

"Lighter" Weight Backpacking

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Goal - Be Aware of weight and make "Conscious" decisions

Our objective is to lighten your pack (and hopefully not only your wallet!)

Difference between Ultralight and Lighterweight

Ultralight generally involves making significant cuts in safety margins. Minimalist to the extreme.

Lighterweight is more about keeping reasonable margins, using lightweight or alternate equipment, multi-use.

Why not Ultralight? "Be Prepared" - Every Trip is different, your needs may vary

Focus on the big and heavy items first:

- Sleeping bag
 - Temp rating
 - Costs vs weight
- Mattress pad
 - Old vs. Young bones
 - Weight/size vs comfort
- Tent and Ground cloth
 - Stakes
 - Weight, cost, durability
 - Plastic sheeting
- Cooking gear & cleaning supplies, both personal and crew
- Stove and Fuel
 - How long is your trip?
 - Altitude
 - Expected Temperatures
 - Your Morning Coffee???
- Rain Gear
 - Where you can get to it
 - Jacket/Pants vs Poncho
 - Pack Cover
- Warm clothes - multifunction items
- First Aid kit
 - Make it trip specific
 - Duct Tape Pro
- Water purification options
 - Filter
 - Bleach
 - Tablets
 - Miox
 - Iodine

- Bear Bag / Bear Canister
 - Bear and/or "mini" bear issues
- Flashlights
- Food
 - Lightweight recipes, trail snacks
 - Calculate caloric requirements
 - Less at start of trip, more towards end
 - Season is HUGE factor
- Hiking boots
 - Be aware of weight and support
- Camp Shoes
- Water
 - Trail
 - Cooking
 - Cleaning
 - What about "dry" camps?
 - Collapsible containers?
- Ziplock bags
- "One per Crew"
 - Knives
 - Compass
 - Toothpaste
 - Sunscreen (think about allergies)
- "Extra" Gear
 - Umbrella
 - Party lights
 - Camera
 - Journal
 - Binoculars
 - Lantern
 - Fishing gear
 - Prayer books/booklets
 - Rain fly
 - Stools
 - Axe
 - Saw
 - Scout handbook
 - Toys/Frisbees
 - Cards
 - Hiking poles
- Garbage bags - the many uses
- Compacting your trash
- Potty supplies
 - Trowel/spade
 - TP
 - Chaffing
 - Wetwipes
 - Glide

Backpack - last thing to go if "ultralight"

- Internal vs External frame
- Frameless

Maps

- Cut margins
- Custom printouts from TOPO program

First Aid Kit

- Think about common injuries - blisters, skinned knees/elbows, minor cuts, minor burns, sunburn, splinters, bee stings, poison oak
- Altitude sickness
- Dehydration
- Fever
- Diarrhea
- Heat exhaustion
- Athlete's foot
- Think about improvising - sticks and neckerchiefs
- Sturdy, waterproof/dirt proof bandages
- Splints - SAM splint
- Individual needs - know your Scouts
 - Diabetes
 - Asthma
 - Allergies (bee stings too)
 - ADHD

Alcohol Gel

Checklists!!

Shaving Grams - The Kitchen Scale

- Ultralight stuff sacks
- Ziplock baggies

Cutting tags out of underwear and off of teabags - Are you extreme?

Resources:

REI.com

Backpacking.net

Backpacker magazine - Gearfinder.com

GOOGLE!!!

