

Time Tested Tips

Note: These suggestions have helped Curtis and me. Some things mentioned here may not apply to you or you may come up with better ideas; remember these are only tips.

Packing List:

Personal Gear

Beanie
 Hat
 Sunglasses
 Fork (Tip #9)
 Dip Cup (Tip #8)
 Mountain Money (toilet paper) (Tip #39 & 40)
 Nalgene or Empty Gatorade Bottle (Tip #15)
 Camelback (Tip #16)
 Flashlight
 Lightweight sandals or watershoes (Tip #55)
 2 Lighters (Put one in your pot and the other in your first aid kit)
 Disposable Poncho
 Fleece Jacket and a Rain Jacket or a combo of both (Tip #22)
 One pair Spare Socks (Tips #25, 48, & 59)
 Sleeping Bag
 Sleeping pad (Therm-a-rest or Big Agnes) (Tip #58)
 Sleeping Bag Liner (short hike) (Optional) (Tip #42)
 Ziplock Bags
 3 Trash Bags (Tip #19 & 60)
 Camera
 Spare Batteries (Tips #20 & 21)
 Knife (Tip #14)
 Backpack (Tips #34 and 35)
 Book

Zip-off pants (wear these on the trail, they can also double as a bathing suit)
 Digital watch (Tip #61)
 Small shammy towel
 Bandana
 Hand-warmers (optional) (1 for each night)

First Aid Kit, including:

—A few small Band-Aids
 —Super Glue (Tip #57)
 —Antibacterial hand sanitizer (Tip #10 & 40)
 —The * shared gear
 —Toothbrush/ toothpaste
 —Duct Tape (Tip #17)
 —Aspirin (Tip #13)

Shared Gear

Pump (experienced scouts only)
 Tent
 Stove (experienced scouts only) (Tip #27 & 28)
 Fuel (experienced scouts only)
 Pot (aluminum) (Can be borrowed from an adult or other scout if asked ahead)
 Bakepacker (for pot) (only bring if your menu requires)
 Ibuprofen* (for sore muscles) (Tip #30)
 Sunscreen*
 Bug Repellent* (100% Deet)

*This gear belongs in your first-aid kit, but can be shared between you and your partner.

Favorite Meal Plan

Breakfast—Cereal Bars, oatmeal, or pancakes from bakepacker

Lunch—Dried apricots, mangoes, beef jerky, Gummy Snacks, Cheez-its, Nature Valley Bar (Oat), and other assortments of snacks. (You don't have to eat all of this in one meal, having options gives you a variety)

Dinner—Freeze-dried Food (shared) and bakepacker side like cornbread, muffin or dutch treat. Personal Freeze-dried Favorites include: Chicken with Mashed potatoes, Spaghetti with meatballs, and chili mac with beef

Drinks—Gatorade (bring enough for 2 quarts a day)

Pointers:

1. Bring enough containers to hold 3qts of water (2qt Camelback and 1qt Nalgene do nicely).
2. ~~Peanut butter and burrito shells can make good lunches (not much space, gives protein & filling)~~ WARNING: GETS OLD FAST—Short hike only!
3. I prefer not to do dishes (less work). Plan to cook one meal a day, preferably dehydrated food (diner). Save weight: eat out of bag and don't dirty dishes. This way you will only need one pot and no plates. Because the pot will only be used to boil water in, you will never need to clean it.
4. Bears can't smell unopened freeze dried food, you don't have to put it in the bear can. Only the freeze-dried trash must be put in bear can.
5. Bear cans are tough plastic containers that bears cannot open. They are a pain to take, but some places require that you have one. If you bring one, I recommend putting some reflective tape or painting it bright colors because if a bear does decide to wander off with it, the colors will make it easier to find.
6. If you don't cook, save weight don't bring pots, or stoves.
7. For my kitchen gear, I usually bring a pot to boil water in, a small bottle of hand sanitizer, an extra lighter, and my dip cup. I keep all these items together inside the pot.
8. A dip cup is a plastic cup with a small handle. Inside the cup it's marked with measurements to help with cooking. I prefer the plastic cups over the metal ones because it is lighter and a little more flexible, while still maintaining its durability.
9. I recommend getting a full size plastic fork/spoon combo, because it is light and easy to clean. You can get them from pretty much any place that sells camping gear for a couple bucks. Don't get a fork that is built into your knife. They often too small to get much food on and your food will often get into your knife. When this happens you will have a hard time cleaning it and you will have more things to clean. Besides you will never be able to get all of the food out, so you will always have old food stuck inside your knife.
10. Before eating wash your hands with hand sanitizer to keep from getting sick.
11. To add more taste to your freeze dried food, bring things like Parmesan cheese, soy sauce or a small amount of Tobasco sauce.

12. Try adding some freeze dried potatoes to freeze-dried meal. It will greatly add to the portion size without affecting taste.
13. Aspirin helps with altitude sickness.
14. A small swiss army knife with scissors and a small blade is all you really need, but a leatherman is very useful too, and if you don't mind the extra weight, I would recommend bringing one.
15. To reduce weight swap out Nalgene bottles for empty Gatorade bottles.
16. Use your Camelback exclusively for filtered water and mix drinks in your gatorade bottle.
17. Duct tape is important to bring because it has a plethora of uses. To save weight wrap duct tape around an old credit card. Duct tape can often mend a tear and save you from sewing.
18. Bring rain gear (you'll need it). Take a cheap disposable poncho they're lightweight and don't cost much.
19. Avoid buying a pack cover, if it begins to rain put a trash bag over your entire backpack then cut holes for straps to come through, after rain is over do not remove trash bag completely. Role it up toward top of straps and save it for the next storm.
20. Make sure you have new batteries in your flashlight and camera (bring extras).
21. Lithium AA batteries last longer and weigh less than traditional Ni-Ca.
22. Bring fleece jacket instead of sweatshirt.
23. When summatng leave backpacks at lower point, hike with a daypack to the top; bring water and snacks, and possibly lunch.
24. Save weight by using the stuff sack of your sleeping bag as a daypack.
25. Bring two pairs of socks: 1 warm pair for night, 1 hiking/comfortable for day. If one pair gets wet you can switch while the other dries.
26. **Try to get Backpack fewer than 33lbs.** There is no reason you backpack should be over this weight.
27. Pepsi stoves are cheap and lightweight. Burns alcohol. Find instructions on how to make one on <http://www.pcthiker.com> (Note: although theses stoves are light and fun to make, they require a lot of fuel and give you little control over flame height or when you can turn it off.
28. Peak 1 stove from Coleman: Less fuel to bring (compared to alcohol stoves), but you will not know how much you have, buy new cans frequently. This stove cooks faster than alcohol stoves and the temperature can be adjusted. Typically one fuel canister lasts more than one trip. These stoves are also relatively inexpensive and can run about \$20.
29. Taste food before you take it on a hike. There is nothing worse than having a large appetite from hiking all day and only terrible food to eat.
30. Bring Ibuprofen for sore muscles.
31. Borrow pump and stove from fellow hikers in your own group.
32. Bring plenty of snacks →sweet and healthy.
33. Make sure pack fits correctly and is properly adjusted.

34. Internal frame backpacks hold less so they keep the weight down. They ride close to your back so they keep your center of gravity low which is good for boulder hopping (like when you cross streams). Because they are also closer to you they tend to be a little warmer on your back.
35. External frames are good for long trips because you can put a lot of stuff into them. They are cheaper to repair because you can replace individual parts as they wear out. Their frame distributes the load well across your back and hips. When you bring an external frame backpack, there is a tendency to over pack because of all the extra room.
36. Wear your hiking boots for previous week before hiking to break them in and cut down on blisters.
37. Bring a little bread. It helps with altitude sickness, goes well with meals, and tastes great.
38. You may not be hungry from altitude sickness or just don't want to eat the same food for a week so take a variety, so you will be more likely to eat.
39. IMPORTANT! Remember Mountain Money (toilet paper). Unless you are going for an extended period of time you don't need an entire roll.
40. Keep a hand sanitizer bottle with your toilet paper and use it after you finish your business to cut down on germs
41. A warm jacket is important, but a lot of warm clothing are not needed: If you're cold you should either do work, (i.e. hiking or gathering wood) or you should go into your sleeping bag.
42. Do not buy a sleeping bag liner; instead, make one out of an old sheet, by cutting to size and then sewing. Sleeping bag liners lower the degree rating of your bag and makes your bag more comfortable. Although, many hikers feel that liners are not worth the weight.
43. Make sure your boots fit your pack size: heavy packs tend to need heavy duty, tall, sturdy boots, with a light pack running shoes or tennis shoes can be used.
44. The Scout book says a pack should be a quarter of your body weight, but I believe it should be about a fifth. This may be difficult for lighter scouts; they should just try to get it AS LIGHT AS POSSIBLE. Your Pack should NEVER be over 35lbs
45. On a hike everyone gets dirty and begins to smell, try not to worry about staying perfectly clean. Although your hands and face should be washed frequently. Use antibacterial hand sanitizer.
46. Do not bring cologne or deodorant. The smell attracts bears and mosquitos.
47. Prepare a bag to leave in the car. Include items you would want for after the hike like a change of clothes and deodorant. If you are unsure if you want to take something on the trail with you, you can put in your car bag and decide if you want to use it at the trailhead.
48. When hiking keep your feet as dry as possible. Change wet socks! And let boots dry when wet, but don't place next to your campfire, you could catch them on fire, or the heat will change the shape of the boot and will increase the chance of blisters.

49. When choosing the clothing you will hike in, pick clothes that will dry quickly. Zip-off pants are a must have. Preferable socks are padded for added comfort.
50. When you go to bed at night take off your clothes, you'll be warmer throughout the night (Trust me) and you will have clothes to put on when you wake up to keep you warm when you have to get out of the sleeping bag. This also keeps your sleeping bag cleaner because your dirty clothes won't mess up your bag.
51. Before you go to bed activate and throw a hand-warmer into the bottom of your sleeping bag. This will keep your feet warm all throughout the night.
52. For the first lunch on a hike you can bring a sub sandwich because none of the contents will go bad in one night.
53. Don't bring Bungee cords.
54. A carabiner is nice but unnecessary. If you decide to bring one I'd get one of the cheap non-load bearing ones to clip things onto your backpack.
55. When you get into camp change into spare socks and put on sandals. Air out socks and boots. If socks become wet or worn, hike in spare socks instead.
56. Garage Sales and thrift shops are a good place to get inexpensive gear, but you have to check often if you expect to find anything.
57. Super Glue can be used to as an alternative to Band-Aids. It creates a waterproof seal over the cut and when the wound has healed the glue will flake off.
58. Your choice of sleeping pad is up to you. The foam pads are popular because they are cheap, will not puncture, and you can use them to cushion your seat on a rock during a lunch break. On the other hand, an inflatable mattress is much more comfortable and can be packed much smaller. I currently use a Big Agnes Sleeping pad which is really thick and comfortable. If I were to recommend a sleeping pad however, I would choose a Thermarest self-inflating mattress. They are pretty durable and easy to maintain, plus when it finally does get a leak, Sport Chalet will fix it for free.
59. If your hands are cold, use your extra socks as mittens.
60. Stuff your sleeping bag into a trash bag then into your stuff sack. This will keep your sleeping bag dry if you fall into a stream, and it allow you to compress your bag smaller because you can squeeze out the air.
61. I prefer digital watches to analog watches when hiking because they have a light to see the time at night and they make it easy to time your food when you're cooking
62. Leave the electronic devices at home. You don't need mp3 players or portable game systems on the trail. You're there to enjoy nature not kill Bowser.
63. bakepacker.com has a lot of recipes for your bakepacker, listed below is one of my favorites

BakePacker Dutch Treat (from bakepacker.com)

(BakePacker Ultra-Light)

1 C Pancake mix
2 tsp. Powdered sugar (or 1/4 C marshmallows)
1/2 C Water

1/3 C Chocolate chips
1/4 C Peanut butter (creamy)

Measure all ingredients except peanut butter into bag. Mix thoroughly by squeezing bag (batter will be lumpy). Place bag onto BakePacker spreading to cover as much of the grid as possible. Loosely fold down top of bag. Place BakePacker into pot, checking water level (1 "). Cover pot and bring to a boil. Adjust heat to medium boil. Boil/bake 18-20 minutes. Remove from heat and let stand, covered for about 3 minutes. Transfer to plate as shown (BASIC STEPS: 10). Let cool for a bit. Now "frost" with the peanut butter. Serve immediately. Serves 4.
(BakePacker Standard)