

April 9, 2022

Introduction to Backpacking

Worcester Chapter



Welcome!



Online Logistics/Etiquette



Who the heck is teaching this stuff, anyway?



What are you looking to get out of this workshop?



Why is it a good thing that you're here?



Agenda

Preparation for Backpacking

Setting Up Camp Scenario

Camping Equipment

Leave No Trace (LNT)

Emergency/Medical Info

Cooking Equipment

Clothing, Other Gear

Long Distance Hiking

Upcoming Hikes/Wrap Up/Questions



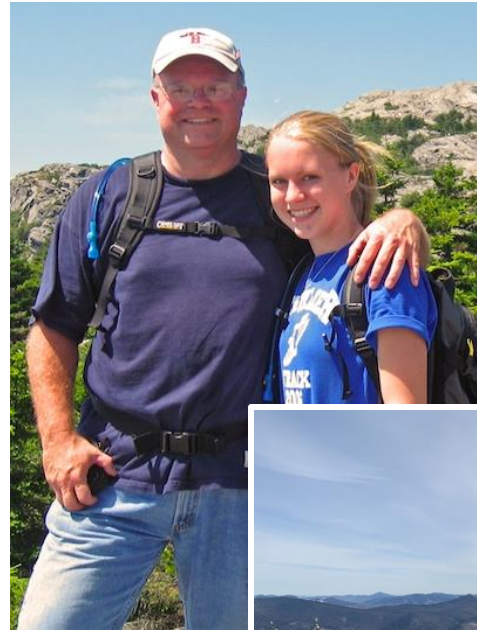


And now a word from a graduate...

Dave Kulpa

My prior experience

- Local hikes
- Mt Greylock
- Monadnocks
- White Mountains



Had never backpacked

- Or camped
- Or even slept outside in a tent



My motivation

- Complete the NH48 4,000 footers
 - Owl's Head
 - The Bonds



My program summary

- **Leaders:** Experienced, compassionate, and patient; with decades of hiking and backpacking experience
- **Environment:** Welcoming, non-intimidating, interactive and hands-on; developing skills through practice and progression
- **Result:** Builds your skills and your confidence



Learned about:

- Gear selection
- Stowing and carrying gear
- Selecting a tent site
- Setting up camp
- Building a campfire
- Cooking a meal
- Filtering water
- Hanging a bear bag
- Hike ... hike ... hike ... repeat

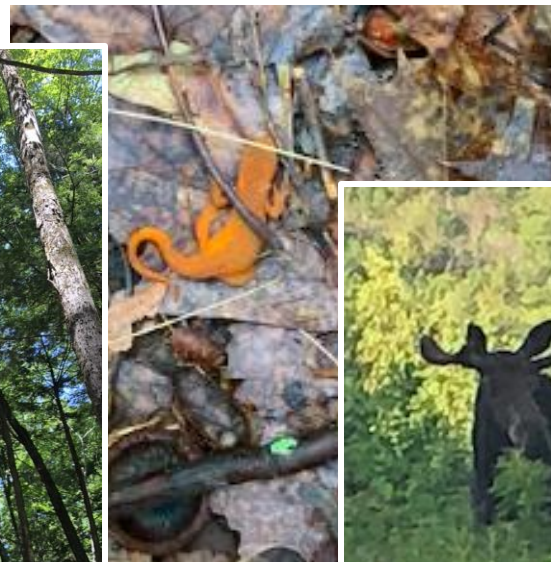
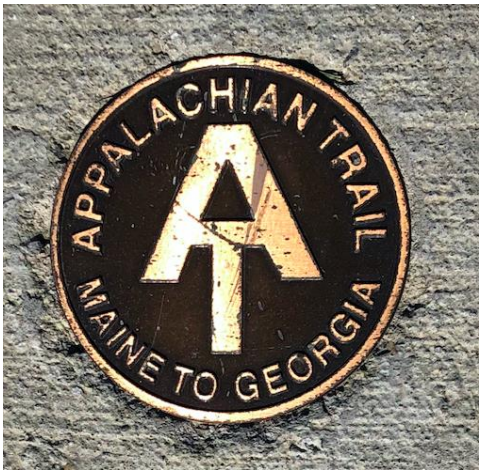
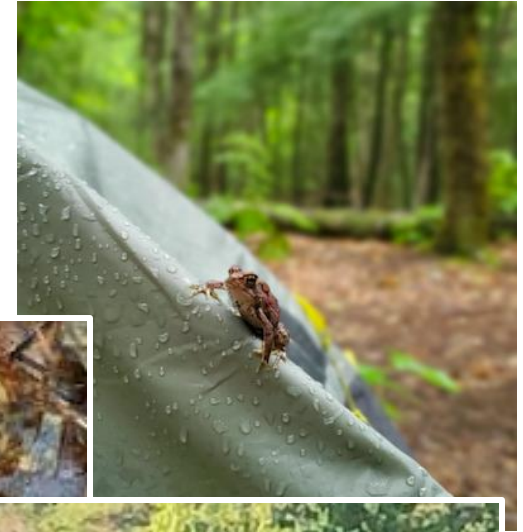


**Look at me;
I'm backpacking!**

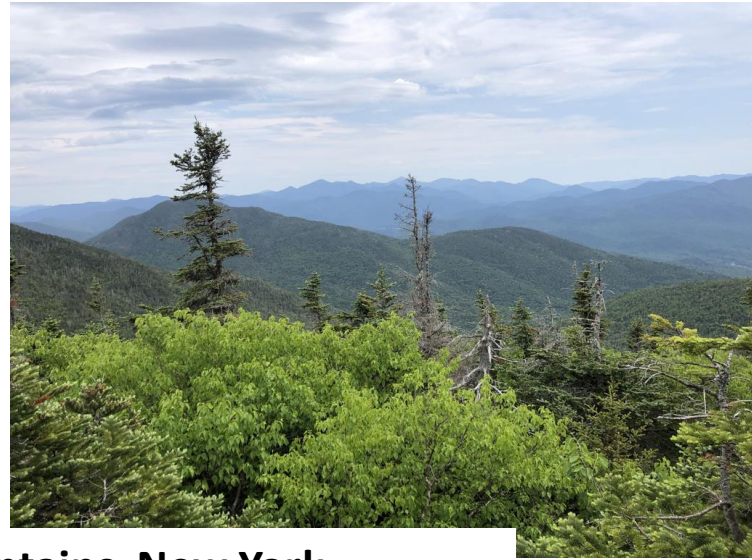


My Inner Backpacker trips

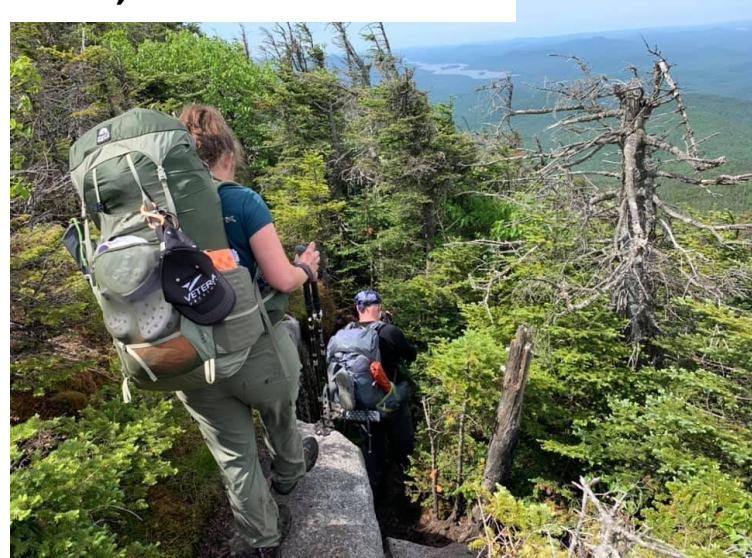
- Gear Shakedown
- Bigelow Hollow, CT, 1 night, 9 miles
- Section of New England Trail, 2 nights; 15 miles
 - Mt Grace / Richardson-Zlogar Cabin, MA
- 3 Sections of the Appalachian Trail in Massachusetts, 2 nights, ~20 miles each



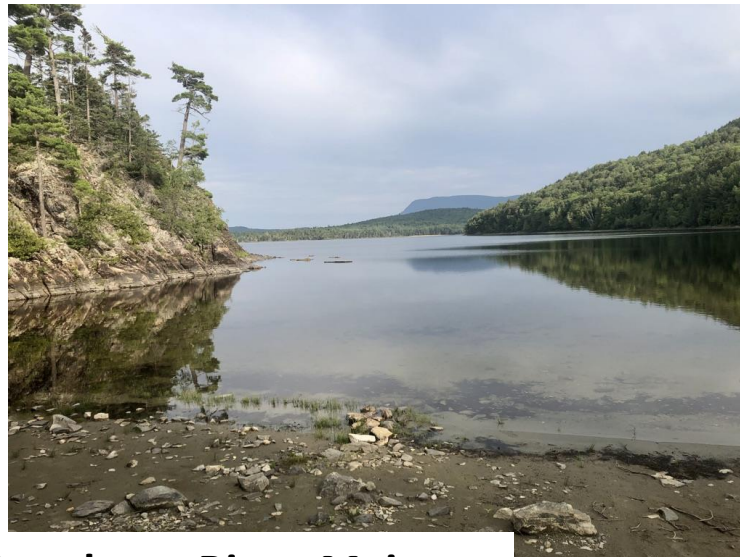
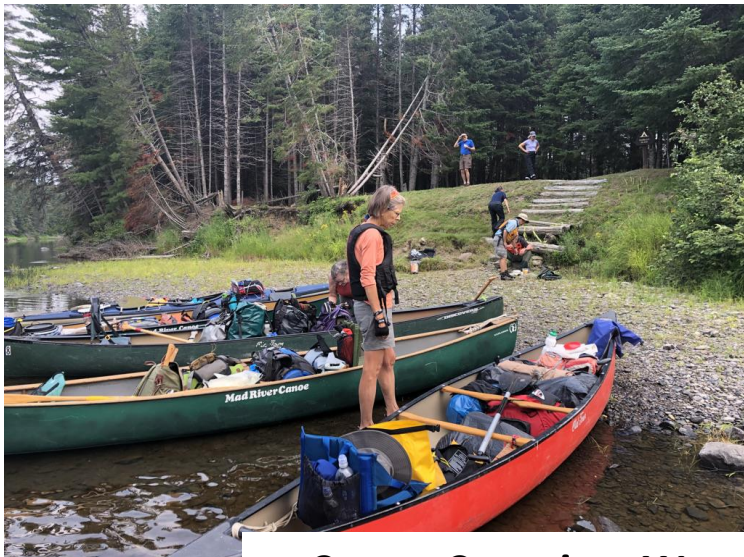
Backpacking expanded my hiking options



Adirondack Mountains, New York



Backpacking opened doors to new activities



Canoe Camping, West Penobscot River, Maine



Look out your window and smile



Get up and go outside



The real experience ...

- *Wake to birds singing, and dawn breaking*
- *Enjoy meandering trails as you cross forests, ford streams, and climb mountains*
- *Be inspired by endless views and natural beauty*
- *Listen ...*
animals scurrying, birds singing, insects humming, wind rustling, rain pattering, streams trickling, thunder booming, rivers running, waterfalls tumbling
- *Be surprised by an eagle in flight, or moose meandering*
- *Set up camp and chat by a campfire, make new friends*
- *Watch the sun set, the moon rise, and the stars twinkle*
- *Finally, after fully immersing all your senses, and challenging your physical, mental, and spiritual self, sleep deeply ... and prepare to do it all over again*



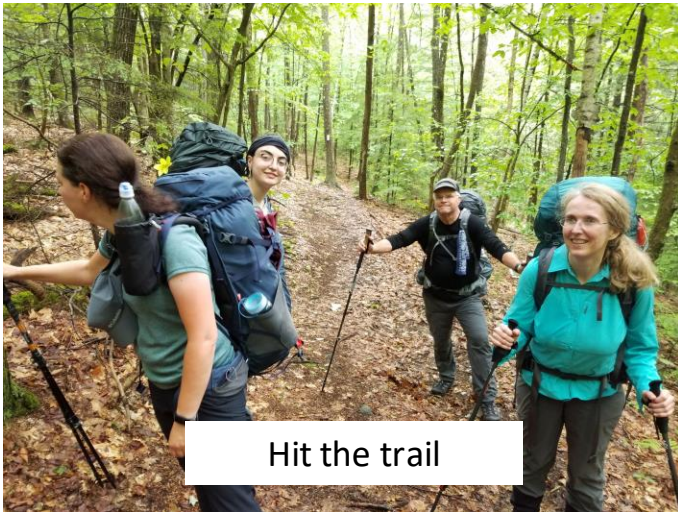
Explore Your Inner Backpacker



Check out an
AT Shelter



Hang a
Bear Bag



Hit the trail



Enjoy a campfire



Pitch a Tent



Make new friends



Questions ?





Preparation for Backpacking

Chris Fogarty

Preparation for Backpacking

You will carry all your gear

- Ultra-lite under 25 lbs
- Light 25-30 lbs
- Regular 30+ lbs

You cover many miles and climb many hills

- Short trips up to 5 miles a day
- Long trips 8-20 miles a day

Start easy and work your way up



Preparation for Backpacking: Fitness

Overall Pre-trip Readiness:

- Adding strength training (body weight/light weights) to your cardio
- Try an easy hike with additional weight
- Move to longer/more difficult day hikes with additional weight

Strength Preparation:

- Legs: lunges, squats, glutes
- Upper Body: core work
- Functional movement whole body exercises
- Walk using incline on treadmill >5% - wear your backpack here too!

Post-trip Recovery:

- Stretching - during hike and end of day ensures quality recovery
- Hydration is important



Preparation for Backpacking: Skills



Map & Compass



Backcountry cooking



Learn from friends and AMC groups



Wilderness First Aid – outside the Golden Hour



Preparation for Backpacking: Risk Mgmt



Check for trail closings, reroutes, alternate routes



Identify bail out options in case something goes wrong



Leave detailed plans with someone who can contact authorities if you get into trouble





Environment Assessment & Camp Setup

Paul Glazebrook

Environmental Assessment

The backpacking trip starts before you leave...

- Weather
- Water availability
- Wildlife
- Sun & Moon
- Sun Protection
- Insects
- Navigation
- Remoteness
- Trail Conditions



Choose a Camp Site: Main Goals



Don't disturb the environment



Pick a safe site



Campsite layout



Making Yourself Comfortable



Handling water



Dealing with human waste



Choose a Camp Site: The Environment



Research options ahead of time



Use existing campsites and shelters



Choose your own site

Note: Many trails prohibit stealth camping – know the rules



Choose a *Safe* Camp Site

Flat area

Weather Secure

Check for rocks

No over-hanging
branches (aka
Widow-makers)

Look for signs of
running water

Avoid flash
flooding areas

Animal signs?
(check with
Ranger as well)

Water source
nearby?

Existing latrine?



Anatomy of a Camp Site



Tent location



Make yourself comfortable



Backpack



Cooking area & washing dishes



Campfire



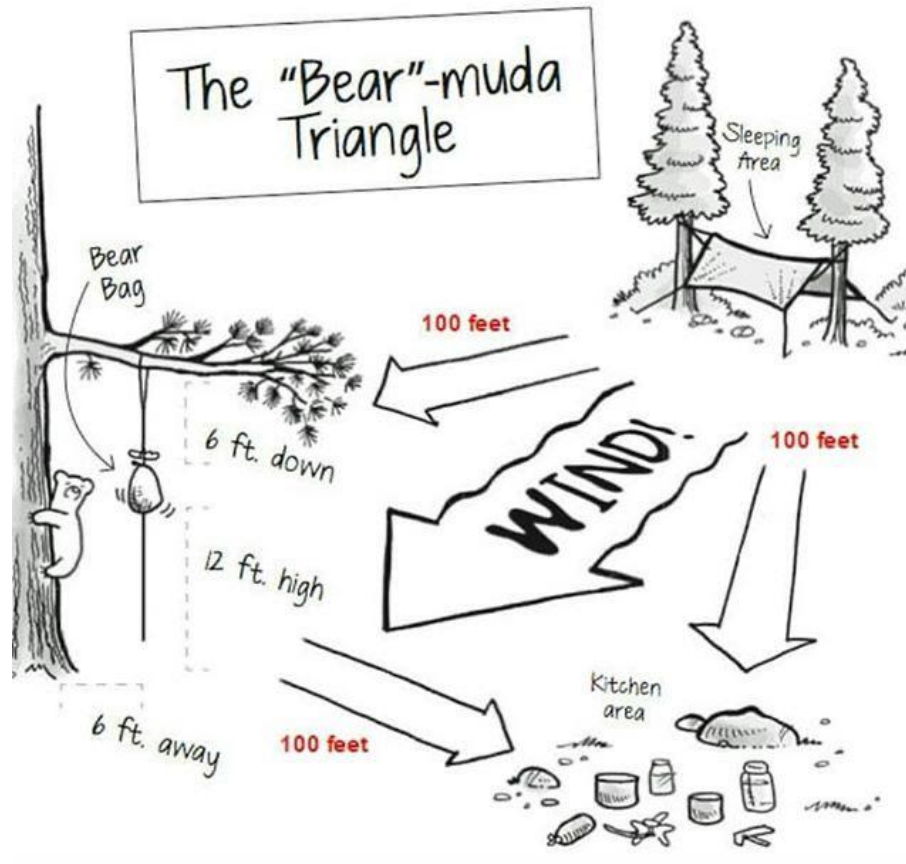
Tarps



Keep animals away



Primitive Campsite Layout



Choose a Camp Site: Water



Purify all water



Running water
works best



Be prepared for
low water levels



Personal
hygiene



MAKING YOURSELF COMFORTABLE

- REST, HEAD DOWN FOR A FEW MINUTES
- WASH UP
- CHANGE SOCKS AND T-SHIRT
- WATER-UP, DRINKS AND SUPPLY FOR THE NIGHT



Choose a Camp Site: Washing Dishes

- No detergents or soap are safe for the backcountry
- Illness from contaminated dishes is a major cause of backcountry illness
- Cooking with little cleanup is best
 - Zip-lock bag cooking
- If you do dishes:
 - Use as little water as possible
 - Pack out your scraps
 - Dispose of grey water away from water sources



Choose a Camp Site: Human Waste

Many back country sites have been lost because they became bio-hazards

Use outhouses where possible

Someone has to clean them, so don't put anything but human waste and toilet paper in them

If there is no outhouse....dig, poop, stick

- How to "poop in the woods"
- TP and Wipes: Pack-it Out
- No bowel movements = BAD



Lions, Tigers & Bears: Oh My!

- Insects: Time of year, Campsite Selection, Head-net, Repellents
- Maintain a Spotless Campsite, be fanatical
- Micro Bears: Mice, et al
- Maintain a Spotless Campsite, be fanatical
- Tools: OpSack, UrSack, Bear Cannister
- Technique: Hanging a Bear Bag. Fun and Games





OPSAK & KEVLAR URSACK

- OPSACK CONTAINS/PREVENTS ODOR.
- URSACK PROTECTS FOOD AND TOILETRIES



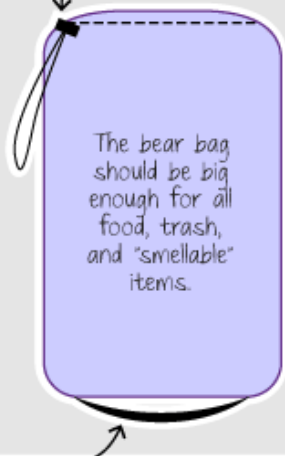
BEAR CANNISTER



HANGING A BEAR BAG—THE "PCT" METHOD

Illustration ©2013 by Derek Hansen, TheUltimateHang.com

If hung "upside down" be sure to tie a slippery overhand knot to prevent the cord lock from loosening



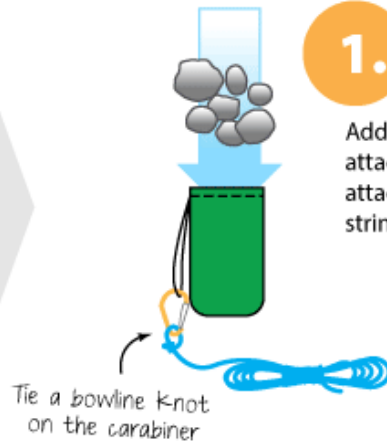
The bear bag should be big enough for all food, trash, and "smellable" items.

EQUIPMENT

- Bear Bag
- 40 ft (12 m) Rope
- Throw/Rope Bag
- Mini Carabiner
- Small twig



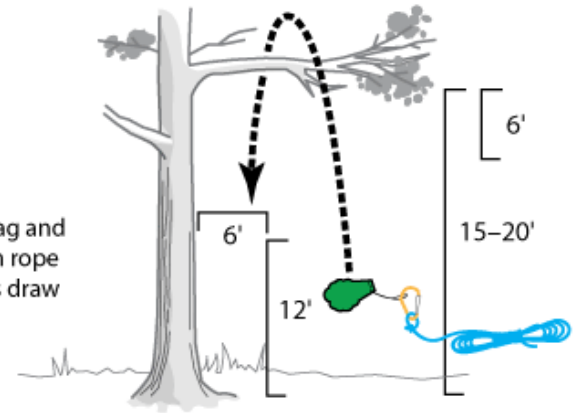
Bags with a webbing strap or loop are ideal



1.

Add rocks to throw bag and attach carabiner (with rope attached) to the bag's draw string to secure.

Tie a bowline knot on the carabiner

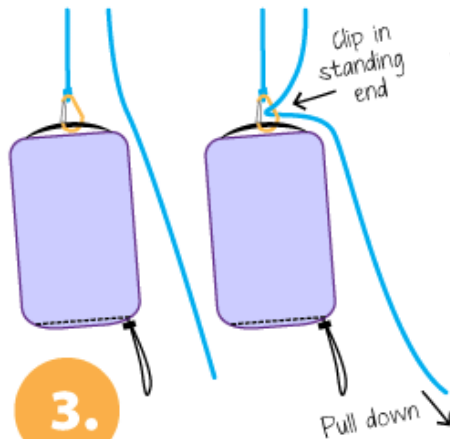


2.

Toss the throw bag over a sturdy branch that is 15–20 ft (4.5–6 m) above the ground.

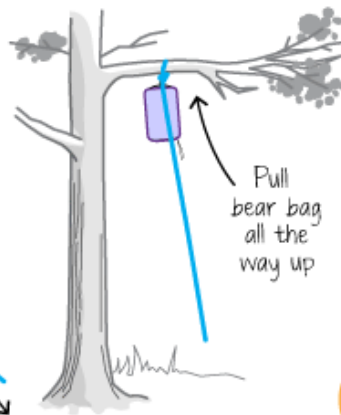
NOTE: When properly hung, the bear bag should hang at least 12 ft (4 m) above the ground and 6 ft (~2 m) down from the branch and away from the tree trunk.

(See <http://Int.org/blog/hanging-bear-bag>)



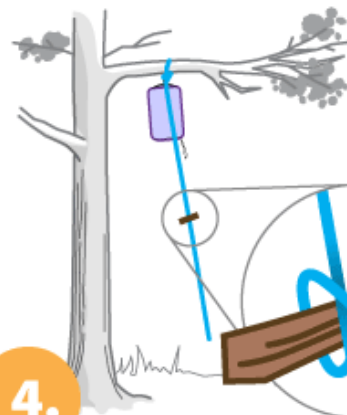
3.

Unclip throw bag from carabiner. Clip carabiner to bear bag. Feed loose end of the rope through carabiner and pull loose end to raise the bear bag to the top of the tree branch.



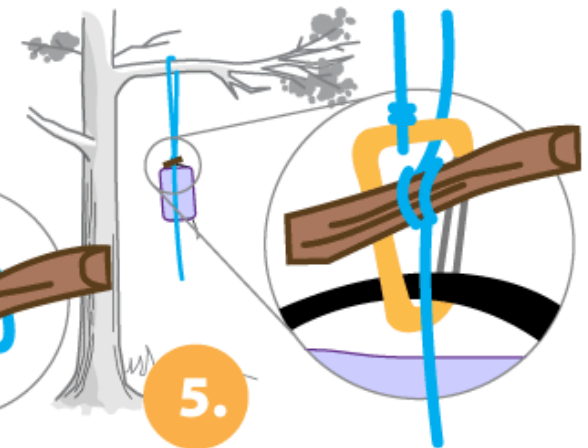
4.

Reach as high as you can and tie a clove hitch around the twig on the loose end of the rope, creating a toggle.



5.

Release the loose end of the rope. The bear bag will stop at the toggle.

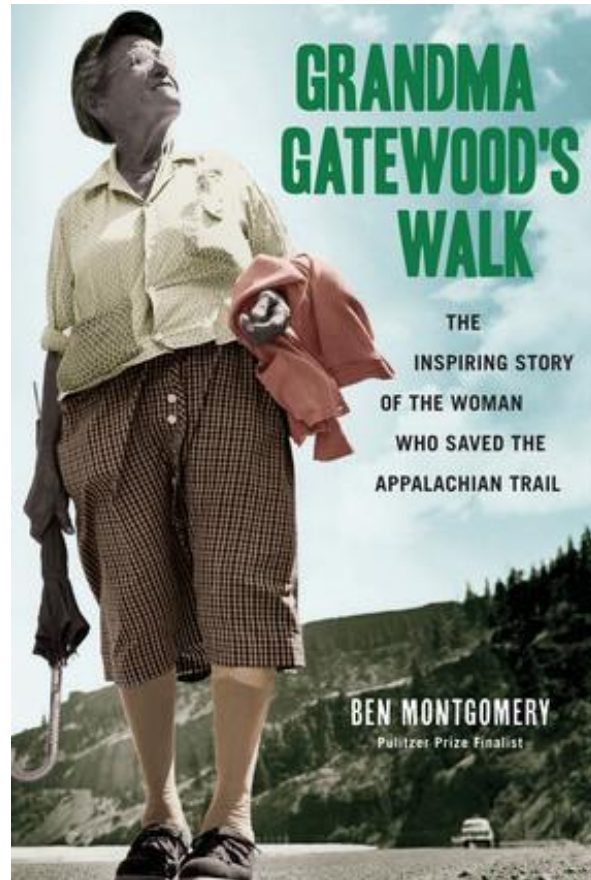


Where to go Backpacking

- Mid-State Trail (some)
- Tully Trail
- New England Trail (aka M&M Trail)
- Monadnock-Sunapee Trail (SW-NH)
- Appalachian Trail (CT, MA, VT, NH, ME)
- Berkshires (Mt. Greylock, Taconic Crest Trail)
- Long Trail (VT)
- White Mountain National Forest (NH, ME)
 - Pemigewasset Wilderness
 - Wild River Wilderness Area



Before we talk about
all the shiny stuff...





15 Minute Break!



Camping Equipment

Chris Fogarty

Camping Equipment: The Big Three



Backpack:

- Volume
- Internal/External Frame
- Gender Specific
- Fit is Very Important
- Try Before You Buy



Shelter:

- Tent/Tarp/Hammock
- Size – 1p, 2p
- Materials – Silnylon, Silpoly, Cuben Fiber
- Mindful of Weight



Sleep System:

- Sleeping Bag, Quilt, Liner
- Temp Rating
- Down/ Polyfil
- Inflatable Pad/Pillow
- Closed Cell Foam Pad



Camping Equipment: The little stuff

Appropriate
Clothing

Primary H2O
Purification
Plus Backup

Water Storage
System

Kitchen Kit
(Stove, Fuel,
Cutlery)

First Aid Kit

Trail Map,
Compass &
GPS

Toilet Kit
w/Cat Hole
Trowel (LNT)

Headlamp &
Spare
Batteries

Emergency
Equipment



“Oh Crap!” Kit (Emergency Equipment – Non First Aid)

Portable
Battery Charger
w/Cords

Boot
Laces (Can Use
Bear Line)

Water
Purification
Tabs

More than 1
Bandana

1-2 Zip Ties

Repair Kit
(Sleeping Pad &
Others)

Hot Packs
(Seasonal)

Spare Ziplock
Bags

Matches/Fire
Starter

Mini-
Knife/Multi-
Tool

Wallet/Car
Keys/Medical
ID



Camping Equipment More “Other” Stuff

**See appendix for more!

- Dining tarp in bad weather
- Hiking poles (duct tape wrapped)
- Sunscreen/ insect repellent
- Sun/ prescription glasses
- Cell phone
- Lip balm
- Hand Sanitizer
- Whistle
- Hat Visor



BREAKOUT – 45 min

**Backpacks, shelters, sleep systems,
poles**



Leave No Trace

Kim Beauchemin

Conservation: Core to our Mission/Vision

The mission of the Appalachian Mountain Club is to foster the protection, enjoyment and understanding of the outdoors.

We envision a world where being outdoors is an integral part of people's lives; where our natural resources are healthy, loved and protected.



Respect for people and nature



Lifelong Engagement



Prepared Leadership



Intrinsic Worth of the Outdoors



Fun



Seven Principles of LNT

1. Plan Ahead / Know Before You Go
2. Travel and Camp on Durable Surfaces.
3. Dispose of Waste Properly
4. Leave What You Find
5. Be Careful of fires
6. Respect Wildlife
7. Be Kind and Respectful of Others







LUNCH

1 hour



Emergencies and Medical Info

Chris Fogarty

Group Management & Emergency Planning



The leader must be in charge!



Be upfront about medical conditions
before the hike



Have an emergency plan



Most common injuries: blisters,
sprains, scrapes/bruises, dehydration,
exhaustion, mild hypo/hyperthermia



Emergency Scenarios



Heat exhaustion



Dehydration - severe



Hypo/hyperthermia - severe



Wasp/bee stings



Large burns



Severe poison ivy



Infection from injuries



Lightning



Recommended First Aid Kit

- Band-Aids (fingertip!)
- Moleskin/ Leukotape/ Blister Bandage
- Gauze
- SOAP note-on paper & pencil
- Tampon
- Nitrile gloves/ spare face mask (non-bandana)
- Tweezers w/ magnifying glass
- Safety pins / Spare Ziploc Bags

- Pain relievers & prescription meds
- Anti-gas, diarrhea, allergy meds, Benedryl
- Co-flex tape (non-BandAid option for cuts)
- Alcohol wipes/Iodine/ Neosporin (optional)
- SAM splint / space blanket (optional)

Use Common Sense



IF YOU HAVE TO SEE A DOCTOR, IT'S TIME TO
EVACUATE



CONSIDER BECOMING WILDERNESS FIRST AID
(WFA) CERTIFIED, GO TO
AMCWORCESTER.ORG FOR MORE INFO





Cooking in the Backcountry

Chris Fogarty

Water Filtration



Filters (Giardia, Cryptosporidium)



Purifiers (UV, SteriPen (Ultraviolet (UV-C) MIOX))



Iodine tablets



Chlorine dioxide (Aquamira)



Boiling



Leverage municipal/potable water when you can



Hydration



Hydrate before the hike!



Avoid dehydration, hypothermia (cold) and hyperthermia (heat) illness

Normal activity ~2 liters/day
Hot temps 3.5 liters/day
Heavy exercise 6.6 liters/day



Drink water early and often



Add electrolytes!



Many hydration systems:

Disposable Plastic Bottles, Nalgene
Camelback/Platypus reservoir system



Food



Consider calories, prep, fuel/water needs & taste



3 Meals – nutrition on the trail



Snacks – Assortment of nuts, bars, dried fruit



Don't diet!



Get food that's nutritious, that you'll *want* to eat



Simple and lightweight - Pre-pack food to eliminate waste



Approximately 2 lbs/per person/per day



Preventing Sharing Your Food With Critters



Bugs, Bears and “Mini-Bears” (rodents), oh my!



Use bear boxes, if provided



Use bear canisters, if required!



Hanging a bear bag – learn how at our Gear Shakedown



Cooking Equipment



Cooking system
(stove)



Pot/pan/utensils



Dining Fly



Other items that can
be shared?



Individual or group
gear– it's up to you



Food that you don't
have to cook is an
option



Fuel

Stoves: white gas or alcohol

- Warm weather ~5 oz of fuel per person/day
- More in cold weather

Canister stoves:

- Start with fresh canister or have back-up
- Weigh canister before use and then after to know how much fuel you have used/left. Mark the canister accordingly

Esbit:

- Fuel tablets – they smell bad :-(
- 1 tab to boil 2 cups of water (~8min)



BREAKOUT – 45 min

Cooking Equipment, H2O Filtration



Clothing and Personal Effects

Chris Pignatiello

Outline

- Requirements for clothing while backpacking
- Approaches to clothing
- Dressing in layers
- Footwear
- Typical backpacking trip
- Packing list, including hygiene items



Requirements for Backpacking Clothing

- Keep your skin dry
- Always keep body at a comfortable temperature
- Comfortable fit that does not restrict movement
- Light weight
- Packs down small
- Versatile to handle possible/expected weather conditions



Approaches to Clothing

- Dress in layers
- Moisture wicking & quick drying
- NO cotton
- Multi-use
- Don't bring a change of clothes for each day



Dressing in Layers



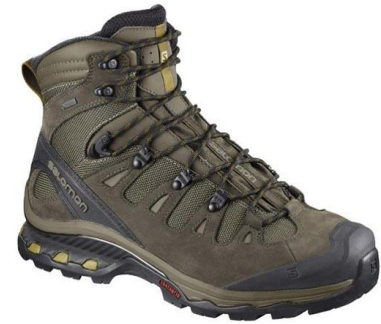
REI

- Base
 - Keep skin dry
 - Moisture wicking & quick drying
 - Synthetic or wool (Merino)
- Insulating
 - Warm
 - Breathable
 - Synthetic, wool or down
 - Puffy jacket
 - Fleece
- Environmental
 - Waterproof & breathable
 - Jacket & pants



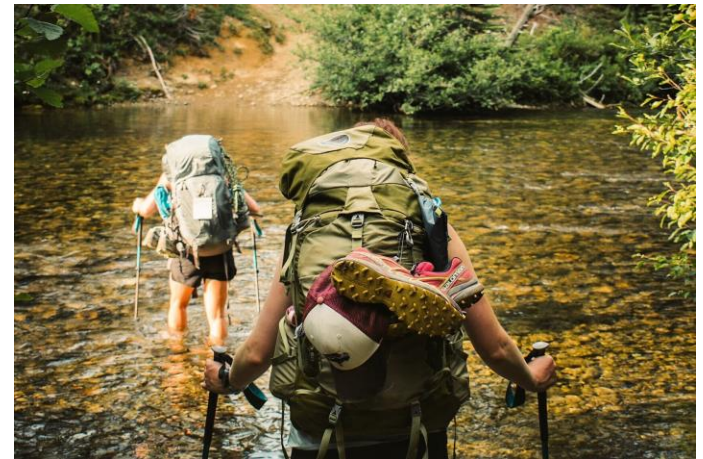
Footwear

- Waterproof backpacking boots OR trail runners
 - Backpacking boots
 - Ankle support
 - Waterproof & breathable liner
 - Stiff soles
 - Trail runners
 - Well ventilated
 - Relatively quick drying
 - Light weight
 - Soles are more flexible
- Water shoes (and camp shoes)
 - Crocks (most popular)
 - Quick draining and drying sneakers
 - Sandals (Keens, Tivas, etc.)



Typical Backpacking Trip

- Hiking and on the move (layers)
- Stopping (jacket)
- Water crossings (water shoes)
- Rain (water proof jacket and pants)
- Setting up camp
- Sleeping (PJ's)
- Breaking down camp
- Drive home (change of clothes)



Setting Up and Breaking Down Camp

- Setup tent
- Clean myself up (bandana & water OR baby wipes)
- Change into tomorrow's underwear and camp clothes
- Let boots dry under vestibule
- Hang damp clothes to dry
- Filter water
- Enjoy dinner and socializing with group
- Turn in (sleeping clothes)
- Wake up
- Change into day's hiking clothes
- Take care of bio needs
- Pack up tent
- Have breakfast
- Pack up backpack



Packing List, Including Personal Hygiene Items

- Underwear (pair for each day)
- Socks (2 pairs)
- Sock liners (2 or more pairs)
- Base layer
 - Short sleeve (t-shirt)
 - Long sleeve
 - Long sleeve synthetic hiking button down
- Insulating layer
 - Fleece top
 - Puffy jacket (down or synthetic)
- Environmental layer
 - Waterproof and breathable rain jacket
 - Waterproof and breathable rain pants
- Hiking shorts / pants / zip-off pants
- Hiking boots or trail runners
- Camp/water shoes
- Baseball cap (brimmed hat)
- Wool or fleece hat
- Gloves
- Top & bottoms to sleep in
- Bandana
- Buff (optional)
- Gaiters (optional)
- Change of clothes for drive home (stays in car)
- Personal Hygiene
 - Baby wipes (pack out)
 - Toilet paper
 - Hand sanitizer
 - Dental care items
 - Camp towel
 - Feminine products





15 Minute Break!



BREAKOUT – 20 min
Clothing, personal gear



Perspectives on Long Distance Hiking

Charlie Arsenault



Let down in Leadville

Last night in 100-mile Wilderness - Joy



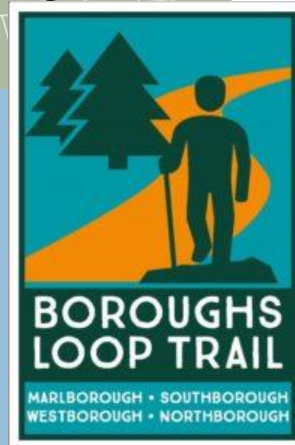
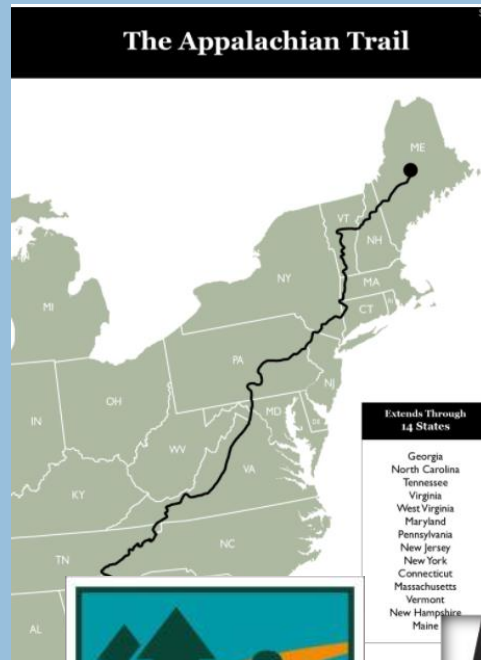


Beautiful places: Shenandoah




Pick a trail – So many

Pick a direction (Nobo vs. Sobo)



10 Best Tips





**Tip 1: Quit
Your Job!**

**Or find a way to
hike for 6 months
1 month,
1 week,
or a weekend**



Tip 2: Make a List! (Start Planning)

Item	Specific Item	Cost	Weight oz	a cost	In Pack	bring
Backpack						
Backpack	Gossamer Gear Mariposa	\$235	27.50	\$235	27.50	1
Waterproof Liner	Trash Compactor Bag		1.00	\$1	1.00	1
Flash 65	REI	\$199	51.20	\$0	0.00	0
Meridian Vapor	Granite gear	\$195	46.00	\$0	0.00	0
Z55	Gregory	\$199	53.00	\$0	0.00	0
Arc blast	Zpack	\$325	21.00	\$0	0.00	0
Shelter						
Tent	ZPacks Solplex w/8 Titanium V Stakes	\$550	16.20	\$0	0.00	0
Tent Stakes	Tite-Lite Titanium V Stakes (8)	\$24	4.25	\$24	4.25	1
Stake Bag	Gossamer Gear Q Stake Bag	\$15	0.10	\$15	0.10	1
Cirriform	Yama MT Gear	\$310-475	26.00	\$0	0.00	0
Flylite	MSR	\$260-350	25.00	\$0	0.00	0
Hexamid	Zpack	\$475	18.00	\$0	0.00	0
Contrail	Tarptent	\$209	26.00	\$0	0.00	0



Tip 2 Con't: Stop Planning Already

		27-Mar-17						
Location	Days from Start	departure Date	Mileage Point	Sec miles	Sec days	Zero Days	Miles per Day	Miles from Trail
amicalola falls to stover creek	1	28-Mar-17	3	12	1	0	12.0	0
Gooch Mt Shelter	2	29-Mar-17	16	13	1	0	13.0	0
Woods Hole Shelter	3	30-Mar-17	28	12	1	0	12.0	0
Hog Pen Gap off trail	4	31-Mar-17	38	10	1	0	10.0	0
Blue Mt Shelter	5	1-Apr-17	50	12	1	0	12.0	0
Sassafras gap off trail	6	2-Apr-17	63	13	1	0	13.0	0
Dicks creek gap - Hiwassee	7	3-Apr-17	69	6	1	0	6.0	0
Standing Indian Shelter	8	4-Apr-17	86	17	1	0	17.0	0
Franklin, NC Budget inn	10	6-Apr-17	106	20	1	1	20.0	0
Winding Stair gap US 64, Com	11	7-Apr-17	110	4	1	0	4.0	0
Fontana Village, NC	17	13-Apr-17	164	54	6	0	9.0	0
Standing Bear Farm, NC	22	18-Apr-17	240	76	5	0	15.2	0.5M east





Tip 3: Get Fit



Tip 4: Take it for a spin

AMC workshop

Do a backpack

Test your gear

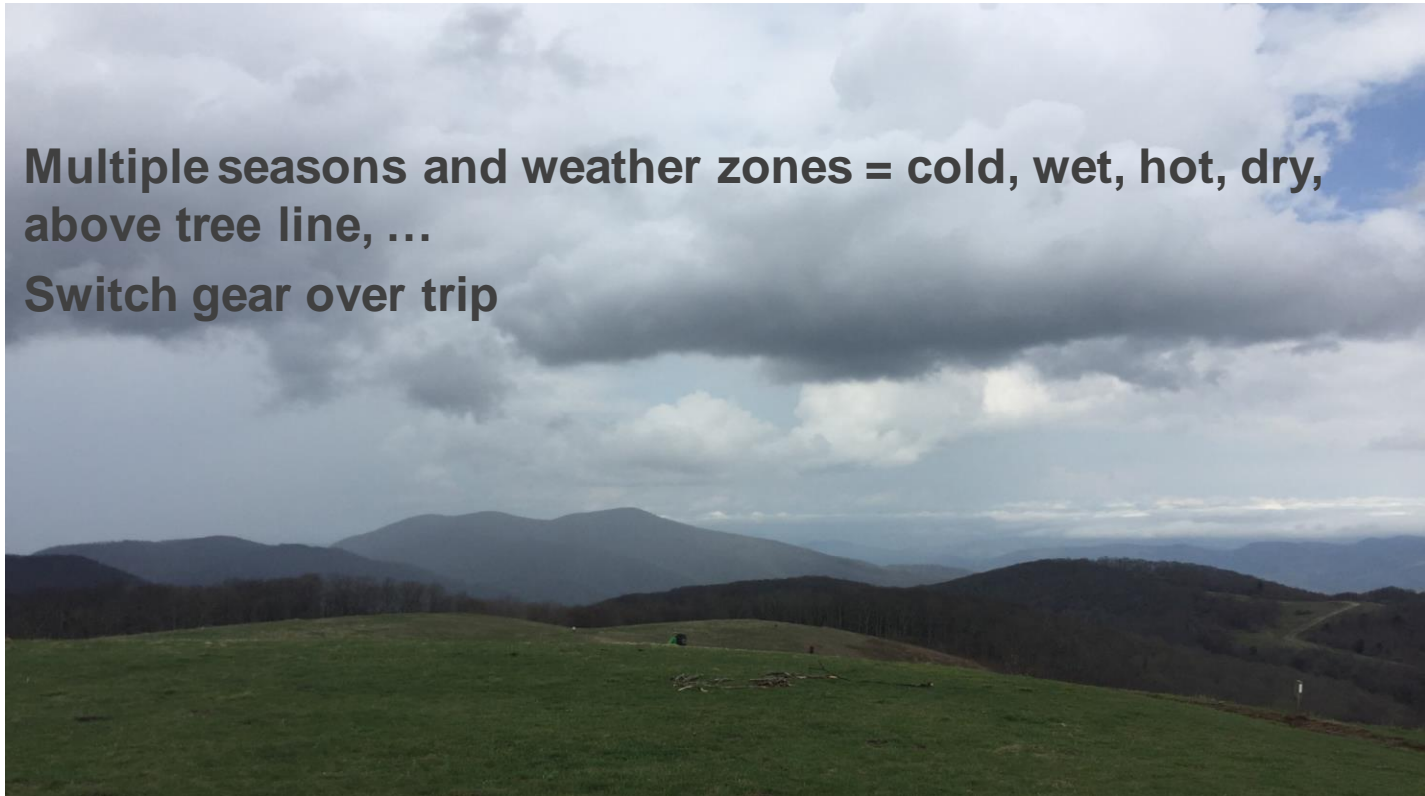
Do everyday stuff
outside...



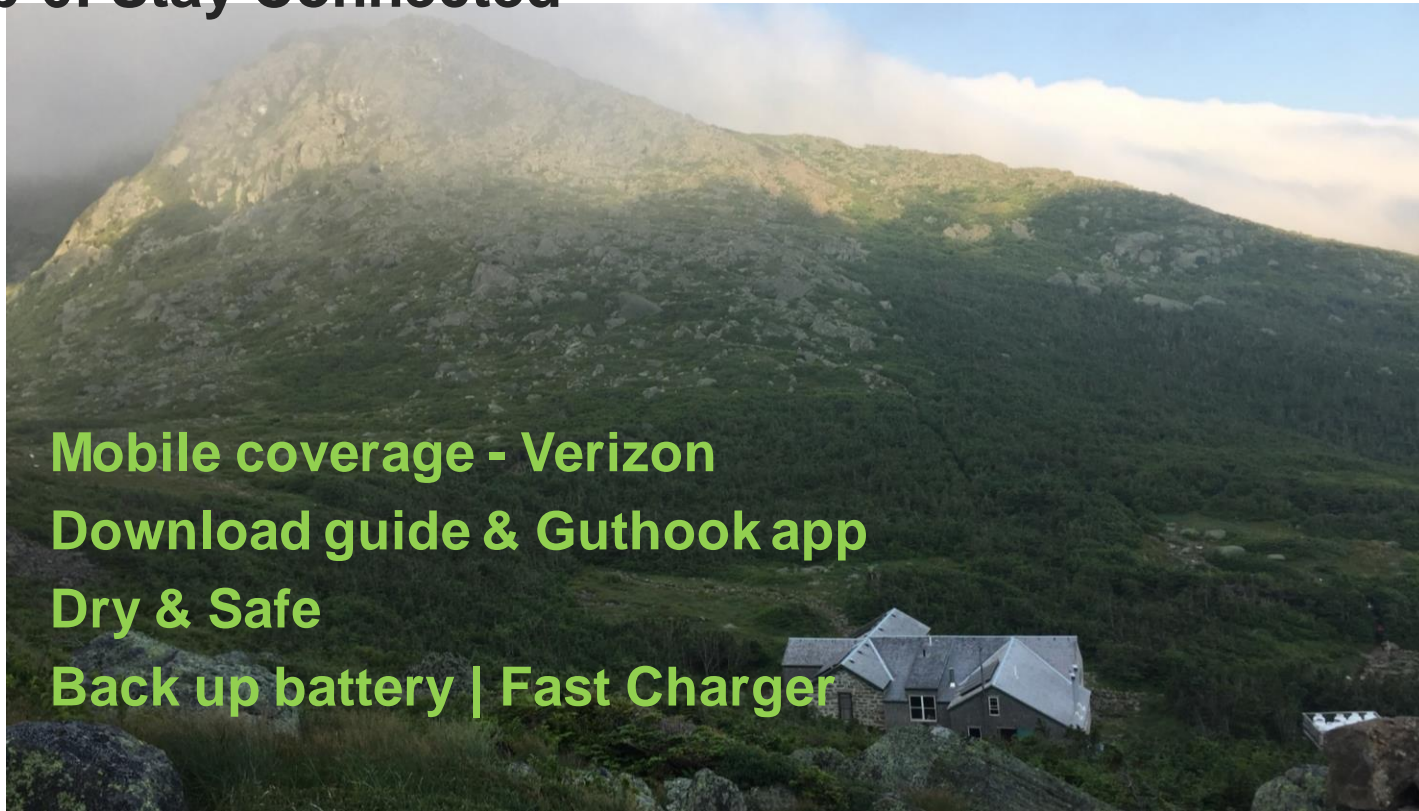
Tip 5: Plan for 100% Chance of Weather

Multiple seasons and weather zones = cold, wet, hot, dry,
above tree line, ...

Switch gear over trip



Tip 6: Stay Connected



Mobile coverage - Verizon
Download guide & Guthook app
Dry & Safe
Back up battery | Fast Charger



Tip 8: Budget \$\$

Gear, Food, Lodging, Travel, Medical, Unexpected

Min \$1/mile

Me \$3.5/mile



Tip 9: Don't Forget Home

Bills
Maintenance
Storage
Magazines
Family & Friends
Support!



Tip 10: Just Walk



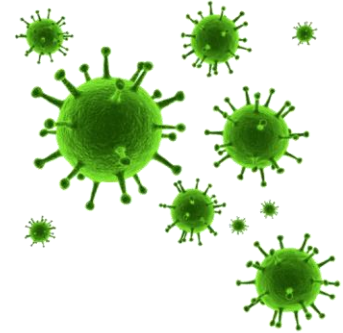
Top Five – Wish I knew



Wish I knew #1: It Gets Crowded



Wish I knew #2: It's the small things that will get you



Wish I knew #3: Take Care of Yourself



Wish I knew #4: Take Your Time (Sometimes)



Any questions?

Wish I knew #5: HYOH





Let's Review

Kim Beauchemin



What's Next?

Joe Massery

Signing Up for Trips

AMC activities: [outdoors.org](https://www.outdoors.org) on-line trip listing web site

Search for “Inner Backpack” and Worcester Chapter

Contact Registrar and mention that you took this workshop

Be prepared for screening process:

- Answer screener’s questions honestly – for your sake and the sake of the others on the trip
 - Your experience, previous trips
 - Your fitness level
 - Your gear
- Ask your own questions, if not already answered:
 - Hike distances: per day, total
 - Level of difficulty
 - Gear required



Our Practices



**AMC-sponsored trips
have a lot to offer:**

Variety

Skilled Leaders

Fun

Safety (listed last, but
comes first!)



**Must sign waiver
agreement**



**Leader and co-leader are
in charge**



**As a rule, we stay
together on the trail**



2022 Inner Backpacker Series

All these trips *give preference* to you, but trips have a limited number of openings and require screening, so sign up early!

April 16	Gear Shakedowns: Douglas State Forest	The Team
May 14-15	AT Berkshires: Tom Leonard	Joe Massery/Dave Kulpa
May 21-22	Monadnock-Sunapee Greenway I	Walt Lazarz/Ruth Langh
May 27-28	Douglas State Forest	Sue Serra
June 22-25	AMC Worcester Mountain Leadership School: Pemi Loop, NH	Debi Garlick
June 24-26	AT Berkshires: Upper Goose Pond	Joe Massery/Kim Beauchemin
July 11-12	13-Falls/ Galehead	Walt Lazarz/Debi Garlick/Wendy Dziemian
July 15-17	Berkshires: Alander Mtn.	Rick Chin/ Dave Kulpa
July 30-31	Monadnock-Sunapee Greenway II	Walt Lazarz/Ben Coon



2022 Inner Backpacker Series (continued)

Date TBD	Sandy Neck, Cape Cod	Kim Beauchemin
August 12-14	AT Berkshires: Cheshire/Dalton	Joe Massery/Ben Coon
August 14-15	Monadnock-Sunapee Greenway III	Walt Lazarz/Wendy Dziemian
August/Sept	Zealand/Pemi area, White Mountains	Walt Lazarz/Jose Schroen
September 9-11	AT Berkshires: Everett/Race Mtn.	Joe Massery/Kim Beauchemin
October 8-10	AT Berkshires: Mt. Greylock	Sue Serra/Dave Kulpa
Date TBD	AT White Mountains	Vanessa Butler
Date TBD	Pisgah, NH	Paul Glazebrook

Dates and locations may change: Keep an eye on the [outdoors.org](https://www.outdoors.org) activities database for official postings and registration info.



In Closing...



Get out there, do some backpacking, and have fun!



If you have bought some or all of your gear and you'd like an assessment, let our experienced backpackers look it over at the Gear Shakedowns



Feel free to follow up with any of the presenters and other leaders who are here





Appendix

Gear Comparison Resources

- Backpacks: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacks-backpacking/buying-advice>
- Tents: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacking-tent/buying-advice>
- Hammocks: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-hammock/buying-advice>
- Sleeping Bags (first think about the way you sleep, then read this:) <https://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>



Gear Comparison Resources

- Water Purification: <https://sectionhiker.com/sectionhiker-gear-guide/10-best-backpacking-water-filters/>
- Cook Equipment: <https://www.theadventurejunkies.com/best-backpacking-cookware-sets/>
- Headlamps:
- <https://www.rei.com/learn/expert-advice/headlamp.html>
- Hiking Poles: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-trekking-poles/buying-advice>



Gear Outlets

- [REI](#)
- [EMS](#)
- [GearTrade](#)
- [Steep & Cheap](#)
- [OutdoorsGeek](#) (sell and rent gear)
- [Gear Junkie](#) (gear news, deals)
- [Campmor.com](#)
- [Left Lane Sports.com](#)
- [Backcountry.com](#)
- Walmart! (camping, clothing, misc.)
- Ocean State Job Lot (clothing, food, hand warmers)
- Target (clothing, food)
- Facebook Groups
 - Bearfoot's Hiking Gear Flea Market
 - Backpacking Gear Flea Market for Women



Backpacking Info

- [Sectionhiker - Blog and Gear Reviews](#)
- [AMC Resources & Training](#) (see bottom of web page)
- [Hike Safe: What to take with you on the trail](#)
- [The Trek: Preserving and Maintaining Your Gear](#)
- [Insect Shield Repellent Technology](#) (professional Permethrin treatment)
- [Lighter Pack](#) (gear tracking, weight tool)



Backpacking Food

- [REI: Meal Planning for Backpacking](#)
- [The Epicurious Blog: Best Camping And Backpacking Food](#)
- [YouTube: Backpacking Food Tips](#)
- [YouTube: Quick Cheap Meal \(two of a million such videos\)](#)
- [Backpacker Magazine: Cooking](#)
- [Backpacker Magazine: Loads of good articles](#)
- [Next Mile Meals \(Keto\)](#)
- [Hawk's Vittles](#)



Site Selection

- [Backpacker Magazine: How to Choose a Campsite](#)
- [Section Hiker Blog: How to Select a Good Campsite](#)



Packing your Backpack

A sampling of numerous videos:

- [Last Frontier Adventure Club](#)
- [TheOutdoorGearReview](#)
- [Following Redbeard](#)



Weather and Trail Conditions

- [Mountain-Forecast.com](#)
- [Higher Summit Forecast \(Mt. Wash.\)](#)
- [National Weather Service](#)
- [Sunrise, sunset, etc.](#)
- [AMC Backcountry Weather](#)
- [NewEnglandTrailConditions](#)
- [TrailsNH - The Whites](#)
- [White Mountains - Road closure general info](#)
- [AT & PCT Weather](#)
- [Dark Sky app](#)
- [Weather Underground](#)
- [Sun-Moon-App](#)



Useful Smart Phone Apps

- Maplets – GPS enabled maps
- Gaia GPS – based on CalTopo USGS data
- FarOut (formerly Guthook) – the standard for AT hiking and more
- Star Walk – “see” the night sky
- All Trails – actual tracks
- iNaturalist – citizen scientist app
- Peak Finder – ID distant peaks

