



Leave No Trace is a plan that helps people to be more concerned about their environment and to help them protect it for future generations. **Leave No Trace** applies in a backyard or local park (front-country) as much as it does in the wilderness (back-country).

We should practice **Leave No Trace** in our attitude and actions--wherever we go. Understanding nature strengthens our respect toward the environment. One person with thoughtless behavior or one shortcut on a trail can spoil the outdoor experience for others.

Help protect the environment by remembering that while you are there, you are a visitor. When you visit the outdoors, take special care of the area. Leave everything just as you find it.

Hiking and camping without a trace are signs of a considerate outdoorsman who cares for the environment. Travel lightly on the land.

Backpacking Checklist

1. Luggage

- Backpack (Total packed weight with all gear should be in the 20-30 pound range and supportable by each individual. Generally speaking pack weight should not exceed 20% to 30% of your ideal body weight.)
- Daypack (Not required but helpful if day hikes outside of camp are happening allowing you to carry water, snacks, etc.)
- Pack Cover
- Extra Straps to Stow Gear

2. Hydration

- Water Bottles or Hydration System
- Water Filter or Treatment System
- 2 Liters of Water per Person per Day

3. First-Aid/Emergency Preparedness

- Whistle
- Personal First-Aid Kit**
 - Antiseptic
 - Antibacterial Ointment
 - Assorted Adhesive Bandages
 - Moleskin



- Assorted Butterfly Bandages
- Gauze Pads
- Nonstick Sterile Pads
- Medical Adhesive Tape
- Ibuprofen or Other Pain Relief Medication
- Antihistamine to Treat Allergic Reactions
- Insect Bite Treatment
- Tweezers
- Safety Pins
- Bandana
- Rubber Gloves

- Reflective Blanket
- Fire Starter Kit
- Compass
- Small Unbreakable Mirror
- Knife or Multi-tool
- Thin Nylon Cord (app 50 feet)
- Duct Tape

4. Shelter/Camping

- 3 Season Tent
- Footprint if needed for Tent
- Tent Stakes
- Sleeping Bag
- Sleeping Pad
- Pillow or Stuff-able Pillow
- Camp Towel
- Cat Hole Shovel
- Toilet Paper
- Personal Hygiene Gear (Soap, Toothbrush/Paste, Deodorant, etc.)
- Assorted Ziploc Bags (For stowing trash odor free, etc)

5. Fire/Cooking

- Matches or Lighter
- Cook Stove
- Fuel
- Cooking Gear (Mug, Plate/Bowl, Utensil, Pot/Pan, etc.)



- Food (Well balanced protein rich foods.)

6. Illumination

- Headlamp or Flashlight
- Extra Batteries

7. Clothing

Outer Layer:

- Waterproof Hiking Boots or Shoes
- Quick Drying Pants
- Rain Gear (Poncho or full jacket & pants)
- Jacket/Coat
- Hat
- Gloves

Base Layer:

"Cotton Kills"; Cotton is not a good base layer it wicks moisture away from the skin but does not allow it to evaporate and takes a long time to dry. In cold conditions where you are active this can cause problems with sweat being retained in the fabric and you becoming chilled. A poly-blend base layer that wicks moisture away is the best choice.

- Hiking Socks
- Long-sleeved Shirts
- Underwear
- Long Underwear

- Waterproof Clothing Bag (Extra Large Ziplocs)

8. Misc

- Trekking Poles
- Stuff Sacks or Compression Sacks
- Plastic Garbage Bag

Pack Size Guidelines

Pack Category	Trip Length	Pack Capacity (liters)	Pack Capacity (cubic inches)
Multiday	2 to 4 days	40 to 80	2,400 to 4,800
Extended Trip: Men's	5+ days	80 and up	4,700 and up
Extended Trip: Women's	5+ days	70 and up	4,300 and up



Basic Packing Strategies

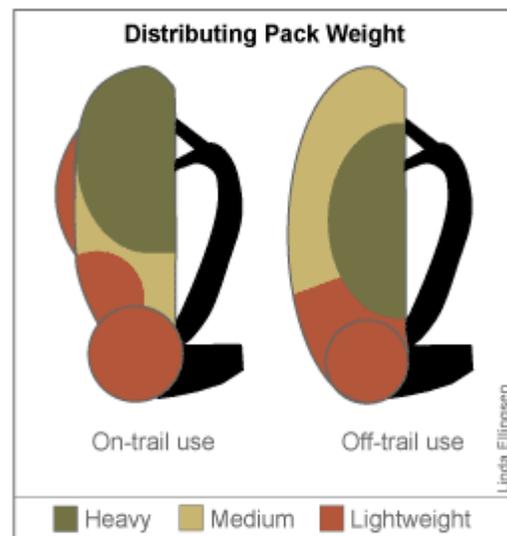
Most of the strategies described here apply to any pack wearer (internal or external frame).

Weight Distribution

- Always put your **heaviest items close to your back**, centered between your shoulder blades.
- For **on-trail travel**, place heavy items a bit **higher** inside your pack. This helps focus more of the weight over your hips, the area of your body best equipped to carry a heavy load.
- For **off-trail travel**, place heavy items a bit **lower** in the main compartment. This lowers your center of gravity and increases your stability on uneven terrain.
- You are the ultimate judge of comfort. Experiment with different load arrangements to determine what feels best to you.

Here are a few examples of relative item weight:

Light Items	Medium Items	Heavy Items
Sleeping Bag	Stove	Tent
Pillow	Water Filter	Food
Clothing	Canister Fuel	Water
Sleeping Pad	First Aid Kit	Liquid Fuel





How to Get Organized

- If possible, lay out all your gear on a tarp beforehand. This makes you more aware of where things get packed plus it can help you to remember missing items.
- Stuff your sleeping bag into the bottom of your pack's main compartment first. Squeeze in any additional lightweight items you won't need until bedtime (e.g., pillowcase, sleeping shirt, but nothing aromatic).
- Cluster related small items (e.g., utensils and kitchen items) in **color-coded stuff sacks** to help you find them easily.
- If carrying liquid fuel, **make sure your fuel bottle cap is on tightly**. Pack this below your food in case of a spill.
- Don't waste empty space. For example, put a small item of clothing inside your cooking pots.
- Split up the weight of large communal items (e.g., tent) with others in your group if desired.
- **Keep often-used items where you can easily get to them.** This includes your map, compass, GPS, sunscreen, sunglasses, headlamp, bug spray, first-aid kit, snacks, rain gear and pack cover.
- Tighten all compression straps to limit any load-shifting.

Other Packing Tips

- **Carry a pack cover.** Though some backpacks are made with waterproof fabric, virtually all have vulnerable seams and zippers. Any prolonged exposure to persistent rain could make the items inside your pack wet, and thus much heavier. A pack cover solves this problem.
- **Bring a few repair items.** Wrap strips of duct tape around your water bottles or trekking poles; in case a strap pops or some other disaster occurs, a quick fix could keep you going. Take along a few safety pins in case a zipper fails.
- **Lashing gear to your pack.** It's best to minimize the number of items you strap to the outside of your pack. Gear carried externally may adversely affect your balance. Be sure to secure any gear you do carry outside so it doesn't swing or rattle.



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