

---

# Welcome to Beginners Backpacking Bootcamp



Our goal is to teach you the basis of backpacking in a fun, non stressful way. We hope you will then go out on your own and enjoy nature at her best with confidence. This is just the first step. Then join us on one our adventure trips where you can really put what you learned to practice.

Our classes are usually limited to 8 people so we can concentrate on YOU and give you personalized attention.



With a combined experience of over 20 years, we have taken hundreds of people just like you out into the wilderness. Some our Students that had never put on a backpack, have successfully completed a Long Distance Hike.

Just a few of the things you will learn

- How to pack your pack
- Does your pack even fit?
- The importance of Leave No Trace
- How to gain confidence with your gear
- How to filter drinkable water
- How to hang a Bear Bag PCT Style
- Identify the best way to get a fire going
- Cooking Techniques
- Setting up the perfect campsite
- How to pack less and have more
- Lightweight Techniques

Here is some info to help you get started.

We offer a beginners checklist and some tips on where and how to buy gear. Remember, you are gonna have a great adventure. So get to know your gear. TIP: Most people forget to break in their hiking shoes/boots before their first backpacking trip...don't be one of those people. :-)

# BEGINNERS BACKPACKING CHECKLIST

---

**NOTE:** Our backpacking bootcamp checklist is a guide to get you started.

**THE TEN ESSENTIALS** For safety, survival and basic comfort:

## 1. Navigation

- ┆ Map (with protective case)
- ┆ Compass
- ┆ GPS (optional)
- ┆ Altimeter (optional)

## 2. Sun Protection

- ┆ Sunscreen
- ┆ Lip balm
- ┆ Sunglasses

## 3. Insulation

- ┆ Jacket, vest, pants, gloves, hat (see Clothing)

## 4. Illumination

- ┆ Headlamp or flashlight
- ┆ Extra batteries

## 5. First-Aid Supplies

- ┆ First-aid kit

## 6. Fire

- ┆ Matches or lighter
- ┆ Waterproof container
- ┆ Fire starter (for emergency survival fire)

## 7. Repair Kit and Tools

- ┆ Knife or multi-tool
- ┆ Repair kits for stove, mattress; duct tape strips

## 8. Nutrition

- ┆ Extra day's supply of food

## 9. Hydration

- ┆ Water bottles or hydration reservoirs
- ┆ Water filter or other treatment system

## 10. Emergency shelter

- Tent, tarp, bivy or reflective blanket

## BEYOND THE TEN ESSENTIALS

- ┆ Backpack
- ┆ Daypack or summit pack
- ┆ Pack cover
- ┆ Tent, tarp or bivy sack (with stakes, guylines)
- ┆ Tent-pole repair sleeve
- ┆ Footprint (if desired for tent)
- ┆ Sleeping bag
- ┆ Stuff sack or compression sack
- ┆ Sleeping pad
- ┆ Pillow or stuffable pillow case
- ┆ Whistle (plus signaling mirror)
- ┆ Multifunction watch with altimeter
- ┆ Trekking poles
- ┆ Ice axe
- ┆ Meals
- ┆ Energy food (bars, gels, chews, trail mix)
- ┆ Energy beverages or drink mixes
- ┆ Stove
- ┆ Fuel
- ┆ Cookset (with pot grabber)
- ┆ Dishes or bowls
- ┆ Utensils
- ┆ Cups (measuring cups)
- ┆ \*Bear canister (or hang bags for food)
- ┆ Nylon cord (50' for hanging food)
- ┆ Backup water treatment
- ┆ Collapsible sink or container
- ┆ Packable lantern
- ┆ \_\_\_\_\_

# BEGINNERS BACKPACKING CHECKLIST

---

## Clothing: Warm Weather

- ; Wicking T-shirt (synthetic or wool)
- ; Wicking underwear
- ; Quick-drying pants or shorts
- ; Long-sleeve shirt (for sun, bugs)
- ; Sun-shielding hat
- ; Bandana or Buff
- ; \_\_\_\_\_

## Clothing: Cool Weather

- ; Wicking long-sleeve T-shirt
- ; Wicking long underwear (good sleepwear)
- ; Hat, cap, skullcap, balaclava or headband
- ; Gloves or mittens
- ; Rainwear (jacket, pants)
- ; Fleece jacket or vest, and pants
- ; \_\_\_\_\_

## Footwear; Assorted Personal Items

- ; Hiking Boots or hiking shoes suited to terrain
- ; Socks (synthetic or wool) plus spares
- ; Gaiters
- ; Sandals (for fording, in camp)
- ; Camera or helmet cam
- ; Extra memory cards
- ; Binoculars
- ; Permits
- ; Route description or guidebook
- ; Field guide(s); star identifier
- ; Outdoor journal and pen or pencil
- ; Credit card; small amount of cash
- ; Earplugs and eye shade

- ; Toilet paper
- ; Sanitation trowel
- ; Hand sanitizer
- ; Insect repellent
- ; Bear spray
- ; Biodegradable soap (and shower bag)
- ; Quick-dry towel
- ; Cell phone/satellite communicator/2-way radios
- ; Personal locator beacon
- ; Post-hike snacks, water, towel, clothing change
- ; Trip itinerary left with friend and under car seat
- ; \_\_\_\_\_

**\* Bear canisters are required in some Wilderness Area's. If a Bear Canister is required, we will let you know. Otherwise, do not buy one.**

If you have any questions regarding any of the items suggested or where to buy them. Please ask us! This what we are here for. To guide you through your first backpacking experience. You can send an e-mail to: [scottandariane@trustthetrailpodcast.com](mailto:scottandariane@trustthetrailpodcast.com) OR schedule a LIVE one on one class with us.

# Beginners Backpacking Bootcamp Class

## Our Lightweight Backpacking Philosophy

It's not always what you bring, sometimes it's how you bring it.

11. **Look at everything** and strive for choosing things that have **Multiple Uses**
  - ¡ Saves weight by allowing you to pack less items
  - ¡ Save money by buying fewer but more useful items
  - ¡ Less to fuss with because you have less items
12. **Buy items that are Not Over Built** for the trips you will be taking them on.
  - ¡ Doing so often leads to lighter items
  - ¡ You will save money with more simply constructed items
  - ¡ Over building can often make gear too complex to easily use properly
13. **Reduce number items** you bring
  - ¡ Less to buy is often cheaper
  - ¡ Bringing less makes for a lighter load
  - ¡ Simpler life from less to demand your attention
14. **Share** equipment when practical
  - ¡ Cheaper because you can share expenses
  - ¡ Lighter because you can share the carrying
  - ¡ You can make friends though sharing ;)
15. **Be knowledgeable** with what you will be using and doing
  - ¡ Allows to cut weight and cost without risking your safety
  - ¡ Allows you to make smarter choices about what you do bring
  - ¡ Allows you to use more fully the weight you bring
  - ¡ You will be more aware of how you impact the environment you are visiting
16. **Leave no trace**
  - ¡ Pack it in, pack it out; bringing less means less to leave
  - ¡ Lighter steps are less impactful to the environment
  - ¡ Conduct yourself in camp is a way that is not harmful to the area

## Summary:

**Backpacks** – Where are you going? How long will you be gone? Is weight important to you?

**Sleeping Bags.** Where are you going? How cold or warm will it be? How cold or warm do I sleep? Low elevation temps are different than high elevation temps. 70 degrees at city level could be 50 degrees on mountain level.

Down VS Synthetic. Down can NOT get soaking wet. Synthetic can. Down easily compresses and is lightweight. Synthetic is harder to compress and is heavier.

We recommend DOWN unless you are in very harsh, wet, conditions.

**Sleeping Pads:** Don't skimp. Insulated!!!! Packable and lightweight.

**Compression Compression, Compression...Bags**

**Water Platys:** Best Water Platy is the Camel Back 2 liter or the Platypus 3 liter.

**Water Purification** is NOT the same as Water Filtration. Purification is “I’m going out of the Country”, Water Filtration is “I’m going backpacking in the deep wilderness in the United States”.

**Stoves:** White Gas (MSR Pocket Rocket) Alcohol Stoves (make your own)

**First Aid Kit and the 10 Essentials:** It's always your responsibility to take care of yourself on ANY kind of trip. Backpacking, car camping, day hiking. It makes no difference. ALWAYS carry some sort of first aid kit.

NEVER assume you have to buy all this gear to enjoy the outdoors. Many people try backpacking and just don't like it. Others, love it. Rent gear if you want to “test the waters”. Just make sure it fits properly. It's always a good idea to really soul search about what you want to get out of the Outdoors, Nature, and a personal Challenge.

If you have any questions. Always feel free to ask us. You can also sign up for a one on one Q&A with either of us at anytime.

Good luck and thank you for taking Beginners Backpacking Bootcamp Class.