

HOW TO PACK A BACKPACKING PACK

A good rule to follow when you pack your backpack for camping and hiking is to pack in three parts: bottom, middle and top.

Always pack the bottom first, balance the load by keeping heavy things in the center and stack your essentials for the trail on top. This way the things you need are always within reach and don't require taking off your pack and digging through the whole thing. Here's a breakdown of how to pack a backpack for camping and hiking.



MIDDLE OF YOUR BACKPACK:

- HEAVIEST ITEMS**
- stove & fuel
 - food & bear canister
 - loose clothing stuffed around bear canister
 - toiletries
 - camp mug



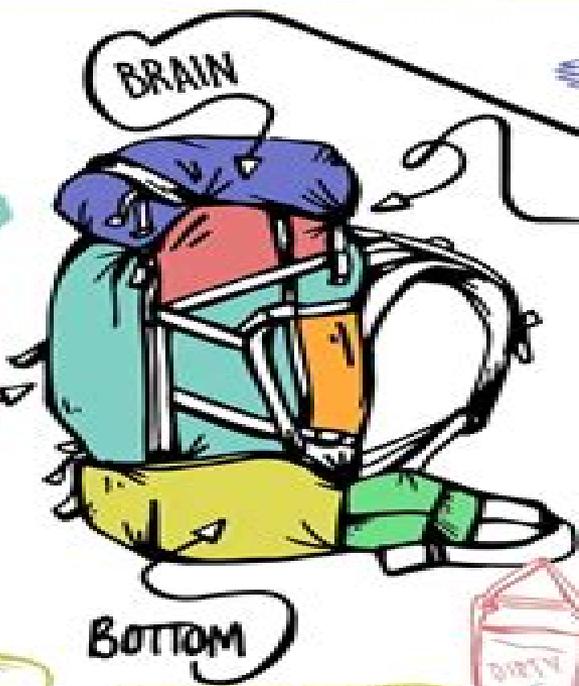
MIDDLE

SIDE POCKETS:

- Trekking poles
- Tent poles
- Water bottles

HIP BELT POCKETS:

- Lip balm
- Phone



BOTTOM

BOTTOM OF YOUR BACKPACK:

- LIGHT ITEMS THAT YOU WON'T NEED DURING THE DAY**
- Sleeping bag in a compression sack
 - sleeping pad
 - loose clothing stuffed around sleeping bag to fill in gaps



WHAT GOES IN THE BRAIN:

- Travel sized bug spray and sunscreen
- Map or GPS
- Headlamp
- Camera
- Quick snack
- Spork
- Multi-tool
- Lighter



TOP

TOP OF YOUR BACKPACK:

- Rain jacket, rain pants, rain cover
- Lunch
- First Aid
- Water filter
- Electronics in a lightweight dry sack
- Bathroom kit (shovel, toilet paper, hand sanitizer, and a bag to pack out used toilet paper)



Backpacking Tips

M Lipman



Backpacking Tips:

The Top Books of the Year Backpacking Tips The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year. Backpacking Tips : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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