



# Introduction to Backpacking

2026



# Land Acknowledgement

*The Mountaineers acknowledge that we are on the lands of the Pacific Northwest Indian tribes, who live here and steward these lands and waters as they have since time immemorial. As we pursue our mission, we strive to listen to and amplify Native traditions and values through respectful engagement.*



# TACOMA MOUNTAINEERS

## HIKING AND BACKPACKING

**LEADING MORE THAN 300 ADVENTURES A YEAR!**



### HIKING SERIES

- Welcome to Hiking
- Winter I-90 Alley
- Spring River Ramblers
- Summer Lookouts and High Places



### BACKPACKING

- Introduction to Backpacking
- Backpacking Seminars
- Dehydrated Food Potluck



### URBAN WALK



- New Urban Walk Program in Tacoma!



### SOCIAL EVENTS

- Game Nights
- Where in the World
- Author Events
- Leader Appreciation Dinner



### LEADERSHIP

- New Leader Seminars
- Leader Mentoring

# Welcome Course Leaders 2026



Lisa Elliott  
(she/her)



Haley Reeves  
(she/her)



# Introduction to Backpacking

## Important Attendance Dates



3/19

WELCOME  
ZOOM MEETING



4/4

GEAR DAY



4/25

PRACTICE CAMP



4/8

FIELD TRIP #1  
REGISTRATION

# Outline

## Introduction to Backpacking



Course Leader  
Introductions



Personal Gear  
Part 1



10 Essentials  
Required  
Quiz



Gear Day 4/4  
Preview



Kitsap Forest  
4/25-4/26  
Preview



Field Trips  
Open 4/8



Online  
Resources



Training, Tips,  
Seminars,  
Graduation

# Course Leaders and Instructors

- Combined backpacking experience: **200+ years**
- In addition to backpacking our combined leader experience includes winter camping, climbing, scrambling, bikepacking, snowshoeing and cross-country skiing
- Ask us anything!

## INSTRUCTORS



**CAROLYN READ**  
*Instructor*



**BRIAN CARPENTER**  
*Instructor*



**JEFFREY EDWARDS**  
*Instructor*



**HENRIQUE CASTRO**  
*Instructor*



**DIANN SHELDON**  
*Instructor*



**LARA LINDE**  
*Instructor*



**MONICA MONK**  
*Instructor*



**VANESSA PHILLIPS**  
*Instructor*



**CAROLYN CARBAJAL**  
*Instructor*



**DAVID HYDE**  
*Instructor*



**MONTE WINDSOR**  
*Instructor*



**JERRICK LINDE**  
*Instructor*  
*Qualified Youth Leader*



**CHRIS NELSON**  
*Instructor*



**COY HOWARD**  
*Instructor*



**GEOFFREY WICKES**  
*Instructor*



**ROYCE POETTER**  
*Instructor*



**ASHLEY NAGY**  
*Instructor*



**VALERIE LORFELD**  
*Instructor*



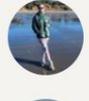
**SHANNON ROLBIECKI**  
*Instructor*  
*Qualified Youth Leader*



**STEPHEN OLIVER**  
*Instructor*



**DEANNA NUTTBROCK-ALLEN**  
*Instructor*



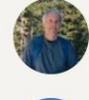
**ANGELA HESSMAN**  
*Instructor*



**LISA MCPEAK**  
*Instructor*  
*Qualified Youth Leader*



**LUCIANA (LU) WRIGHT**  
*Instructor*



**TOM UTTERBACK**  
*Instructor*



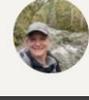
**FRANK MCCRACKEN**  
*Instructor*  
*Qualified Youth Leader*



**KURT MALLERY**  
*Instructor*



**BETH LOWE**  
*Instructor*



**CARY DOUSSETT**  
*Instructor*



## Personal Gear Part 1

- Shelters
- Packs
- Sleep Systems
- Footwear
- Trekking Poles
- Clothing & Layers [Video](#)
- 10 Essentials [Video](#)

# Sleep Systems

*(shelter, sleeping bag & sleeping pad)*

- ▶ Tarp
- ▶ Bivy Sack
- ▶ Hammock
- ▶ Tent



# Tent Features

T

- ▶ **Free Standing or Requiring Support to stand?**
- ▶ **Two-door or one door? Side or end?**
- ▶ **How large do you need?**
  - ▶ Room for your pad, sleeping bag & gear you want inside
  - ▶ Height – room to sit up & get dressed
  - ▶ Even if you don't plan on sharing a tent, a 2 person backpacking tent can be handy



# Sleeping Pads/Mats

SP

## Inflatable

**PROS:** More comfortable, less bulky

**CONS:** More expensive, can puncture, take time to inflate



## Foam or Closed-Cell

- Advantages: less expensive, virtually indestructible, don't need to blow up
- Disadvantages: not as insulating, not as comfortable, bulkier

# Sleeping Bags

## Things to consider when selecting a bag:

- ▶ Metabolism
- ▶ Gender
- ▶ Sleeping pad
- ▶ Bag Liner
- ▶ Tent
- ▶ Clothing
- ▶ Hood



*Go as light and compressible as you can, considering your overall sleep system and the nighttime temps you expect.*

# Sleeping Bags

SB

## Temperature ratings

- ▶ Comfort Rating vs. Lower Limit
- ▶ 20 degree bag is great for 3 season backpacking
  - ▶ Summer: 30° mummy bag or quilt
  - ▶ Spring/fall or high elevations: 10-20° bag
  - ▶ Winter camping or mountaineering: 0 degrees or lower
- ▶ Warmer bags tend to be bulkier & heavier

## Types of Fill

- ▶ Down: compressible / pricier
- ▶ Synthetic: bulkier / cheaper
- ▶ Hybrid



# Selecting a Backpack

- ▶ Fit is key!
- ▶ Torso Size vs. Volume of pack
- ▶ 45-70L is usually a good volume, depending on gear (not trip length)
  - ▶ Tip: The bigger the pack, the more you will fill it! A smaller pack will force you to bring only what you need.
- ▶ Features
- ▶ Borrow or rent a pack to start out if you can.



# What's In Your Pack?



## ***Base Weight v. Total Pack Weight***

- ▶ Base Weight, approximately 20 pounds
- ▶ Total Pack Weight, not more than 30% of your body weight

## ***Ways to Reduce Pack Weight***

- ▶ Share group gear
- ▶ Weigh your items
- ▶ Bring multi-purpose items

# How to Pack Your Backpack

## PACK WEIGHT DISTRIBUTION & PACKING ZONES

- 1 MIDWEIGHT ITEMS
- 2 HEAVY ITEMS
- 3 LIGHTEST ITEMS
- 4 LIGHTER ITEMS



**MIDDLE BACK  
(AGAINST THE BACK PANEL)**  
Heaviest items, including cookware, hydration reservoir, tent body, food, stove

**SIDE POCKETS**  
Water bottles, fuel containers, tent poles, fishing rod

**HIP POCKETS**  
Phone, camera, snacks, chapstick, pocket knife



**LID**  
Small items you need access to, like snacks, compass, lighter, first aid, rain cover

**MIDDLE FRONT**  
Lightest items, including pillow, towel, lightweight clothes, etc.

**BOTTOM**  
Medium weight gear, including sleeping bag, air mattress, camp clothes, pillow, etc.



# Footwear – Shoes or Boots

FW

## Hiking Boots



- ▶ Handle rough terrain and heavy packs
- ▶ Often more stable
- ▶ Can walk thru low water and mud

## Shoes/Trail Runners



- ▶ Lighter weight
- ▶ Less blister prone in dry weather (less humid inside)
- ▶ Dual use as camp shoes
- ▶ No break-in period required
- ▶ Feet and ankles can become very fatigued

# Selecting Footwear

- ▶ Try on with the same socks you plan to backpack in
- ▶ Important to have adequate room in toe box – “size up” – focus on fit, not on the number.
- ▶ Feet are complicated – you may need some inserts



# Camp/Water Shoes

- Helpful for stream crossings (something secure – not a flip flop)
- You may not need different shoes for camp, especially on shorter trips, however:
  - Helpful for comfort in camp
  - Reduces impact in camp (lightweight sole = less impact)
- If you want a camp shoe, get a light one that doubles as a water shoe. Toe protection is a plus.



CS



# Gaiters

G

- Low gaiters
  - Slip on over your sock
  - Reduces twigs, leaves, and dirt
  - Usually made of light stretchy material
  - Subject to abrasion easily
- High gaiters:
  - Strap under your boot or shoe
  - Can help keep your legs warm
  - Keeps your pants cleaner
  - Tend to be heavier but sturdier



# Trekking Poles

TP

## Benefits:

- ▶ Help with stability
- ▶ Reduce impact on knees
- ▶ Help with stream crossings

## Types

- ▶ Extendable
  - Power lock (recommended)
  - Screw lock (tends to fail)
- ▶ Fixed Length
- ▶ Carbon vs. Aluminum
- ▶ Cork, rubber and foam handles

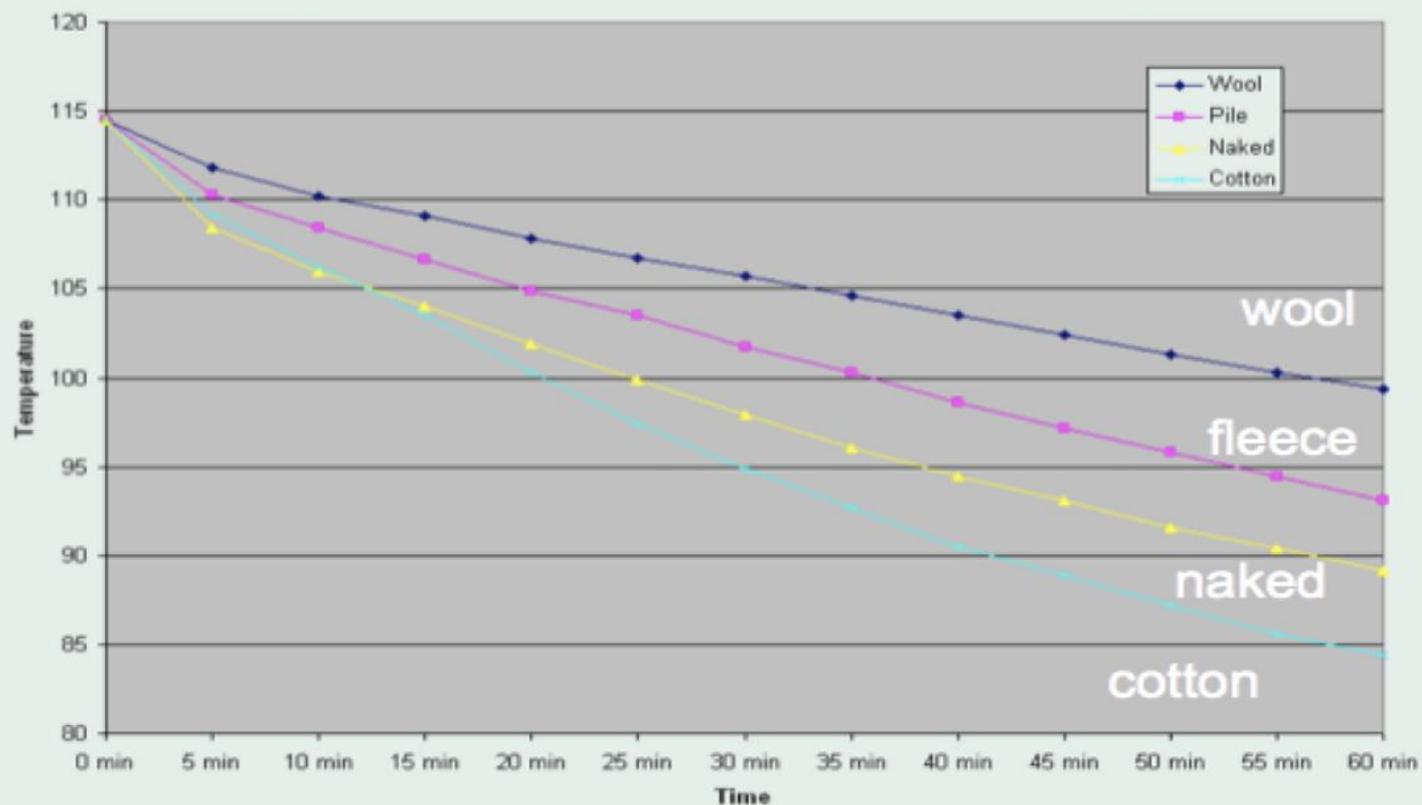


# Socks

- Liner socks (optional)
- Wool or synthetic (or blend) sock; thicker is not necessarily “better”
- **NO COTTON SOCKS** (that’s asking for blisters)
- **ALWAYS** carry extra socks that are dry



# 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

[Video Layering Clothing](#)

# 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



# The 10 Essentials

10

- ❖ Navigation (map & compass)
- ❖ Nutrition (extra food)
- ❖ Hydration (extra water)
- ❖ Emergency shelter (tent/garbage bag/emergency bivy)
- ❖ First-aid supplies
- ❖ Insulation (extra clothing)
- ❖ Sun protection (sunglasses & sunscreen)
- ❖ Illumination (headlamp/flashlight)
- ❖ Fire (waterproof matches/lighter/candle; fire starter)
- ❖ Repair kit and tools



HIKING ESSENTIALS



Recreation.gov  
EXPLORE YOUR AMERICA

[Video 10 Essentials](#)

# Required-10 Essentials Quiz Email





## Gear Day Saturday 4/4, 9-3 pm “Getting to Know You”

- Hands On Gear Day
- View Instructors Clothing Favorites
- See Sleep Systems, Poles, Packs
- Demonstrations of Stoves
- Personal Hygiene -How To
- Water Treatment & Filter Demos
- Food planning, cooking, & storage
- Trip planning
- Leave No Trace Ethics
- Low Impact Recreation



# Mentors

- Everyone will have a mentor
- Mentors enrich your learning experience. The experience you have with your mentor will depend upon how much you engage with them.
- Ask your mentor questions
  - ✓ How to get around on the website
  - ✓ Tips and tricks
  - ✓ Selecting a trip that is a good fit for you
  - ✓ Conditioning advice
  - ✓ Gear options or suggestions
  - ✓ How to stay comfortable with different weather conditions
- Don't be afraid to reach out. Your mentor is there to help you learn and is another free resource!
- Mentors will be assigned on Gear Day



## Kitsap Forest Practice Camp 4/25

- Develop your backpacking skills
- Get your pack fitted properly
- Learn to pack your gear
- Go on a short hike with your pack
- Set up your tent
- Filter water with your water filter
- Cook a meal on your backpacking stove
- Stay overnight (optional)



# 2026 Field Trips

- Ancient Lakes
- Enchanted Valley
- Lake George, Mt Rainier
- Dosewallips River
- Lost Lake & Noble Knob
- Tubal Cain Mine
- Ozette Triangle
- Wonderland Westside Indian Henry's Hunting Ground
- West Fork Foss Lakes
- Cougar Lakes & Three Lakes
- Marmot Pass & Buckhorn
- Indian Heaven via Thomas Lk
- Silver Lakes
- Lake Eleanor, Mt. Rainier



# Enchanted Valley





# Marmot Pass





# Gobbler's Knob





# Indian Heaven Wilderness





# Ozette Triangle





# Dosewallips River



The Mountaineers Mountaineers Books Search... Lara DONATE

**THE MOUNTAINEERS** ACTIVITIES COURSES CONSERVATION VOLUNTEER MORE

Home > Members > Lara Linde

**LARA LINDE**

- My Profile
- My Activities
- My Courses & Programs
- My Lodge Stays
- My Trip Reports
- My Volunteer Profile
- My Volunteer Hours
- My Payments
- My Pre-orders & Backorders
- My Preferences
- My Membership
- My Feedback
- My Waiver
- My Branch

*Lara Linde*  
**COURSES & PROGRAMS** FIND COURSES > VIEW PAYMENTS & RECEIPTS

**Filters**

Category: All courses Courses I'm taking Courses I'm leading

Show canceled  
 Show waitlisted

Date Range: Start - End

COURSE	ENROLLED/GOOD THROUGH	ROLE	STATUS	RESULT	ACTIVITIES
Basic Backpacking Skills Equivalency - Tacoma - 2023	Mon, Dec 26, 2022 - Sun, Dec 31, 2023	Leader	Registered		<a href="#">View</a>
Intermediate Backpacking - Seattle - 2023	Thu, Jan 26, 2023 - Wed, Dec 31, 2025	Student	Waitlisted (5)		<a href="#">View</a>
Introduction to Backpacking - Tacoma - 2023	Sun, Nov 20, 2022 - Tue, Oct 3, 2023	Leader	Registered		<a href="#">View</a>
Conditioning Hiking Series - Tacoma - 2023	Tue, Jan 10, 2023 - Sun, Oct 1, 2023	Instructor	Registered		<a href="#">View</a>
Basic Snowshoeing - Tacoma 2021/2022	Fri, Nov 5, 2021 - Mon, May 1, 2023	Instructor	Registered		<a href="#">View</a>

# Field Trip Registration 4/6

- To find the course after logging in, select 'My Courses & Programs.'
- Then select the course page 'Introduction to Backpacking - Tacoma 2025.'

## BACKPACKING COURSE

# Introduction to Backpacking

Gain the knowledge and tools you need to backpack comfortably and grow your backcountry confidence in 2023!

- ▶ Tue, Mar 14, 2023 - Tue, Oct 3, 2023
- ▶ Committee: Tacoma Hiking & Backpacking Committee
- ▶ Members: \$140.00 Guests: \$165.00
- ▶ Apply for a scholarship
- ▶ Availability: 9 (30 capacity)
- ▶ Cancellation & Refund Policy

Click the yellow "MORE +" button to read this entire course description before signing up.

## HELLO BACKPACKERS!

If you are new to backpacking or perhaps a returning backpacker who has been out for some time, this course will prepare you to safely and confidently enjoy overnight

[MORE +](#)

**BADGES**  
you will earn:



Basic Backpacking Skills



Backpacking Course



## REGISTRATION STATUS

LARA LINDE  
Role: Leader

Status: Registered

[Manage registration](#)

To register or cancel lectures and field trips, or to cancel entirely from the course, click the "Manage registration" button above.

## INTRO TO BACKPACKING FIELD TRIP

You may optionally add any of the following activities:

- Ancient Lake – Sat, May 14, 2022 - Sun, May 15, 2022 – 0 spots
- North Fork Skokomish River to Big Log Camp – Fri, Jun 3, 2022 - Sun, Jun 5, 2022 – 0 spots  
[Request Leader's Permission](#)
- Navaho Pass – Sat, Jul 9, 2022 - Sun, Jul 10, 2022 – 0 spots
- Pete Lake – Fri, Jul 15, 2022 - Sat, Jul 16, 2022 – 1 spots  
**This activity conflicts with another activity where you registered previously.**
- Indian Heaven via Thomas Lake – Fri, Aug 26, 2022 - Sun, Aug 28, 2022 – 1 spots

Or join the waitlist for an activity that is currently full:

- North Fork Skokomish River to Big Log Camp – Sat, Apr 30, 2022 - Sun, May 1, 2022 – 0 on waitlist  
**This activity conflicts with another activity where you registered previously.**
- Hyas Lake – Sat, Jun 25, 2022 - Sun, Jun 26, 2022 – 0 on waitlist
- Greenwater & Lost Lakes – Fri, Aug 12, 2022 - Sat, Aug 13, 2022 – 0 on waitlist
- Silver Creek Way Trail – Sat, Sep 10, 2022 - Sun, Sep 11, 2022 – 0 on waitlist

[Request Leader's Permission](#)

Your current course registration status is: **Registered**

[View cancellation/refund policy](#)

If you have any problems with registration, please contact our Member Services Team: [info@mountaineers.org](mailto:info@mountaineers.org) or 206-521-6001. Thanks!

Cancel from the course and ALL lectures and field trips

[SAVE CHANGES](#)

## HOW TO REGISTER FOR A FIELD TRIP

- On April 6 at 8 am, navigate to the course page and click on the blue manage registration button.
- Select the ONE backpack trip you would like to go on the most by checking the box next to the trip of your choice on April 6 at 8am, click save changes.
- Students that wish to join additional trips may check multiple boxes on April 10 at 8am or register for the waitlist.
- Course field trips will be moved to general club signups on April 27.
- Don't be afraid to join a waitlist but understand that you have made a commitment to the leader that you intend to go on their trip provided a spot opens.

## BACKPACKING COURSE

# Introduction to Backpacking

Gain the knowledge and tools you need to backpack comfortably and grow your backcountry confidence in 2025!

- ▶ Thu, Mar 6, 2025 - Wed, Oct 1, 2025
- ▶ **Committee:** Tacoma Hiking & Backpacking Committee
- ▶ **Members:** \$150.00 **Guests:** \$250.00
- ▶ **Apply for a scholarship**
- ▶ **Availability:** 2 (45 capacity)
- ▶ **Cancellation & Refund Policy**



CLICK THE YELLOW "MORE +" BUTTON TO READ THIS ENTIRE COURSE DESCRIPTION BEFORE SIGNING UP.

## HELLO BACKPACKERS!

If you are new to backpacking or perhaps a returning backpacker who has been out for some time, this course will prepare you to safely and confidently enjoy overnight

[MORE +](#)

**BADGES**  
you will  
earn:



Backpacking  
Course



Basic  
Backpacking  
Skills

## REGISTRATION STATUS

HALEY THOMPSON  
Role: Leader

Status: Registered

[Manage registration](#)

To register or cancel lectures and field trips, or to cancel entirely from the course, click the "Manage registration" button above.

## Intro to Backpacking Field Trip (optional)

Ancient Lake	Sat, May 17, 2025 - Sun, May 18, 2025 Registration opens Mar 28; Instructor registration open now	4 participants 0 instructors	Haley Thompson
Enchanted Valley	Fri, May 30, 2025 - Sun, Jun 1, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	4 participants 0 instructors	Beth Lowe
Rialto Beach to Chilean Memorial	Fri, May 30, 2025 - Sun, Jun 1, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	5 participants 0 instructors	Henrique Castro
Olympic Coast North: The Shipwreck Coast	Fri, Jun 6, 2025 - Sun, Jun 8, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	6 participants 0 instructors	Monte Windsor
Lena Lake	Sat, Jun 7, 2025 - Sun, Jun 8, 2025 Registration opens Mar 28; Instructor registration open now	4 participants 0 instructors	Royce Poetter
Tubal Cain Mine, Buckhorn Lake & Marmot Pass	Fri, Jun 20, 2025 - Sun, Jun 22, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	4 participants 0 instructors	David Hyde
Upper Big Quilcene to Marmot Pass	Sat, Jun 21, 2025 - Sun, Jun 22, 2025 Registration opens Mar 28; Instructor registration open now	4 participants 0 instructors	Haley Thompson
Navaho Pass & Peak	Tue, Jul 8, 2025 - Wed, Jul 9, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	4 participants 0 instructors	Beth Lowe
Butte Camp	Thu, Jul 10, 2025 - Fri, Jul 11, 2025 Registration opens Mar 28; Instructor registration open now	6 participants 0 instructors	Lara Linde
West Fork Foss Lakes	Thu, Jul 10, 2025 - Sat, Jul 12, 2025 Registration opens Mar 28;	4 participants 0 instructors	Rebecca Jacobsen
Bark Shanty	Sat, Jul 12, 2025 - Sun, Jul 13, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	4 participants 0 instructors	Frank McCracken
Pratt Lake	Fri, Jul 18, 2025 - Sun, Jul 20, 2025 Registration opens Mar 28; Instructor registration open now	4 participants 1 instructor	Lisa Hayek
Lake Ingalls	Sat, Jul 19, 2025 - Sun, Jul 20, 2025 Registration opens Mar 28; Instructor registration open now	3 participants 0 instructors	Venessa Phillips
Slab Camp Creek & Gray Wolf River	Thu, Jul 24, 2025 - Sat, Jul 26, 2025 Registration opens Mar 28; Instructor registration open now	4 participants 0 instructors	Rebecca Jacobsen
Dishan Gap Loop	Fri, Jul 25, 2025 - Sun, Jul 27, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	4 participants 0 instructors	Eugene Keltgen
Pete Lake	Fri, Jul 25, 2025 - Sat, Jul 26, 2025 Registration opens Mar 28; Instructor registration open now	4 participants 0 instructors	Lisa McPeak
Wonderland Trail: Longmire to Westside Road	Mon, Jul 28, 2025 - Wed, Jul 30, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	3 participants 0 instructors	Lisa Elliott
Silver Lakes	Fri, Aug 15, 2025 - Sat, Aug 16, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	4 participants 0 instructors	David Hyde
Panhandle Gap	Fri, Aug 15, 2025 - Sat, Aug 16, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	3 participants 0 instructors	Lisa Elliott
Around Mother Mountain	Fri, Aug 22, 2025 - Sun, Aug 24, 2025 Registration opens Mar 28; Instructor registration open now Request Leader's Permission	3 participants 0 instructors	Lisa Elliott

- On the course page, scroll down to see the field trip options.
- There are lot field trips this year! Many are to areas with lakes, rivers, ocean, or desert with a variety of landscape scenery for your enjoyment.
- The next slide shows you how to learn more about the field trips.

Intro to Backpacking Field Trip (optional)		
Ozette Triangle	Fri, May 19, 2023 - Sun, May 21, 2023 Registration opens Mar 28: Instructor registration open now	6 participants Lara Linde 0 instructors
Ipsut Creek Camp	Fri, May 19, 2023 - Sat, May 20, 2023 Registration opens Mar 28: Instructor registration open now	4 participants James Burke 0 instructors
Ancient Lake	Fri, May 26, 2023 - Sun, May 28, 2023 Registration opens Mar 28: Instructor registration open now	8 participants Luciana (Lu) 0 instructors Wright
Packwood Lake	Sat, Jun 3, 2023 - Sun, Jun 4, 2023 Registration opens Mar 28: Instructor registration open now	6 participants Stacey Gillette 0 instructors
Packwood Lake	Thu, Jun 15, 2023 - Fri, Jun 16, 2023 Registration opens Mar 28: Instructor registration open now	4 participants Lisa McPeak 0 instructors
Marmot Pass	Sat, Jun 24, 2023 - Sun, Jun 25, 2023 Registration opens Mar 28: Instructor registration open now	4 participants Lara Linde 0 instructors
Sheep Lake (Chinook Pass)	Fri, Jul 7, 2023 - Sun, Jul 9, 2023 Registration opens Mar 28: Instructor registration open now	6 participants Frank 0 instructors McCracken
Spade & Venus Lakes	Sun, Jul 9, 2023 - Tue, Jul 11, 2023 Registration opens Mar 28: Instructor registration open now Request Leader's Permission	4 participants Shannon 0 instructors Roibiecki
Spectacle Lake	Fri, Jul 14, 2023 - Sun, Jul 16, 2023 Registration opens Mar 28: Instructor registration open now Request Leader's Permission	3 participants Jeryl Kolb 0 instructors



## FIELD TRIP: INTRODUCTION TO BACKPACKING

### Intro to Backpacking Field Trip - Ancient Lake

*Preference to Tacoma Branch Introduction to Backpacking Students. Trip will open to all Mountaineers based on availability on May 1. A desert area in eastern Washington perfect for early season backpacking. Travel through desert, past basalt walls, and around the lakes, at the end of which is a waterfall, a rare feature in a desert. Enjoy wildflowers and interesting geology just to the east of the Columbia River near Vantage along the way.*

- ▶ Fri, May 26, 2023 - Sun, May 28, 2023
- ▶ Committee: Tacoma Hiking & Backpacking Committee
- ▶ Activity Type: Backpacking
- ▶ Audience: Adults

- ▶ Difficulty: Moderate
- ▶ Leader Rating: Moderate
- ▶ Mileage: 15.0 mi
- ▶ Elevation Gain: 1700 ft
- ▶ Pace: 1.5 mph

- ▶ Availability: 8 (8 capacity)
- ▶ Instructor Availability: FULL (2 capacity)
- ▶ Cancellation & Refund Policy

**Meeting place and time**  
Meeting place and time will be sent to registered participants.

Leader's notes



#### REGISTER PARTICIPANT

This activity is part of the Introduction to Backpacking - Tacoma - 2023 course. To register for the course, register or cancel lectures and field trips, or cancel entirely from the course, visit the course page.

#### REGISTER INSTRUCTOR

**PREREQUISITES**  
One of the following badges:

- ✔ Hike Leader

## LEARN ABOUT THE FIELD TRIPS

- On the course page, scroll down to the field trips, select one that interests you, and click to open the trip page.
- Review the distance, pace, and other information to ensure the trip is a good fit for you. Some trips may have optional side trips or require an additional expense for backpacking permits, especially in national parks. The leader will specify this information including the additional cost per person in the trip description (leader's notes) if one is applicable. The leader will also specify what parking pass will be needed for drivers.
- Note the trip of interest so you know which one to sign up for on April 27.
- Leader's permission – contact the leader ahead of time to get their permission to register before the trip opens to registration.

**TRIP**  
**Day Hike - Little Mashel Falls**

\*\*\*A WELCOME TO HIKING DAY HIKE\*\*\* These are winter hikes sponsored by Tacoma Hiking & Backpacking Committee for those who are new to hiking or want to restart hiking. They will be at a pace appropriate for the group.

**COVID-19:** Learn about our most up-to-date guidance for participants and leaders on our COVID-19 Response page. All participants and leaders must agree to the COVID-19 Code of Conduct before participating in this Mountaineers activity.

Sun, Jan 9, 2022  
 Committee: Tacoma Hiking & Backpacking Committee  
 Activity Type: Day Hiking  
 Audience: Adults

Difficulty: Easy/Moderate  
 Leader Rating: Casual  
 Mileage: 5.0 mi  
 Elevation Gain: 500 ft  
 Pace: 1.5 - 2 mph moving pace

Availability: FULL (6 capacity)  
 Assistant Leader Availability: FULL (2 capacity)  
 Cancellation & Refund Policy

**Meeting place and time**  
 We will meet at George Smallwood Park in Eatonville at 8:15am, ready to hike at 8:30am. No parking pass is required. Once registration closes, participants will receive detailed information about meeting up and the plan for the hike. In the interim, feel free to contact the leader if you have any questions.

**REGISTRATION STATUS**

LARA LINDE  
 Role: Co-Leader  
 Status: Registered

[Edit or cancel registration](#)

Registration will close on Jan 2 at 05:00 PM.

**REGISTER PARTICIPANT**

**CHANGE OR CANCEL ACTIVITY**

**DAY HIKE - LITTLE MASHSEL FALLS**

Tacoma Branch

You are registering Lara Linde

**COVID-19 Code of Conduct:** By registering for this activity, I affirm that I have reviewed The Mountaineers COVID-19 Code of Conduct and the guidance for participants and leaders available on the COVID-19 Response page. By clicking the "continue" button, I agree to follow this guidance during this activity.

Little Mashel Falls Sun, Jan 9, 2022 Trip

Your current role for this activity is Co-Leader.

Your current registration status is: Registered

[SAVE](#) [Cancel my registration](#)

**REGISTRATION STATUS**

LARA LINDE  
 Role: Co-Leader  
 Status: Registered

[Edit or cancel registration](#)

Registration will close on Jan 2 at 05:00 PM.

**REGISTER PARTICIPANT**

# Do's and Don'ts: Canceling from a trip

- If you need to cancel, do so as soon as possible. This allows others to join the trip that may be on the waitlist.
- Don't wait until the night before to cancel unless there is an emergency, or you are sick.
- If you cancel from a course field trip on or after April 27 you may not be able to get on another field trip and may not be able to graduate.



# Online Resources

[Course Requirements](#)[Roster](#)[Required Equipment](#)[Course Materials](#)

## NAME/DESCRIPTION

[2022\\_Intro to BP\\_Welcome Zoom Meeting.pdf](#)[2022\\_Intro to Backpacking Resources.pdf](#)[2022 Intro to BP Lecture 1.pdf](#)[2022 Intro to BP Lecture 2.pdf](#)[Sample Food List](#)[Sample Packing List](#)[Mountaineers Trip Expectations  
Expectations for trip participants](#)[Graduation Application\\_2022.pdf](#)[Graduation Application\\_2022.docx](#)[Introduction to Backpacking Manual 2017](#)  
Manual for backpacking that includes much of the presentation material but not all; plus some additional material not covered in class

# Course Materials

To find resources and course materials check the course page and select the blue 'Course Materials' tab to access more information.

- Gear Recommendations
- Packing checklist
- Course manual
- Expectations and policies for trips
- Graduation application
- Lecture Slides



# Mountaineers Website

- Your profile
- Website notifications
- Managing registration and course activities

The Mountaineers | Mountaineers Books | Search... | Lara

**THE MOUNTAINEERS** | ACTIVITIES | COURSES | CO...

Home > Members > Lara Linde

**LARA LINDE**

- My Profile
- My Activities
- My Courses & Programs
- My Lodge Stays
- My Trip Reports
- My Volunteer Profile
- My Volunteer Hours
- My Payments
- My Pre-orders & Backorders

*Lara Linde*  
**PROFILE**

VIEWABLE | EDIT PROFILE

**Lara Linde**  
Member since: Apr 20, 2018  
Branch: Tacoma

✉ lindelm98@gmail.com

**PRIMARY ACTIVITIES**

- Avalanche Safety
- Backpacking

My Profile  
My Activities  
My Courses & Programs  
My Lodge Stays  
My Trip Reports  
My Volunteer Profile  
My Volunteer Hours  
My Payments  
My Pre-orders & Backorders  
My Preferences  
My Membership  
My Feedback  
My Waiver  
My Branch  
Log out

# Your Profile

- Log in then hover over your photo or go to the left margin and click on 'My Profile' to bring up your profile page
- On this page you can edit your profile to include a photo and information about activities you're interested in.
- Note about viewable versus private profiles



EDIT PROFILE

ADD FAMILY MEMBERS

## Lara Linde

Member since: Apr 20, 2018

Branch: [Tacoma](#)

[lindelm98@gmail.com](mailto:lindelm98@gmail.com)

### PRIMARY ACTIVITIES

- ▶ Avalanche Safety
- ▶ Backpacking
- ▶ Day Hiking
- ▶ Environmental Awareness
- ▶ Exploring Nature
- ▶ Snowshoeing
- ▶ Urban Adventure

### COMMITTEES

- ▶ Tacoma Backpacking Subgroup
- ▶ Tacoma Hiking & Backpacking Committee
- ▶ Tacoma Singles Activities Subcommittee



Your profile is currently set to viewable. [Learn more about who can see my profile.](#)

## Alerts & Notifications Preferences

### Update Frequency

Send me an email with new items...

- As soon as they are added
- In a daily digest
- In a weekly digest

### Activities

Of these types... (choose at least one to get notifications)

Backpacking  Day Hiking  Exploring Nature  Global Adventures  Snowshoeing  Stewardship

### Branches

With these branches... (leave blank to choose all branches)

Bellingham  Everett  Foothills  Kitsap  Olympia  Seattle  Tacoma

### Courses, Clinics & Seminars

Of these types... (choose at least one to get notifications)

Backpacking  Outdoor Leadership  Snowshoeing

### Branches

With these branches... (leave blank to choose all branches)

# Website Email Notifications

- Select 'Edit Profile' to update your preferences and scroll to the bottom of the page. Select the frequency and type of notifications you would like to receive, then save.

## Register for a WTA Work Party



Search our schedule to find a work party in your area. No experience necessary – just bring boots, gloves, and lunch. But if you want more details, check out resources below.

> [Sign up for a WTA work party](#)



When you volunteer on trail, you get to enjoy time outside while building community and experiencing the joy of giving back. Check out our video to hear what trail work means to our volunteers.

**M THE MOUNTAINEERS**

Home > Volunteer > Volunteer With Us

- VOLUNTEER**
- Volunteer With Us
  - Volunteers Needed
  - Find Instructor Opportunities
  - Leader Applications
  - Branch Leadership Openings
  - Progressive Climbing
  - Education Committee Roles
- Find Instructor Opportunities
- Schedule & Manage
- Leader Resources
- Branches & Committees



## VOLUNTEER WITH US

Volunteers are the heart and soul of our community at The Mountaineers. Whether your interests are in teaching, leading trips, helping at events, supporting stewardship efforts, or serving on a committee that orchestrates such activities, we have opportunities for you to pitch in and make a difference!

# Local opportunities to get your stewardship done early!

Email [info@mountaineers.org](mailto:info@mountaineers.org) for non-club stewardship credit

#### BADGE

## LOW IMPACT RECREATION

---

*The holder of this badge has completed  
The Mountaineers Low Impact Recreation  
training and has the following skills:*

---



#### DESCRIPTION OF SKILLS

The holder of this badge understands the following low impact recreation skills

- ▶ Camping on durable surfaces
- ▶ Management of human waste in different outdoor environments
- ▶ On and off trail etiquette
- ▶ Food management including but not limited to food storage techniques, avoiding microtrash, and not feeding wildlife (intentionally and accidentally).

#### HOW DO I GET THIS BADGE?

Complete the [Test your Low Impact Recreation Skills eLearning Course](#) and successfully pass the associated review to earn your badge.

Enroll in the [eLearning course](#) and earn your badge early!



## How to Graduate from this Course

### Attend

Attend this Welcome Zoom Meeting, Gear day, and the Practice Camp

### Go

Go on two backpack trips - one required course field trip and another of your choice, hike out 2 miles

### Earn

Earn [the Low Impact Recreation Skills](#) and [Stewardship](#) Badges

### Complete

Complete all of the requirements and submit your graduation application by October 1, 2026

# Optional Seminars and Clinics

- April & May – Weighted Wednesday Dayhikes (free)
- April 8th- Ultralight Backpacking (paid)
- April 9th & 16th– Dehydrating Backcountry Food and Snacks (paid)
- May 5th – Backpack Route Planning (free)
- May 16th – Backpacking Food Potluck (free)
- For more Backpacking Seminars and clinics.

# Important Dates

- **April 4 – Gear Day at Tacoma Clubhouse**
- **April 6– First Field Trip Sign-up**
- **April 10– Remaining Field Trip Sign-ups**
- **April 25/26– Practice Camp at Kitsap Forest**
- **April 27 – All Field Trips Move to Club Registration**
- **May to September – Field Trips- 2 Total- 1 with Club**
- **Apply for Graduation by October 1st**

- Next meeting:

Tacoma Clubhouse April 4th, 9-3 pm



Questions

# Questions