

The Big Four of Backpacking

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NCAC Philmont Training Orientation I

November 12, 2017

Preview

- ▶ Packs
- ▶ Sleeping Bags
- ▶ Boots-Socks-Trekking Poles
- ▶ Raingear & Clothing

2 Types of Packs

External Frame

- ▶ Cheaper
- ▶ Spaced from back
 - Cooler
 - Tolerates lumps
 - More freedom packing
- ▶ "Some gear outside
- ▶ More pockets

Trade-offs



Internal Frame

- ▶ Close to back
 - Hotter
 - Careful packing required
- ▶ Gear both inside & outside

Packs, con't...

Size

- ▶ Must be adequate for both personal and crew gear!
- ▶ Recommend Min. of 4500 cu in min
- ▶ Remember to try on many different packs

Sleeping Bags

Buy the bag you will use year around

Mummy

- Less room
- Less to heat
- Hooded
- lighter

Rectangular

- More room
- No hood
- Heavier

Sleeping Bags

Down

- ▶ Warmest
- ▶ Lightest
- ▶ Loses insulation ability when wet
- ▶ Very hard to dry

Synthetic

- ▶ Warm enough
- ▶ Light enough
- ▶ Reasonable value when wet

Ground Pads

$\frac{3}{4}$ length ground pad suggested for Philmont

Closed-cell foam

- ▶ Water proof
- ▶ Cheap
- ▶ Lightest
- ▶ Indestructible
- ▶ Packs quickly

Self-inflating

- ▶ More expensive
- ▶ Heavier
- ▶ Slightly more comfortable
- ▶ Adults prefer

Boots & Socks

- Lightest boot capable of handling trails and loads you'll have
- Remember your weight is you plus your pack (approx 50lbs)

Leather

- ▶ More expensive
- ▶ Careful break in
- ▶ Heavier

Fabric & Leather

- ▶ Less expensive
- ▶ Minimal break-in
- ▶ Lighter

- ▶ It's the fit not the size
- ▶ Wear 2 pair socks: thin synthetic liner, midweight wool
- ▶ No toe contact with front on incline
- ▶ Walk around- does it feel right?

Trekking Poles

- ▶ Essential for adults
- ▶ Requires some practice to get used to
- ▶ Assists with uphill and downhill
- ▶ Use as tarp poles

Rain Gear

Suggested: Two piece Rainsuit

Objective- stay warm & dry

Not worth it to go cheap

Look for Nylon w/ Gortex

Pack small

Pants with side zips and/or boot zips

Clothing

- ▶ NO COTTON!
- ▶ Minimum requirement 50/50 blend
- ▶ Recommend nylon quick dry clothing

Questions?

About:

- ▶ Packs
- ▶ Sleeping Bags
- ▶ Boots-Socks-Trekking Poles
- ▶ Raingear & Clothing