



Oct 2007



Lightweight Backpacking

Wood Badge 84

Lightweight Backpacking

- We are going to talk about lightweight backpacking
 - Target 35 pound packs at Philmont
 - You may hear many dissenting opinions
 - We are NOT talking about ultra light or extreme backing
 - The precept is “Comfort on the trail is more important than comfort in camp”
- Agenda
 - What I wear at the trailhead
 - How to get to a 35 pound pack
 - Put your pack on a diet
 - Things to think about
 - Questions



What I wear at the Trailhead

- Hiking shorts
- Wicking underwear
- Wicking T-shirt
- Hiking socks
- Sock liners
- Hiking boots
- Long sleeve collared hiking shirt
- Hat with sun shade
- In pockets
 - Saline nasal spray
 - Lip balm
- Bandanna
- Trekking poles



Pack at the Trailhead

Pack weight guidelines

10 lbs.	+	8 lbs.	+	4 lbs.	+	5 lbs.	+	5 lbs.	+	3 lbs.	=	35 lbs.
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Big Three	Water	Clothing	Personal	Food	Crew Gear
Backpack 3 – 6 lbs. Tent (half) 2 – 4 lbs. Sleeping bag 1 – 4 lbs	Allow for 4 quarts	<u>Extra Clothing</u> 1 - Shirt 1 -Shorts (or long Pants) 2 - Socks (and liners) <u>Cold Clothes</u> 1-Vest (or fleece shirt) 1- Long Underwear 1 - Pair gloves 1 - Stocking hat	<ul style="list-style-type: none"> •sleeping pad •flashlight •sleep clothes •survival kit •first aid kit •rain gear •eating gear •camp shoes •Bible/prayer book •Wash kit •Towel 	Allow for 5 Meals (make sure To allow Sufficient Space)	<u>Things Like</u> <ul style="list-style-type: none"> •dining fly •stoves •cooking pot •TP •shovel •hand sanitizer •first aid kit •maps



Put your pack on a diet

- Use very few light weight sacks
- Avoid any unnecessary packaging
- Instead of a chair bring a small piece of foam to sit on
- Eating gear is a lightweight cup, bowl, and spoon
- Use the minimum number of lightweight tent stakes that will support the tent
- Replace tent guy lines with lightweight cord
- Don't bring extra trail snacks (Philmont food packages provide plenty)
- Use a small lightweight towel and washcloth
- Wash kit should include small toothbrush, a small amount of toothpaste, a small amount of soap (Biodegradable), dental floss, and a comb



Things to think about

- Camp shoes (if desired) should only be lightweight (i.e. slippers, closed toe water shoes, or moccasins)
- Lightweight does not mean expensive (take your existing gear and plan carefully)
- Trade a few minutes of comfort in camp for several hours of comfort on the trail
- Assess your backpacking gear and purchase slowly looking for sales at places like REI, Campmor, Mountain Hideout, etc. (REI will have a 20% off sale at the beginning of the year)
- Boots are the most important piece of gear you will have. **Youth must ensure that they are broken in but not outgrown** by the time the trek starts





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