



Backpacking 101

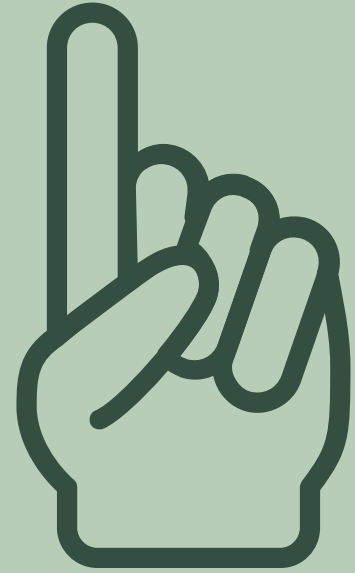
Janky Gear

Leave No Trace



Leave No Trace

What does it mean to you?



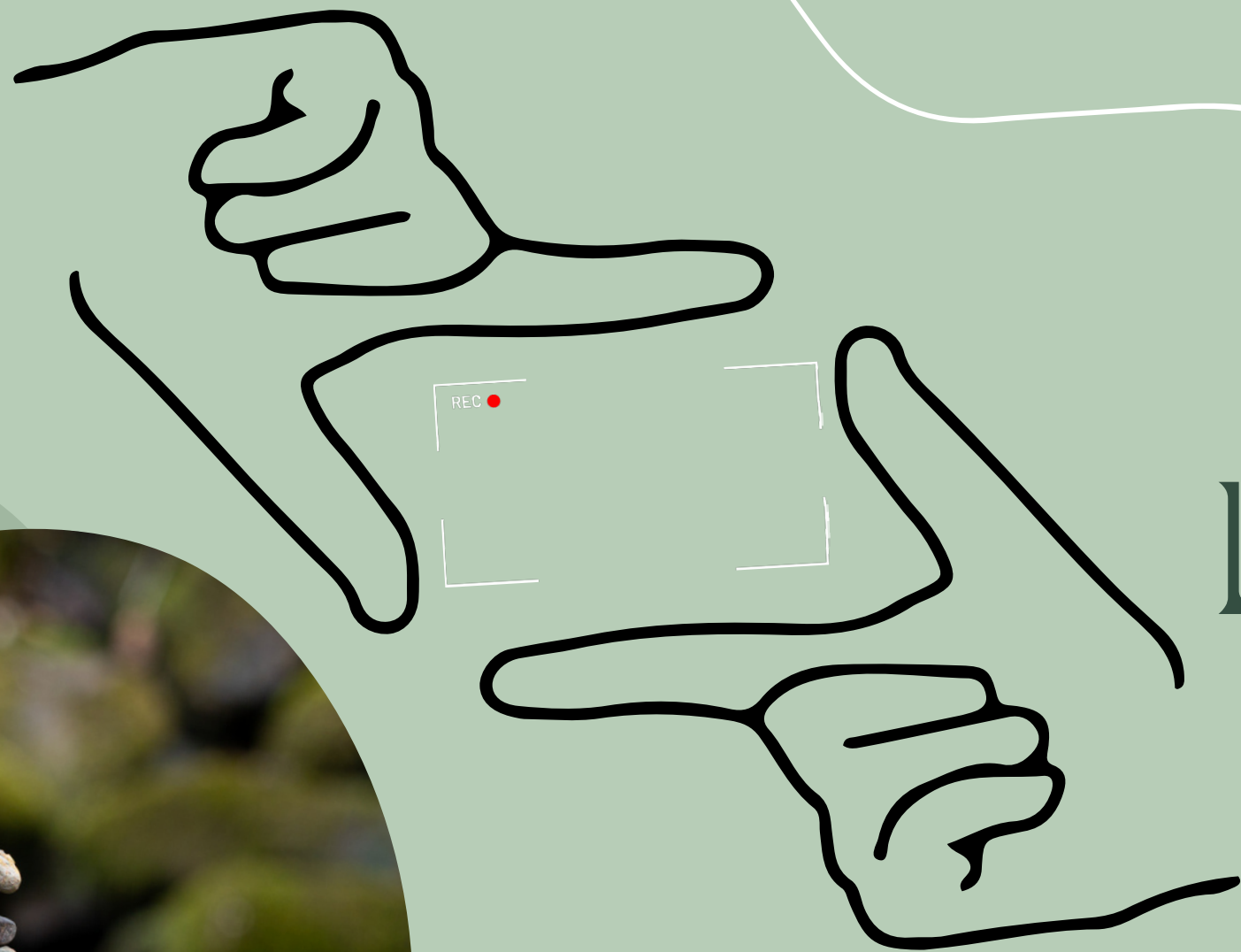
Plan ahead
and prepare



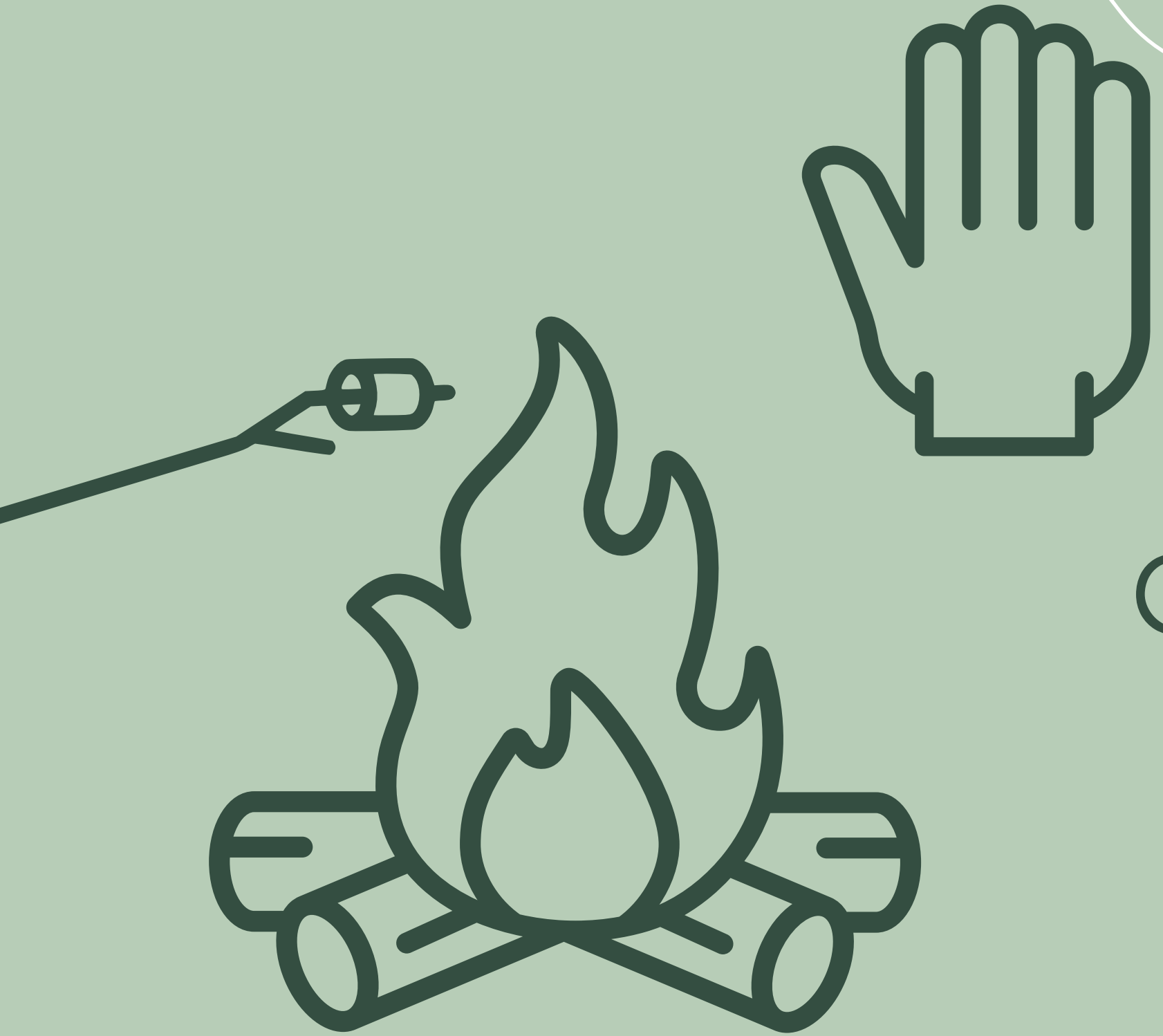
Travel & camp
on durable
surfaces



Dispose of
waste properly



Leave what
you find



Minimize
campfire impacts



Respect
wildlife





Respect others on the trail



Learn more at LNT.org

Gear. Before you buy think about...

- Time of year
- Climate
- Budget





Packs

What to consider

Packs are measured in liters.

Weight of pack. Ultra-lite.

Compartments and packability

Sizing



Sleep Sytems



Sleeping Bag

Synthetic or Down

Temp Rating

Style

Liners



Sleeping Pad

Foam or Inflatable

[CLICK HERE](#)

Camp Stoves

[CLICK HERE](#)



How many are you feeding?



What do you want to cook?



Fuel type and boil time.

Tents



- Free Standing/Non-Free Standing
- 3 or 4 season
- REI Blog Post



- Shop tents
- Tent size (1-4 person)

[CLICK HERE](#)

The Essentials

Build your kit

Bandana

Knife

Deck of Cards

Compass

Duck Tape

Line/Rope

Matches/Lighter

Lint

Headlamp
w/ Extra Batteries

SPF

POOPING IN THE WOODS

A presentation on personal hygiene in the woods.

Check what bathrooms are available.

Parks and trail systems are implementing solutions to mitigate human waste issues as parks and trails get more use.



Out House

Some are at designated campsites.



Pit Toilet

Voyageurtripper.com



Backcountry

LNT guide for human waste



Be Prepared. Make your kit.

- 01 Trowel
- 02 Toilet Paper (pack out)
- 03 Hand Sanitizer/Soap

Suggestions for Women

- 01 Funnel/SheFly Pants
- 02 Wipes (must carry out)
- 03 Bandana



When you got to go.



Find the right spot

200 ft from camp, trail, and water source



Dig

Hole should be 4 inches wide and 4 to 8 inches deep



Wipe and cover

Use very little toilet paper and brush. Pack out your toilet paper!

Hygiene

01 Hand Sanitizer

02 Be sure to wash hands with soap and water before meals.

03 Don't introduce soap, even biodegradable soap, to water sources.

04 Carryout all products. System for feminine products.

05 Waste bag systems.

