

# How to go Backpacking

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What is Backpacking?

Backpacking is an outdoor activity where someone hikes around the **wilderness** and carries gear in a backpack.



The backpacker will find a place next to a body of water to camp for the night. These trips last at least one night. If you are more serious about it then the trip can last for weeks or even months.



Aneroid Lake is a **tarn** in Oregon located in the Eagle Cap Wilderness.

## Getting in Shape

If you are a first-time backpacker, you want to make sure you are in shape. Hiking for miles with a heavy pack on your back requires strength and **stamina**.



To prepare yourself to hit the trail take low-mileage hikes with a light pack. As the trip gets closer increase the mileage and weight. The fitter you are the better you will feel when you are on the trail.





# Backpacking Gear

Packing your backpack can be tricky. You want your pack to be as light as possible but there are necessities that you cannot go without. To have a successful trip you need food, shelter and clothes.



Make sure to have a water filter just in case you run out of water. Staying hydrated is very important. Printing a checklist of the gear you need will help you not forget anything and it will organize your trip and what you need and don't need.

Anatomy of the backpack from Rodeo Rick's Camping Tips.

### Packing by zones

**A.** Tent

**B.** Heavier items, as close to your back as possible

**C.** Medium weight items

**D.** Lightweight - sleeping bag

## Keep it light

How you pack your backpack will make or break your trip. In general, carry no more than 30 percent of your body weight. For an overnight trip on a Florida trail, a 25-pound pack should suffice. Your heaviest item will be water, so keep it in the top compartment, close to your back. It will help maintain your natural center of gravity.





### Backpacker's checklist

What you carry into the woods is a personal decision. But here are a few items you won't want to be without.

<input type="checkbox"/> 1. Rain cover	<input type="checkbox"/> 21. Fork / spoon
<input type="checkbox"/> 2. Tent	<input type="checkbox"/> 22. Water tablets
<input type="checkbox"/> 3. Poncho	<input type="checkbox"/> 23. Dried food
<input type="checkbox"/> 4. Towel	<input type="checkbox"/> 24. Foam pad
<input type="checkbox"/> 5. Food	<input type="checkbox"/> 25. Plastic tarp
<input type="checkbox"/> 6. Stove fuel	<input type="checkbox"/> 26. Clothing
<input type="checkbox"/> 7. Water	<input type="checkbox"/> 27. Nylon cord
<input type="checkbox"/> 8. Trash bag	<input type="checkbox"/> 28. Flashlight
<input type="checkbox"/> 9. Stove	<input type="checkbox"/> 29. Compass
<input type="checkbox"/> 10. Cooking kit	<input type="checkbox"/> 30. Whistle
<input type="checkbox"/> 11. Sunglasses	<input type="checkbox"/> 31. Map
<input type="checkbox"/> 12. Toilet tissue	<input type="checkbox"/> 32. Sleeping bag
<input type="checkbox"/> 13. Sunscreen	
<input type="checkbox"/> 14. Repellent	
<input type="checkbox"/> 15. Trowel	<b>OPTIONAL ITEMS</b>
<input type="checkbox"/> 16. Matches	<input type="checkbox"/> Camera
<input type="checkbox"/> 17. First aid kit	<input type="checkbox"/> Binoculars
<input type="checkbox"/> 18. Toiletries	<input type="checkbox"/> Notebook / pen
<input type="checkbox"/> 19. Pocket knife	<input type="checkbox"/> Field guides
<input type="checkbox"/> 20. Plastic cup	



## Where to go Backpacking

National and state parks are areas of wilderness that are popular backpacking destinations. In the United States alone there are 58 **national parks**.



This body of water is called Dollar Lake and is located on Aneroid Mountain in the Eagle Cap Wilderness of Northeastern Oregon.

Look for a destination near a creek or river so that you have a water source. Check for permits and make sure you know the rules and regulations for food and fires once you choose your destination.



## Safety While on the Trail

Make sure you know where you are going. Plan your route ahead of time and take a map, compass, or **GPS** unit with you on the trail.



Let someone know where you are going and how long you will be gone for. Call them when you get back so they know that you are safe and not lost in the wilderness.



At every trailhead there is a message board that gives important information as well as a sign-in and sign-out sheet for the hikers' safety.

You want to be prepared for difficulties and mishaps that may occur while in the wilderness. To do this you want to make sure and pack a First-Aid kit and know what emergency resources are in the area.



## Backpacking Ethics

A skilled backpacker limits their impact on the environment. They do this by staying on the established trail, not disturbing vegetation, and making sure to carry all garbage out.





You want to leave no trace except footprints, take nothing except photographs, and keep nothing but memories. Respect the wildlife while you are in their territory, and just enjoy the beauty around you.



# Glossary

Wilderness: A region that is uninhabited and uncultivated by human beings.

Stamina: Ability to sustain prolonged physical or mental effort.

National parks: Protected areas of land where human influence is nearly unnoticed.

GPS: Global Positioning System. Allows user to determine their exact location no matter where they are in the world.

Tarn: A small mountain lake.

# Works Referenced

Pictures are all my own.

The First Aid kit, Compass and anatomy of a backpack are all public domain.

Monica Prella Camping Expert. (2015). Backpacking for Beginners. Retrieved December 05, 2016, from <http://camping.about.com/od/Backpacking/a/How-To-Go-Backpacking.htm>

-This is where I found my ideas and some information on backpacking.

How Many National Parks Are There in The US. (n.d.). Retrieved December 05, 2016, from <http://www.howmanyarethere.us/how-many-national-parks-are-there-in-the-us/>

# Common Core State Standards

CCSS.ELA-Literacy.RI.3.1

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

CCSS.ELA-Literacy.RI.3.5

Use text features and search tools (e.g., key words, sidebars, hyperlinks) to locate information relevant to a given topic efficiently.

CCSS.ELA-Literacy.RI.3.10

By the end of the year, read and comprehend informational texts, including history/social studies, science, and technical texts, at the high end of the grades 2-3 text complexity band independently and proficiently.

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