

## Backpacking Tips

### Things that can make backpacking miserable:

- Blisters
- Chafe
- Extremely heavy backpack
- Too hot, too cold or wet

### Footcare:

- No need to buy big hiking boots; an inexpensive pair of hiking shoes at Dick's will do
- Get some Leukotape for hot spots
- Bring extra synthetic socks that you can change



### Chafe:

- Chafe on the inner thigh and on the privates are painful
- Invest in Friction Control and Butt Paste



### Backpack Weight

- Keep your pack right around 20% of your body weight (100 lbs Scout  $\approx$  20 lbs)
- Use a bathroom scale
- Water weighs 8.38 lbs. per gallon or 2.2 lbs per liter.
- Stick to Freeze-dried meals like Mountain House
- Don't load up on clothes especially heavy clothes like jeans

### Elements:

- Cold: synthetic long sleeve shirt synthetic – synthetic sweater – lightweight jacket
- Cold: Gore-Tex windbreaker
- Cold: Long underwear
- Cold: gloves, hat, lightweight parka

### As Scout is Thrifty

- Consider renting gear: AZ Hiking Shack rents lightweight backpacks and sleeping bags
- Consider a decent but inexpensive pair of trail shoes at Amazon or Dick's
- Buy Mountain House as a patrol at Costco
- Share a water filter so you don't have to carry as much water