

"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 Lightweight

Ultralight generally involves making significant cuts in safety margins.

Minimalist to the extreme.

Lightweight 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 instead of ground cloth? Or just "naked" tent bottom?
- Cooking gear & cleaning supplies, both personal and crew
- Stove and Fuel
 - How long is your trip?
 - Altitude (higher equals more fuel burned)
 - Expected Temperatures
 - Can you resupply fuel? (You can at Philmont!)
 - Your Morning Coffee???
 - Measure your usage on a shakedown trip

Think about multi-use items

- Rain Gear
 - Can double as your outer windproof layer
 - Worn over an insulating layer can really increase the warmth factor!
 - Where you can get to it
 - Jacket/Pants vs. Poncho
 - Think about Zippers (less windproof and heavier!)
 - Pack Cover
- Warm clothes - multifunction items
 - Insulating layers - weight and compaction
- First Aid kit
 - Make it trip specific
 - Duct Tape Pro

Water purification options

- Filter
- Bleach
- Tablets
- MiOx
- SteriPen
- Iodine

Bear Bag / Bear Canister

- Bear and/or "mini" bear issues

Flashlights

Food

- Lightweight recipes, trail snacks
- Calculate caloric requirements and don't pack much extra
 - Less at start of trip, more towards end
 - Season is HUGE factor
- Calorie Density?

Hiking boots

- Be aware of weight and support

Camp Shoes?

Water - how much to carry?

- Trail
- Cooking
- Cleaning
- What about "dry" camps?
- Collapsible containers?

Ziplock bags

"One per Crew"

- Knives
- Compass
- Toothpaste
- Sunscreen (think about allergies)

Garbage bags - the many uses

- Compacting your trash

Potty supplies

- Trowel/spade
- TP
- Chaffing
 - Wetwipes
 - Glide

"Extra" Gear

- Hiking poles
- Camera
- Stools
- Party lights
- Cards
- Binoculars
- Journal
- Toys/Frisbees
- Lantern
- Fishing gear
- Prayer books/booklets
- Rain fly
- Umbrella
- Axe
- Saw
- Scout handbook

Backpack - last thing to go if "ultralight"

- Internal vs External frame
- Frameless

Maps

- Cut margins
- Custom printouts from TOPO program
- Waterproof paper with no Ziplock?

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!!!

November 2008 Backpacker magazine - "Pack Man" - Article on Mountain Crossings (Appalachian Trail) - excellent short checklist!