



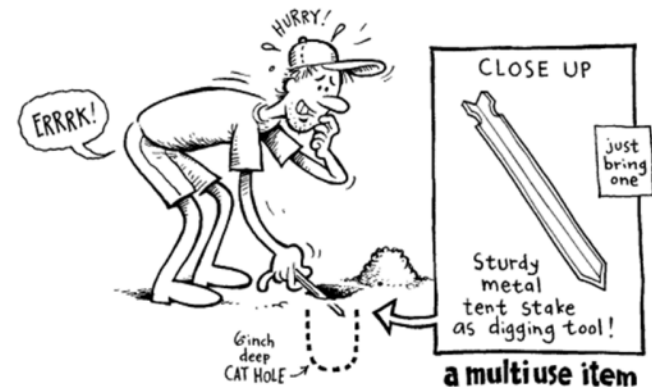
# *Lighten Up!*

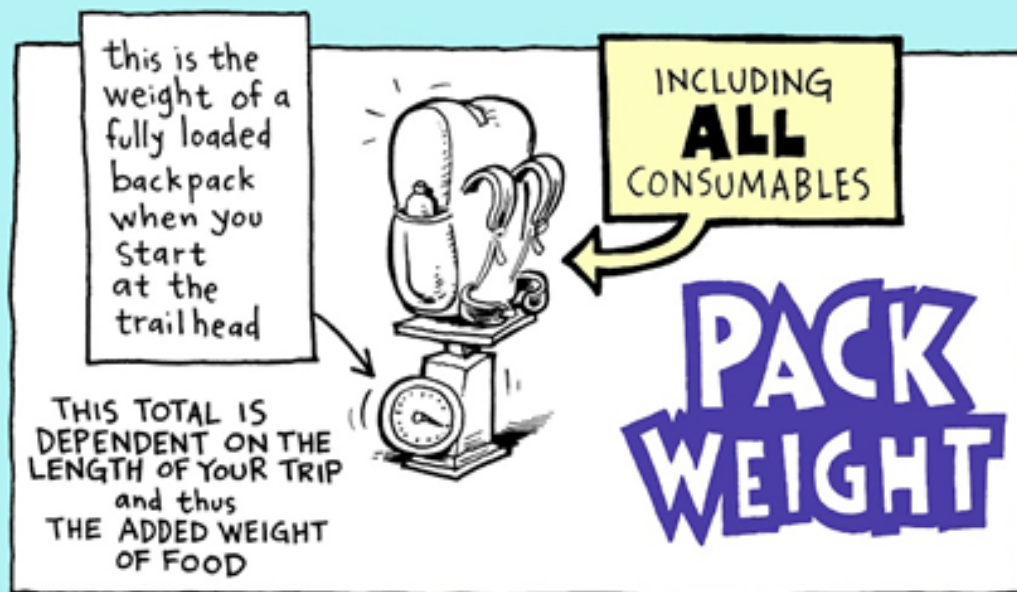
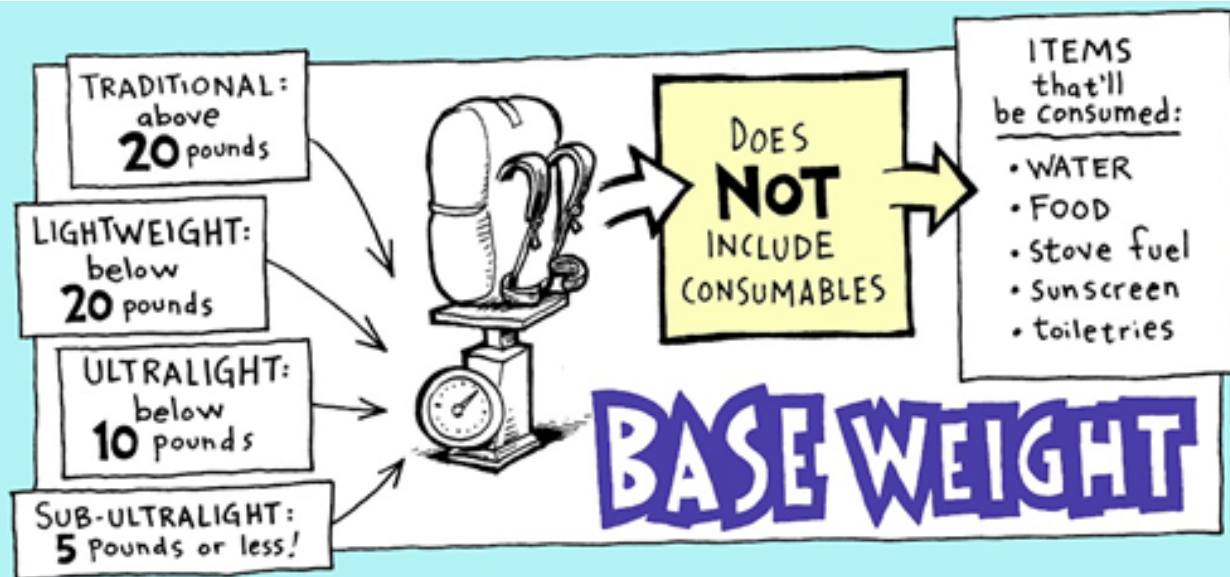
## Lightweight Backpacking For Beginners

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# Principles of Lightweight Backpacking

1. Take enough gear to be safe, comfortable and confident.
2. Know the actual weight of each item.
3. Whenever possible, use multipurpose items.
4. Look at the heaviest items first.
5. When selecting gear, pick the smallest that will suit your needs.
6. Choose lightweight gear that is useful, sturdy and dependable.
7. Know how to use your gear in emergency conditions!





# Packing Categories

| No. | Description              | Notes   |
|-----|--------------------------|---|
| 1   | Risk Management          | Know before you go: weather forecast , terrain, route and water sources.                            |
| 2   | Pack Weight              | My Base Weight objective is 10-12 lbs   |
| 3   | Footwear                 | Trail shoes or low cut hiking boots   |
| 4   | Backpacks                | Gossamer Gear Mariposa  |
| 5   | Navigation               | Map, compass, GPS   |
| 7   | Clothing System          | Weather protection, thermoregulation and layers   |
| 8   | Sleep System             | Sleeping bag or quilt, pad, sleep wear  |
| 9   | Shelter                  | Tarp tent, ground cloth, trekking poles   |
| 10  | Hydration                | 3L Platypus or Ccmelback, purification tablets  |
| 11  | Food & Cooking Equipment | Plan for about 2 lbs of food per day, stove, fuel, pot/bowl/cup, spoon, bear canister (if required) |
| 12  | Hygiene                  | Toothbrush, toothpaste (mini size)  |
| 13  | First Aid                | Advil, bandaids, moleskin, tweezer  |

# Want To Lighten Up or Investing In Your First Gear?

- Focus on the Big 3 (in this order):
  - Sleeping Bag
  - Tent or Tarptent
  - Backpack
- If your gear is big and bulky, you'll never be able to downsize your backpack
- If you don't downsize, you cannot effectively reduce your base weight
- All your gear should fit *inside* your pack
- Do not lash on equipment unless absolutely no other solution
- After a trip, look at what you brought and didn't use and what you forgot to bring

# My Favorite Gear

- WHAT-IF? Bag
- PETZL e+LITE headlamp (1 oz)
- GOSSAMER GEAR Mariposa backpack (24oz)
- GOSSAMER GEAR LTC3 (fixed length) trekking poles
- LEKI Carbonlite (adjustable) trekking poles
- BLACK DIAMOND Mega Light (45 oz) tarp tent for 2-4 people (includes pole)
- BLACK DIAMOND Beta Light (24 oz) for 1-2 (sets up with trekking poles)
- OWARE Draw Closure Bivysack (MIL OD, 7 oz) for 1 (no rain expected)
- GOSSAMER GEAR polycro ground sheet (1.5 oz)
- MARMOT Arroyo 30°F down sleeping bag (28 oz)
- EXPED DreamWalker 40°F down sleeping bag (32oz)
- GOSSAMER GEAR/KLYMIT Air Beam Wide  $\frac{3}{4}$  Length (12.5 oz)
- ESBIT Titanium Stove (Uses Esbit fuel tablets) for 1 person
- JETBOIL Titanium SOL Stove for 2+ people (8.5 oz + 3.5 oz Fuel)
- GARMIN Dakota 20 Handheld GPS with Touchscreen

# My Favorite Clothing

- Salomon QuickLace GTX Mid Hiking Boots or Low Trail Runners
- Smartwool PHD Medium or Heavy Weight trekking socks
- Patagonia Dragonfly rain-resistant windbreaker (4oz)
- Patagonia Down Sweater (Also wear at night if cold, 12oz)
- Mountain Hardwear Mesa Convertible Pants
- Mountain Hardwear Canyon Long Sleeve Ventilated Shirt (1 Size Larger)
- Mountain Hardwear Wicked Short Sleeve Shirt
- Acorn Fleece Socks (for sleeping only-keeps my feet warm at night, 2oz),

# Manufacturers of Lightweight Gear

## **Commercial Manufacturers**

- Black Diamond
- Outdoor Research (OR)\
- Exped
- Big Agnes
- Marmot
- The North Face
- Mountain Hardwear
- REI

## **Specialty Manufacturers**

- Gossamer Gear
- Bear Paw Wilderness Designs
- Hilleberg
- Oware
- Six Moons Design
- Tarptent
- ZPACKS
- Feathered Friends
- Western Mountaineering
- Jacks R'Us



# Pack Options Depend On The Volume and Weight of Your Gear

## Gregory Baltoro 75

- Weight = 5 lbs 5 oz (Med)
- Total Capacity = 4577 in<sup>3</sup> (75 L)
- 10 Exterior Pockets
- Mesh Pad Holder accommodates SitLight Pad or folded sleeping pad
- Load Limit = 50 lbs



## Gossamer Gear Mariposa

- Weight = 1 lb 13 oz (Med)
- Total Capacity = 3487 in<sup>3</sup> (57L)
- Main Compartment = 2200 in<sup>3</sup> (36L)
- 7 Built-In Pockets
- Mesh Pad Holder accommodates SitLight Pad or folded sleeping pad
- Load Limit = 30 lbs



# The Difference of Premium Down

## North Face “Blue Kazoo”

- Old School Mountaineering Bag
- EN Temp Rating: 28°F (-2°C)
- Insulation = 650 Goose Down Fill
- Weight = 2 lbs 12 oz
- Packed Size = 1081 in<sup>3</sup>
- Price = \$279-\$299



## Marmot “Hydrogen”

- Lightweight/Compactness using Higher Quality Down Fill
- EN Temperature Rating: 30°F (-1°C)
- Insulation = 850 Goose Down Fill
- Weight = 1 lbs 9 oz
- Packed Size = 368 in<sup>3</sup>
- Price = \$399



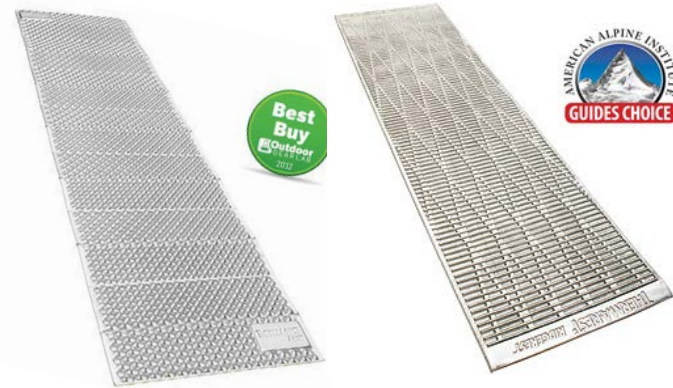
# Sleeping Pads

## Cascade Designs / Therm-A-Rest

- Neolite Xlite (12 oz), \$160
- Z-Lite and Z-Lite-SOL (14 oz), \$45
- RidgeRest SOLite (14 oz), \$30

## Gossamer Gear/Klymit

- Air Beam Sleeper Wide, 14 oz, \$99
- 28" Wide tapering to 19" X 56" Long
- 2.5" tapering to 1.5" in height



# Tarp Tent Solutions

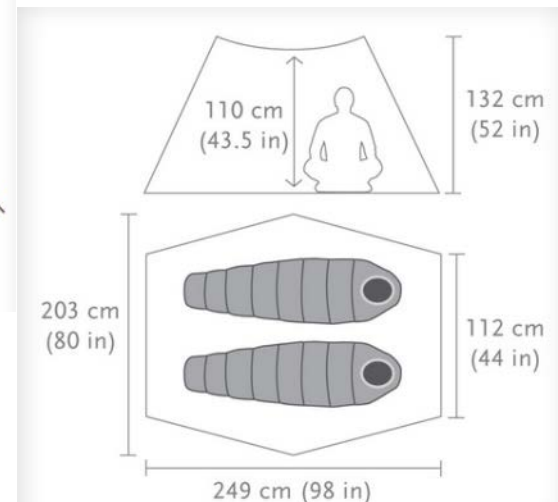
## Six Moons Design Gateway Cape

- Combination Shelter and Rain Gear
- Weight: 11 oz
- Price: \$135.00



## Black Diamond BetaLight

- Sets up with 2 trekking poles
- No rope lines to adjust
- Weight: 24 oz
- Price: \$200.00



# LWBP Resources

