light

This option emits UV light called a (Steri-Pen)

- Pros: lightweight, quick treatment-to-drink time, treats for viruses, fits into store-bought water bottles
- Cons: battery or USB-C charger dependent, fragile



Water Purification

Option 4: Boiling

Good old fashioned boiling will do the trick too!

- Pros: kills viruses and bacteria, no additional gear needed
- Cons: consumes precious fuel, could be a problem if you don't carry a stove, longer treatment-to-drink time



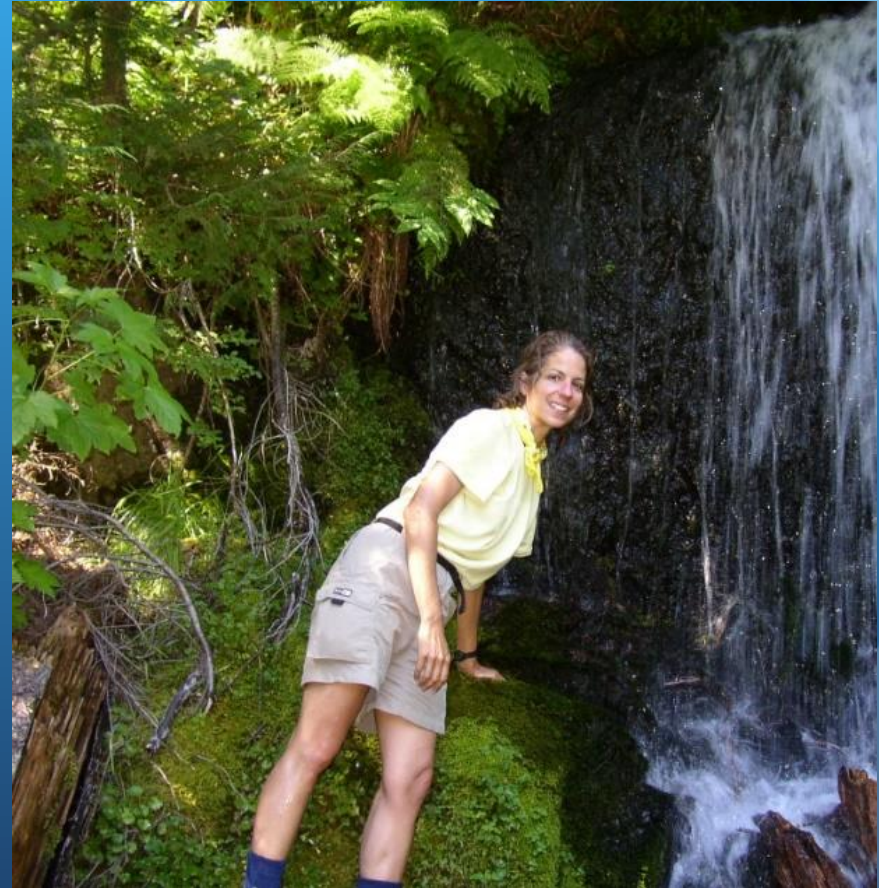
Water Storage & Carries

- What is a water carry?
- Water storage & carry containers
- Watch the size of opening and consider the weight
- Remember dirty vs. clean



Personal Hygiene

- WASH YOUR HANDS
- Use hand sanitizer
- Embrace the stink - everyone will stink



Personal Hygiene

If you decide to bath or wash up:

- Carry water in a collapsible bowl or bucket 200' from the source
- Don't wash in lakes or streams-- especially if wearing insect repellent / sunblock
- A little wipe down, even with baby wipes could make you feel much better.



Personal Hygiene

Brushing your teeth

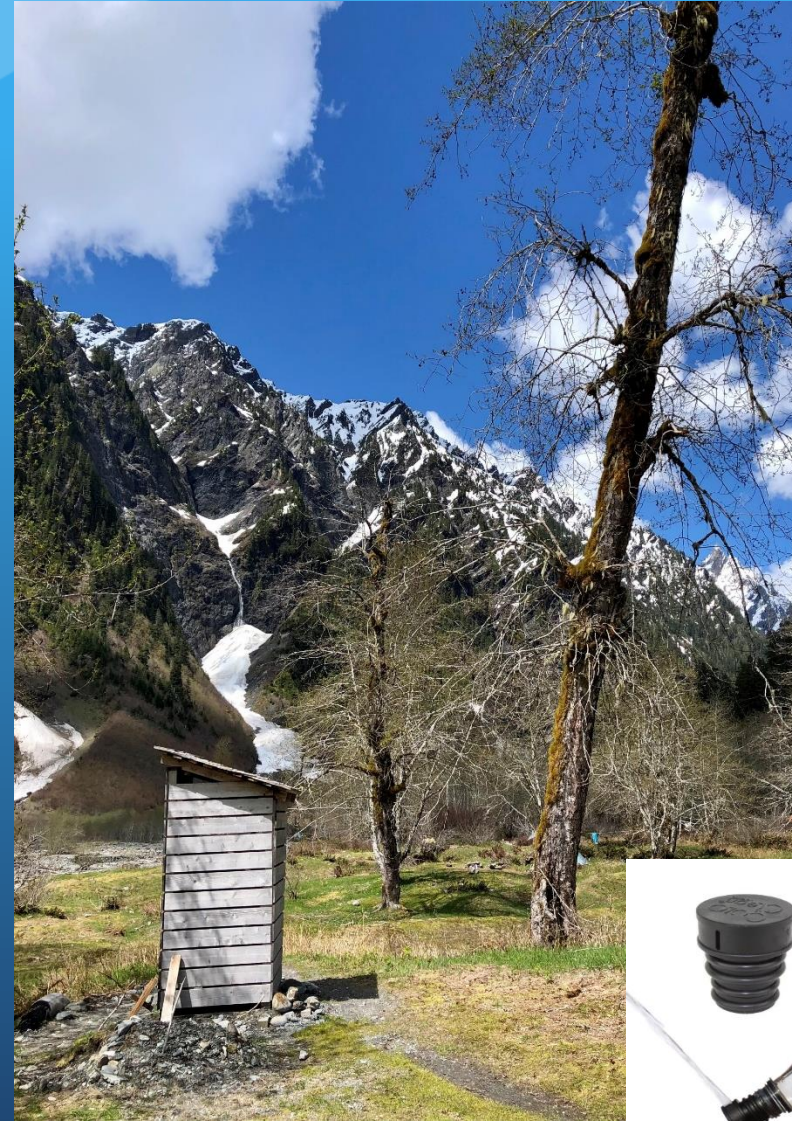
- Wash your hands
- Brush well away from camp
- Small sized toothbrushes
- Toothpaste tablets
- Look for small containers, small ziplock bags, travel sized items



Personal Hygiene

We all have to go ...

- ✓ Use the backcountry privy if there is one available
- ✓ Pee far away from water sources
- ✓ In alpine areas avoid peeing on plants
- ✓ Pack out any TP if you use it
- ✓ Solid waste: usually bury if no backcountry privy; pack out TP, some hikers use a portable bidet



Female Hygiene Options

Ladies, you can pee standing up!

- [Freshette](#), [p-Style](#), [Go-Girl](#), [Tinklebell](#)



Standing not your thing? Try these instead:

- Pee rag, bandana, [Kula Cloth](#)



Don't be afraid to go out while you're menstruating. Some options include:

- [Pixie cup](#), [Diva cup](#), [Lunette](#), discs
- Leakproof period underwear
- [Wanderpack](#), [Go with your flow](#), [.pac](#)



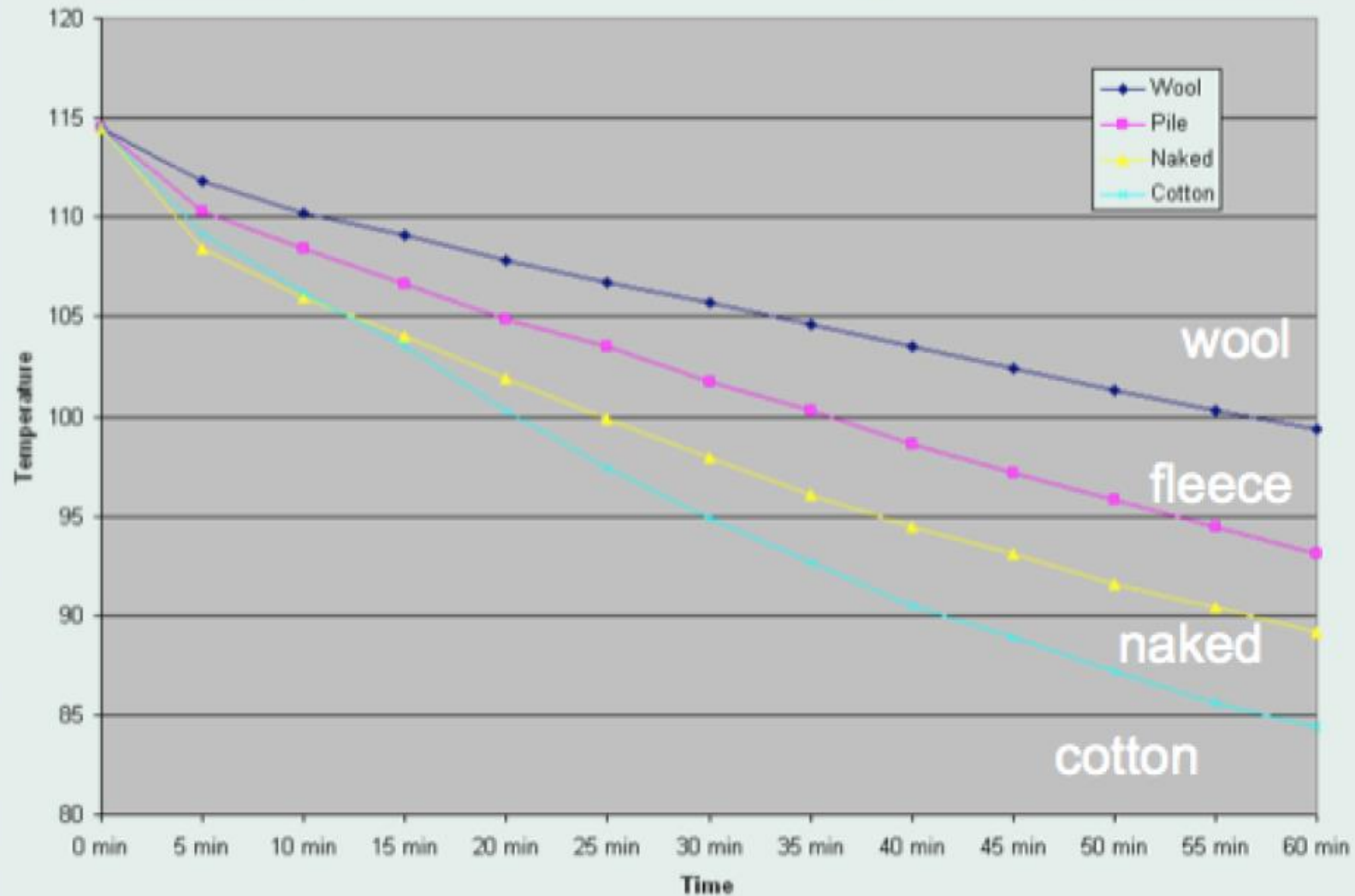
Questions?



Clothing

- What NOT to wear ... COTTON
- What TO wear ... LAYERS
- What KIND of layers ... IT DEPENDS
 - ✓ On the weather
 - ✓ On the sun exposure
 - ✓ On your personal body temperature

Wet Materials Comparison



Layering



Outer Layer / Shell

- Blocking wind and rain
- Venting for heat & moisture

Mid Layer / Insulation

- Synthetic, lightweight layer
- Be careful not to over-dress

Base Layer / Top & Long Johns

- Merino wool or synthetic
- Wicking, wicking, wicking

Wet Weather Clothing and Protection

- Poncho or rain shell
- Rain pants
- Pack cover and/or pack liner
- Keep your dry gear away from wet gear



Clothing for Camp

It's important to keep yourself warm and dry while you prepare dinner/breakfast, hang around camp, and sleep

- Your clothing can supplement your sleeping bag for insulation at night
- If you get really cold at camp, you can go get in your bag!
- Always have a hat and gloves (or extra socks)
- Multi-purpose ideas:
 - Rain jacket and rain pants are great insulators and bug protection.
 - Long-sleeve thermal shirt and tights for sleeping also work for cool mornings on the trail (but keep your sleeping clothes dry!)

Questions?



DEMO TIME!

See what your leaders pack!

Trip Planning/How to Choose a Trip

What type of trip are you looking for?

- ❖ Basecamp, thru-hike, out and back, loop, lollipop
- ❖ Overnight vs. multi-day
- ❖ Relaxed vs. intense

What do you want to see/do?

- ❖ Ocean
- ❖ Desert
- ❖ Alpine lakes
- ❖ Mountain views or ridge walking
- ❖ Wildflowers
- ❖ Swim, pick berries, sunrise/sunset

Trip Planning/How to Choose a Trip

Pace & Distance

- ❖ Consider your fitness and conditioning
- ❖ How long do you want to carry your gear uphill for?

Special Considerations

- ❖ Research the time of year and expected weather conditions. Will it be hot, cold, wet, smokey, high water levels for trips with water crossings?
- ❖ Choose clothing and gear specific to the expected trip conditions

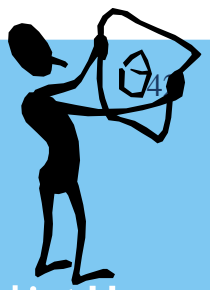
Trip Planning / Resources

Where to Go

- ❖ Trip reports and online hiking guides: www.wta.org, www.mountaineers.org, www.nwhikers.net
- ❖ Guidebooks
- ❖ Do you have the right pass or permit?

When to Go

- ❖ Has the snow melted?
- ❖ What about the road conditions?
- ❖ What will the weather be like?



To Do Before You Go

- Gather and organize your gear and most food in advance. Use a checklist!!
- Make contingency plans for trail hazards, road closures.
- Re-check the near-term weather forecast.
- Leave route info and ranger station phone number with a responsible friend or family member.
- Get the necessary permits including parking (may need to apply far in advance!).
- Leave valuables at home. Don't leave food in your car at the trailhead unless it is in a critter proof container.
- Consider bringing an extra car key and have a carpool member carry it.

Optional in-depth classes

The Mountaineers offers a variety of in depth / specialized classes related to backpacking such as:

- [“Staying Found”; Intro to Map & Compass; Basic GPS](#)
- [Wilderness First Aid & Trail Emergency Preparedness](#)
- [Conditioning Hiking Series & Go Hike](#)
- [Specific Topics: food prep, ultralight, long distance](#)

Check the web page under “Learn” / “Find Courses, Clinics and Seminars”

Next Session: Practice Camp!

- Bring your gear and ask questions!
- Get help loading and fitting your pack.
- Let's go hiking! A short trip to see what it feels like walking with your fully loaded pack. This a great time to make adjustments and test out your gear!
- Set up your camp, filter water, and make a meal.
- Staying overnight is optional.
- REMINDER: field trips open tomorrow at 8am.

Questions?

