

# Introduction to Backpacking

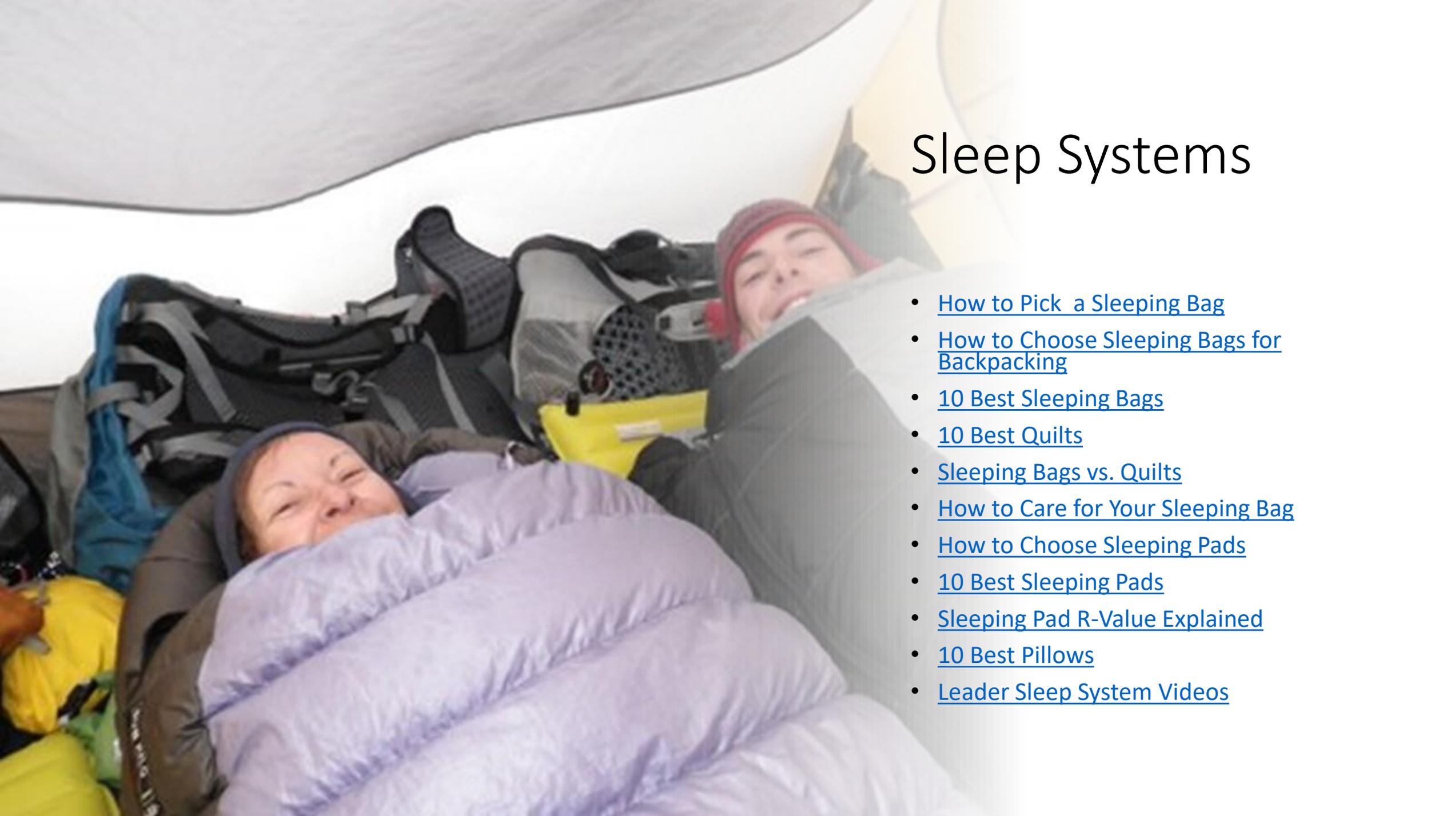


2024 Course Resource Links



# Shelters

- [How to Pick a Tent](#)
- [How to Choose a Backpacking Tent](#)
- [10 Best Backpacking Tents](#)
- [10 Best Budget Backpacking Tents](#)
- [10 Best Ultralight Backpacking Tents](#)
- [10 Best Backpacking Hammocks](#)
- [Best Bivy Sacks](#)
- [Leader Shelter Videos](#)

A photograph of two people inside a tent. One person is lying in a purple sleeping bag, and the other is sitting up in a grey sleeping bag. They are surrounded by camping gear, including backpacks and a yellow bag. The tent's interior is visible, showing the fabric and some equipment.

# Sleep Systems

- [How to Pick a Sleeping Bag](#)
- [How to Choose Sleeping Bags for Backpacking](#)
- [10 Best Sleeping Bags](#)
- [10 Best Quilts](#)
- [Sleeping Bags vs. Quilts](#)
- [How to Care for Your Sleeping Bag](#)
- [How to Choose Sleeping Pads](#)
- [10 Best Sleeping Pads](#)
- [Sleeping Pad R-Value Explained](#)
- [10 Best Pillows](#)
- [Leader Sleep System Videos](#)



# Backpacks

- [How to Choose a Backpack](#)
- [10 Best Backpacking Packs](#)
- [10 Best Ultralight Backpacks](#)
- [Best Thru-Hiking Backpacks](#)
- [Leader Backpack Videos](#)

# Footwear

- [How to Choose Hiking Boots](#)
- [Mens Top 10 Hiking Boots](#)
- [Womens Top 10 Hiking Boots](#)
- [Mens Top 10 Trail Runners](#)
- [Womens Top 10 Trail Runners](#)
- [Tell Me About Trail Running Shoes](#)



# Some of the 10 Essentials

- [What are the 10 Essentials](#)
- [Compass & Navigation Courses](#)
- [First Aid Kit & First Aid Courses](#)
- [Headlamps](#)
- [Knives & Tools](#)





## Backpacking Stoves

- [How to: Purchasing a Stove](#)
- [How to Choose a Backpacking Stove](#)
- [Top 10 Backpacking Stoves](#)
- [Leader Camp Kitchen Videos](#)
- [How to Know When Your Stove Fuel is Empty](#)



# Backpacking Food

- [Lightweight Food Packing & Prep](#)
- [Lightweight Backpack Food Resources](#)
- [Tips & Tricks for the Vegan Backpacker](#)
- [How to Make Your Own Backpacking Comfort Foods](#)
- [How to Make Your Own Backpacking Meals](#)
- [Andrew Skurka Backpacking Food Recipes](#)
- [Lightweight Backpacking Dinner Options Video](#)
- [Backpacking Breakfast & Lunch Options Video](#)
- [The Hungry Hiker - Grocery Store Backpacking Food & Make Your Own Food Video Collection](#)





# Food Storage

- [Backpacking Food Storage](#)
- [How to Hang a Bear Bag 101](#)
- [Bear Canister Basics](#)
- [Bear Canister & Sack Guide](#)
- [Where Should I Put My Bear Canister or Ursack at Night?](#)
- [Food Storage Video](#)



# Backpacking Clothing & Layering

- [Layering From the Skin Side Out](#)
- [What to Wear Backpacking](#)
- [Best Plus Size Outdoor Apparel](#)
- [Backpacking Clothing 101](#)
- [How to Choose Base Layers](#)
- [How to Choose Insulated Outerwear](#)
- [How to Choose Hiking Socks](#)
- [Hiking in the Rain](#)
- [How to Choose Rain Gear](#)
- [How to Clean & Repair Gortex & Other Shells](#)



# Trekking Poles & Hiking Techniques

- [Tell Me About Trekking Poles](#)
- [How to Choose & Use Trekking Poles](#)
- [How to Properly Adjust & Use Trekking Poles](#)
- [Best Trekking Poles](#)
- [Hiking Techniques](#)
- [Tips for Hiking Downhill](#)



# Trail Hygiene

- [Backcountry Hygiene 101](#)
- [Watch How Sara Stays Clean on the Trail](#)
- [Learn about Kula Cloth](#)
- [Learn about Menstrual Care](#)
- [Pros and Cons of Period Products](#)
- [Learn About Female Hygiene](#)
- [How to Poop in the Outdoors](#)
- [How to Make your Own Poop Kit](#)
- [Going to the Bathroom in the Woods](#)
- [Have Better Trail Poops](#)



# Wildlife Encounters

- [Bears](#)
- [Mountain Goats](#)
- [Cougars](#)
- [Wolves](#)
- [Rattlesnakes](#)
- [Ticks](#)
- [Battling Bugs](#)



# Backpacking Tips & Gear Choices

- [Backpacking Checklist](#)
- [Backpacking Tips for Beginners](#)
- [How to Pack & Hoist a Backpack](#)
- [How to Prepare for an Overnight Trip](#)
- [How to Pick a Backpacking Trip](#)
- [Watch How Cheryl Packs her Backpack](#)
- [Watch How Robin Packs her Backpack](#)
- [A Backpacking Trip End to End Video](#)
- [See Donna's Backcountry Camp Choices](#)
- [See Some of Joe's Gear Choices](#)
- [How to Wash Your Backpack](#)
- [Reduce Your Weight by Learning to Use lighterpack.com](#)

# Budget-Friendly Backpacking: Gear Rentals

## General Rentals

- [REI](#)
- [Back 40 Outfitters](#)
- [Feathered Friends](#)
- [Ascent Outdoors](#)
- [OutdoorsGeek](#)
- [Mountaineers Gear Library](#)
- [Outdoor Recreational Gears](#)

## College Student Rentals

- [WSU](#)
- [CWU](#)
- [EWU](#)
- [WWU](#)



# Budget-Friendly Backpacking: Discounted Gear

- [Where to Buy Affordable Gear](#)
- [Mountaineers Membership Benefits](#)
- [backcountrygear.com](#)
- [campmor.com](#)
- [sierra.com](#)
- [moosejaw.com](#)
- [backcountry.com](#)
- [steepandcheap.com](#)





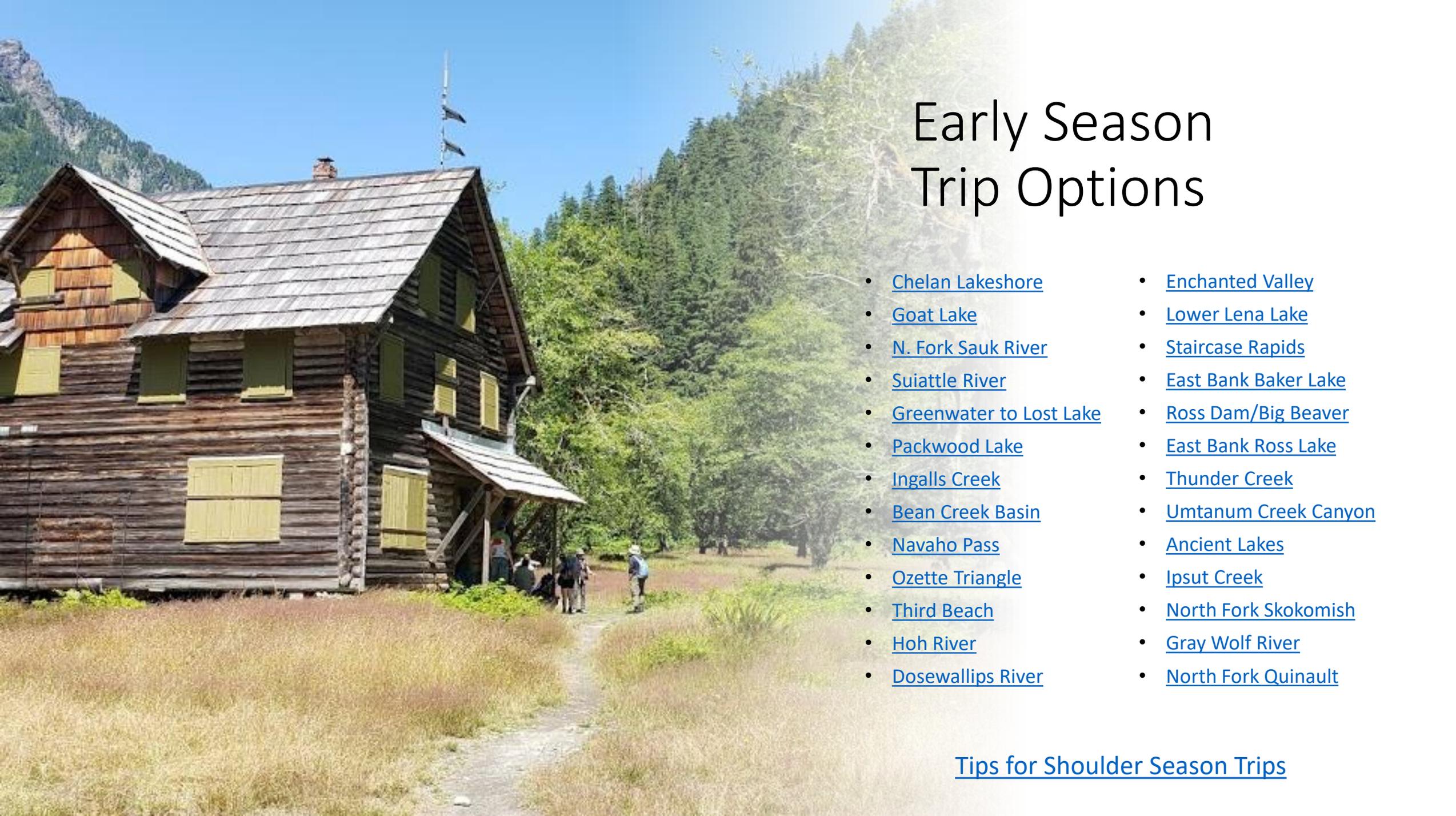
## How is Backpacking Different for Women than Men?

- [Outdoor Women: How to Find Your Community](#)
- [Societal Challenges: Yes, I Can Hike Solo, Thanks](#)
- [Facing Your Fears: Wild Animals, Insects and Injuries](#)
- [Facing Your Fears: Other People](#)
- [Women Specific Gear](#)
- [Fitness & Training for the Female Outdoor Athlete](#)
- [Feeding the Female Athlete: Nutrition for Outdoor Endurance](#)
- [Women Specific Hygiene: Peeing, Pooping, & Menstruating on the Trail](#)
- [Ins and Outs of Women's Backpacking Gear](#)



# Backpacking Training & Fitness

- [How to Train for Your Next Hike](#)
- [Allow for Enough Training Time](#)
- [Offseason Training](#)
- [Training for Overnight Outings](#)
- [Training with Back-to-Backs](#)
- [How to Train for Backpacking](#)
- [Create Your Own Training Program](#)
- [Yoga for the Outdoors](#)
- [Strength Prioritization](#)
- [Better Knees & Ankles](#)
- [Time-Tested Tapering](#)
- [Enlisting Help from an Accountability Partner](#)
- [Spice Up Your Shoulder Season Training](#)
- [Incorporating Recovery](#)
- [11 Things Every Hiker Should Know About Fitness](#)



# Early Season Trip Options

- [Chelan Lakeshore](#)
- [Goat Lake](#)
- [N. Fork Sauk River](#)
- [Suiattle River](#)
- [Greenwater to Lost Lake](#)
- [Packwood Lake](#)
- [Ingalls Creek](#)
- [Bean Creek Basin](#)
- [Navaho Pass](#)
- [Ozette Triangle](#)
- [Third Beach](#)
- [Hoh River](#)
- [Dosewallips River](#)
- [Enchanted Valley](#)
- [Lower Lena Lake](#)
- [Staircase Rapids](#)
- [East Bank Baker Lake](#)
- [Ross Dam/Big Beaver](#)
- [East Bank Ross Lake](#)
- [Thunder Creek](#)
- [Umtanum Creek Canyon](#)
- [Ancient Lakes](#)
- [Ipsut Creek](#)
- [North Fork Skokomish](#)
- [Gray Wolf River](#)
- [North Fork Quinault](#)

[Tips for Shoulder Season Trips](#)



I Need a Pass to  
Recreate?

- [Passes & Permits Available & Where to Get Them](#)
- [Which Pass Do I Need?](#)
- [Go Outside Passes](#)

# Stewardship Opportunities

- [Mountaineers trips](#)
- [Washington Trails Association](#)
- [Mountains to Sound Greenway](#)
- [Mount Tahoma Trails Association](#)
- [Snoqualmie Fire Lookouts Association](#)
- [Shadow Lake Nature Preserve](#)
- [Capitol Land Trust](#)
- [Nisqually Land Trust](#)
- [Pierce Conservation District](#)
- [EarthCorps](#)
- [Cheasty Green Space](#)

