



PEAKS & PROFESSORS

About Peaks



About Us



Mark Stephenson

- Head Trip Lead for Peaks
- Hiked 1200 miles of PCT
- Generally outdoorsy



Quincy Hirt

- Peaks Trip Lead
- Wilderness Trip Instructor
- Backpacking since 9 y/o



Kian Jeshion-Nelson

- Trip Lead for Peaks
- Backpacked/hiked every day last summer working in CO



thinking outside

Backpacking

What is Wilderness Backpacking?

Backpacking is a form of overnight wilderness camping where your supplies are carried in a pack on your back





Goal

Learn how to plan a fun, responsible, and environmentally-conscious backpacking trip.

Today's Topics

- 1 Planning your trip and getting permits
- 2 What gear you need and where to get it
- 3 Eating in the wild
- 4 How to enjoy nature safely and responsibly



Abbreviations

- **NFS** - National Forest Service
- **NPS** - National Parks Service
- **BLM** - Bureau of Land Management
- **LNT** - Leave No Trace



Important Terms

- **Trail Blaze**

A painted, metal, or bark marker on a tree identifying a trail

- **Cairn**

A pile of rocks to signify a trail or overland route

- **Bear Bag/Can/Box**

Some form of container where you put food at night





Leave No Trace

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Finding a Route & Reserving Campsites



Researching Locations

- RECREATION.gov
 - National Parks & Forests
 - Permits must be secured in advance
 - Some permits available as walk ups
- Bureau of Land Management
 - Good for campsite before/after trips
- AllTrails & Hikespeak
- Peaks Past Trips



A campground in Angeles National Forest

Planning Ahead

- Make a plan for put in and take out
 - Loop or shuttle?
 - Know the road conditions
- Know your mileage for each day and general route features
 - Mountains, passes, river crossings
 - Water availability along the route and at campsites (many sources are seasonal and unreliable)
- Reserve campsites when necessary
 - Camping at trailheads usually not covered by wilderness permits



How to Read and Use a Topographical Map

- Identifying trails, water sources, campsites, junctions, etc.
 - Using the key and understanding distances
- Understanding ridgelines and approximating elevation gain



Questions?



Getting Gear



Basic Backpacking Gear List

adapted from REI's [Backpacking List](#)

Essentials

- A Hiking Backpack (40-70 Liters)
 - More nights = larger backpack
 - Smaller the bag = the less you'll pack

Sleep/Eat

- Backpacking Tent
- Sleeping bag (down is great)
- Sleeping pad
- Headlamp/flashlight/lantern
- Small stove device (jetboil, etc.)

Clothes

- Layers
- More layers
- Extra socks! Wool is highly preferred
- Raingear
- Hiking boots/shoes

Health

- First aid kit
- Toiletry kit
- Hand sanitizer
- Toilet paper/wag bag and Trowel
- Sun protection
- Insect repellent

Tools

- Map and compass
- Rope/paracord
- Multi-tool/knife
- Duct tape (can wrap around hiking pole)
- Water filtration device
- Enough water for the particular environment



Where to Get Gear

Buying Used Can Save a TON of \$\$

- REI Garage Sales
- Backpacking Consignment Stores
- Lots of used online websites (GearTrade, Ebay, etc.)
- Give that gear a good ole inspection

Fixing broken/worn out gear

- Rebuild your gear, shoes, and clothes
- Environmentally conscious + cost effective

Buying new

- REI (can be \$\$) or any outdoors store



Packing and Fitting a Backpack

Head over to REI to have your bag fit to you

- ❑ <https://www.rei.com/outfitting>
- ❑ Link to free, virtual fitting service
- ❑ Definitely worth having a solid bag

Packing a Backpack

- ❑ Heaviest against back (tent, stove)
- ❑ Stuff sleeping bag ALL the way in!
- ❑ Fill gaps in main part w/clothes
- ❑ Put frequently used items in “brain”



How to pack your backpack

Pack from the bottom up.

D: Light gear/items you need frequently or easy access to - Sunscreen, snacks, headlamp, bandana, lightweight layers, etc.

C: Lightest gear - Pack towels and pillow, lightweight clothing.

B: Heavy gear - Hydration bladder, tent, cookware, food, and other heavy camping supplies.

A: Medium weight gear - Sleeping bag, air mat, sleepy clothes and anything not needed until you reach camp.

Questions?



Eating While Backpacking



Planning a Menu and Packing out Food

Menu Planning

- No access to cold storage so plan meals with non-perishable ingredients
- Quick lunches are always a good idea to maximize efficiency
- Ensure the menu includes all meals and has ample food supply

Packing Out Food

- Use containers or bags that won't puncture or explode in your backpack
- Keep any packaging with directions
- Bring a spice kit **and bear can!**





Meal Ideas and Easy Recipes

- Freeze dried food
 - Can get very expensive
 - Efficient/quick/no pot clean up
- Instant soups, ramen, oatmeal, etc.
 - Can be helpful for efficient and easy meals
 - Will be less appetizing especially on longer trips
- Breakfast Recipes
 - Granola, dried fruit, and powdered milk
 - Instant oatmeal with nuts, brown sugar, and raisins
 - Instant grits with bacon bits and shredded cheese
- Dinner Recipes
 - Pesto carbonara with onion and pepper
 - Sauté onion and peppers, boil pasta, drain, add pesto packets, cheese, and stir
 - Curry (first or second night)
 - Sauté vegetables of your choice, add coconut milk, tofu, and curry paste
 - [So many more!](#)

Questions?



Being Safe & Responsible



Safety Precautions

- Plan for the worst
 - Tell someone where you're going and when you plan to be back
 - Know your exit points throughout the journey
 - Record your name in trail registers and update ranger on your itinerary when getting permit
- Fire & Cooking Safety
 - Check regulations before you go, may need fire permit; may vary along your route
 - **Never leave a stove/fire unattended**
 - Have **water sources** nearby before you begin and **Clear the area** around the stove/fire
 - **Keep fires small**; flames should not be taller than the firepit is wide
 - **Don't leave until the coals are cold** enough to touch
- Environmental considerations
 - Check regulations about gathering firewood; never collect firewood from living trees
 - Use existing fire pits; don't build your own



Handling Food & Waste

- Secure your food
 - Bring a bear can or hang a bear bag depending on area regulations
 - Store any smellables in a bear safe manner (toothpaste, deodorant, etc.)
 - Cook, camp, and store food in different locations
- Be prepared to pack all trash out
 - Pack it in pack it out mindset
 - Secure trash with your food
- Human waste
 - *Use Wag Bags in the desert where poop won't decompose*
 - *Use pit toilets where applicable (No trash in them)*
 - *No toilets: bury waste/TP 6" deep, at least 200' from water, away from trail and water sources*





Be Considerate of Others

- Trail Etiquette
 - Pull off the trail for faster groups, stock animals, uphill hikers
- Be mindful of noise
 - Even if you can't see other people; loud noise disturbs the wilderness
 - Other people probably don't want to hear you in camp; keep volume down
 - Don't bring bluetooth speakers on hiking trails
- Dogs
 - We love them, but they aren't wildlife
 - Research dog restrictions before you go
- Reduce environmental impacts
 - The outdoors is a shared resource
 - Leave your campsite better than you found it

Questions?

