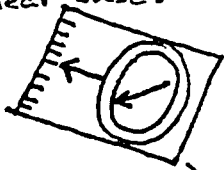
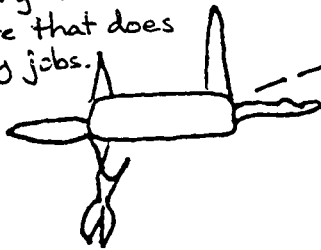


TIPS FOR BACKPACKERS

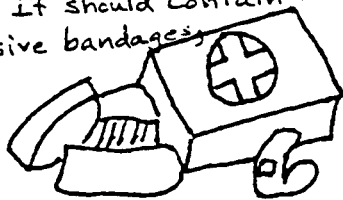
Always carry a simple sturdy compass. It should have a clear base.



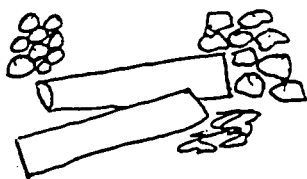
Every hike need a knife that does many jobs.



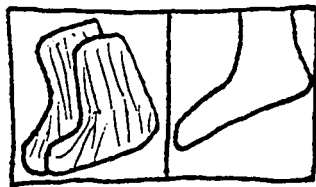
Always carry a first aid kit. No matter how short the trip. It should contain adhesive bandages,



tape, gauze pads, aspirin, a needle for splinters, a first aid manual and a whistle to call for help.



Snacks aren't extras. You'll need them. For energy, nibble nuts, seeds, dried fruit, raisins, jerky, or fruit-and-nut bars.

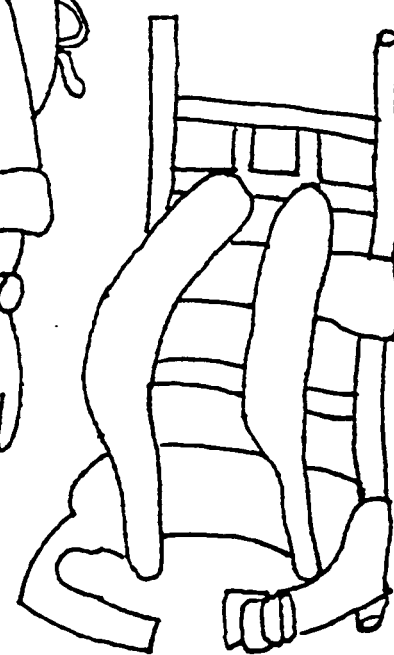


Wear two pair of socks, thick over thin. Cover "hot spots" on skin with tape before blisters form.

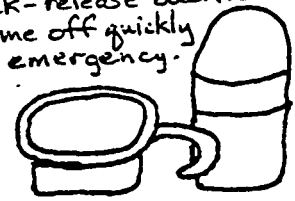


To backpack safely you must follow some common sense rules and take the right gear. When you backpack, your pack becomes your house — kitchen, bedroom, even hospital, if necessary. Don't forget anything. You can't go back for it.

WHERE IS YOUR SURVIVAL KIT?



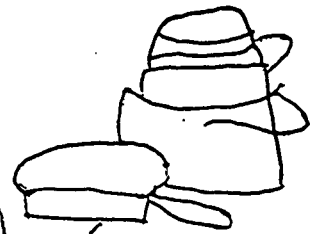
A good backpack has a tubular, lightweight metal frame shaped to fit the body. A padded waist strap shifts most of the weight to the hips. The strap should have a quick-release buckle so the pack can come off quickly in an emergency.



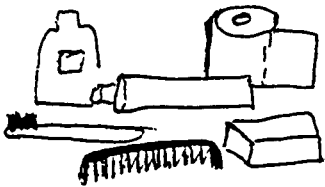
Most hikers like flexible plastic water bottles other than rigid canteens. A metal cup with a handle has many uses.



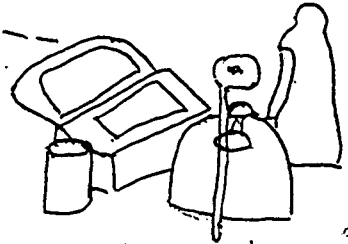
A tent tops off the load.



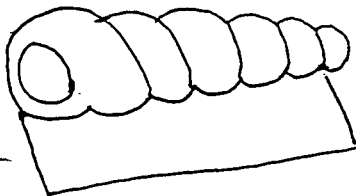
Cooking utensils go here (nesting pots, etc.)



Don't forget to include these items. If there's room include a small towel.



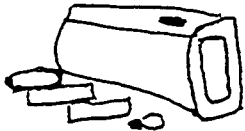
Small camp stove with bottled fuel stored in a metal case.



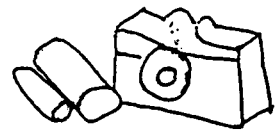
Sleeping bag and lightweight pad goes here.



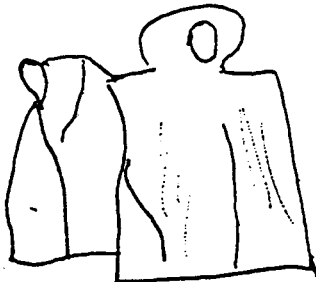
Food -- look for dried, instant, and quick-cook items. Discard bulky packages.



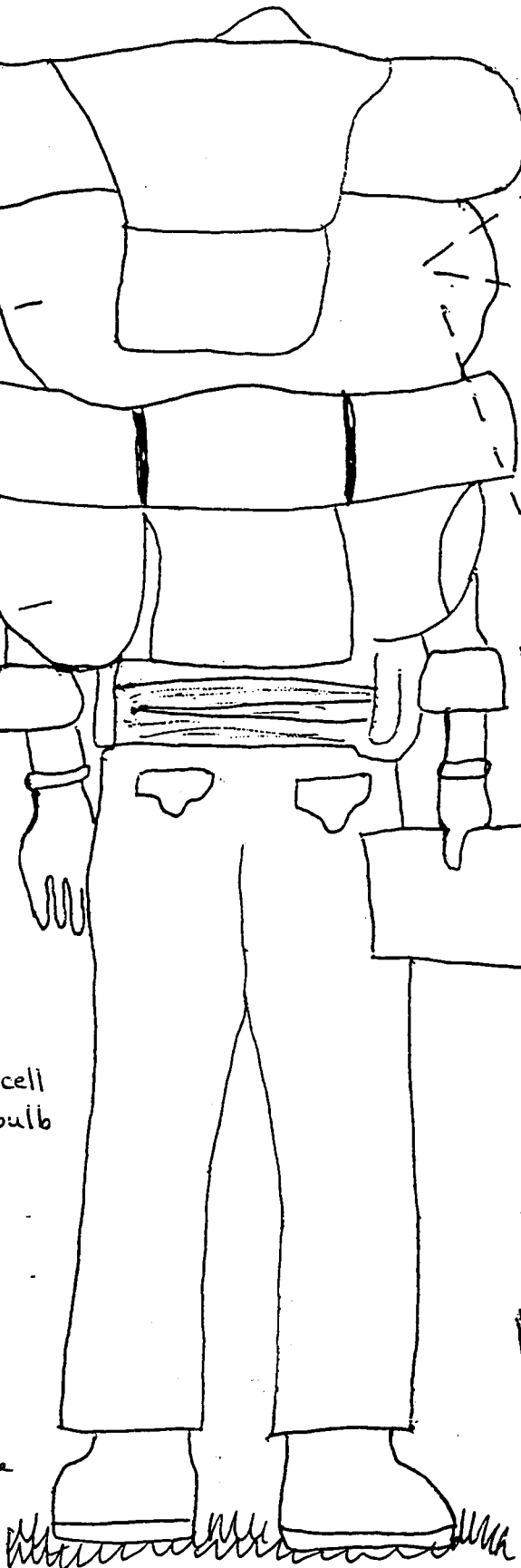
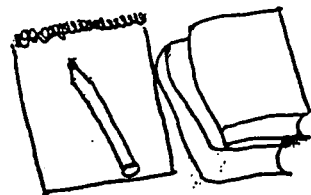
Every hike should carry a two-cell flashlight, complete with extra bulb and batteries.



You might want to include these items.



Carry extra clothes in case the weather changes. Add them in thin layers -- sweater, windbreaker, poncho, warm hat, lightweight wind pants.

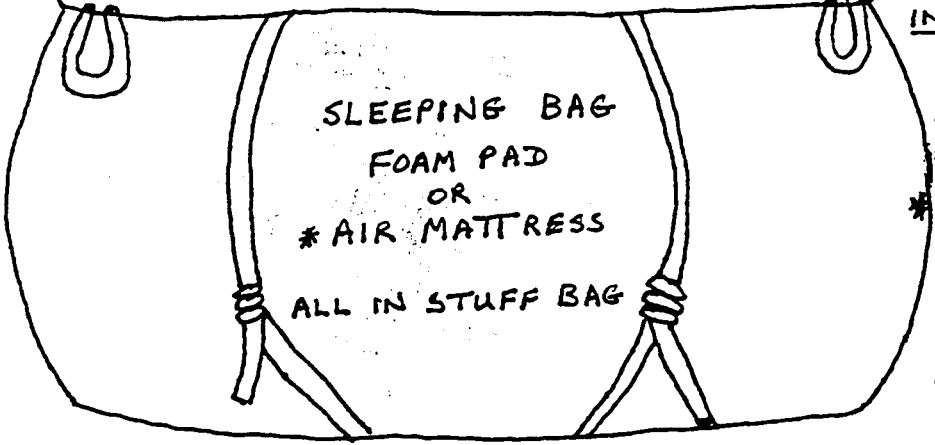
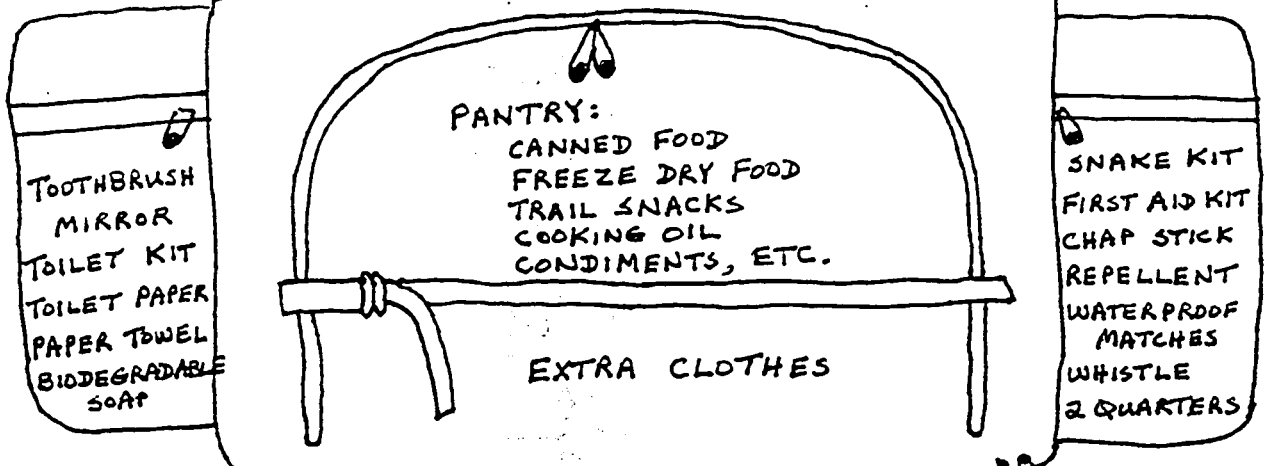
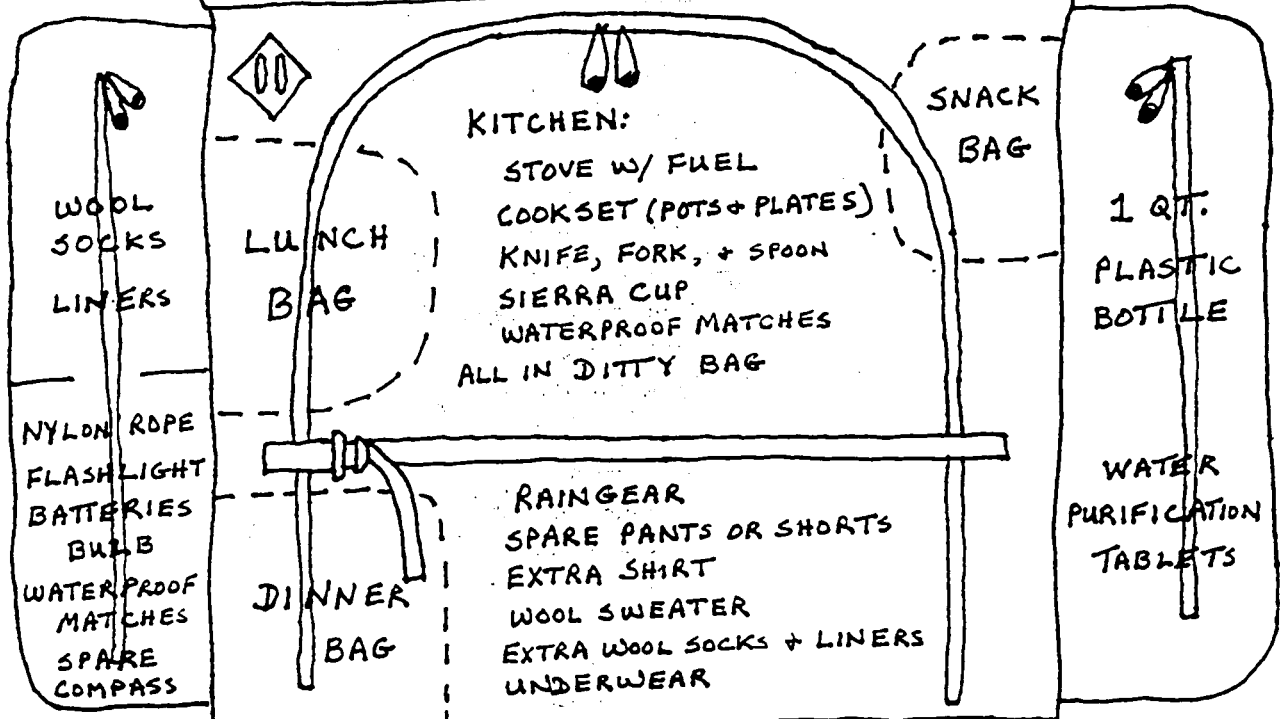


BACKPACKER'S CHECK LIST

TAKE ONLY PICTURES
LEAVE ONLY FOOTPRINTS

IF YOU CAN
PACK IT IN
FULL,
YOU CAN
PACK IT OUT
EMPTY

TENT W/ FLY
GROUNDSHEET
IN STUFF BAG



ON PERSON
KNIFE
COMPASS
WATERPROOF MATCHES

IN ACCESS
MAP POCKET
MAPS + GUIDE
TRAIL SNACKS
* CAMERA

* OPTIONAL

LOADING A BACKPACK

UPPER LEFT POCKET

Waterbottle or canteen

LOWER LEFT POCKET

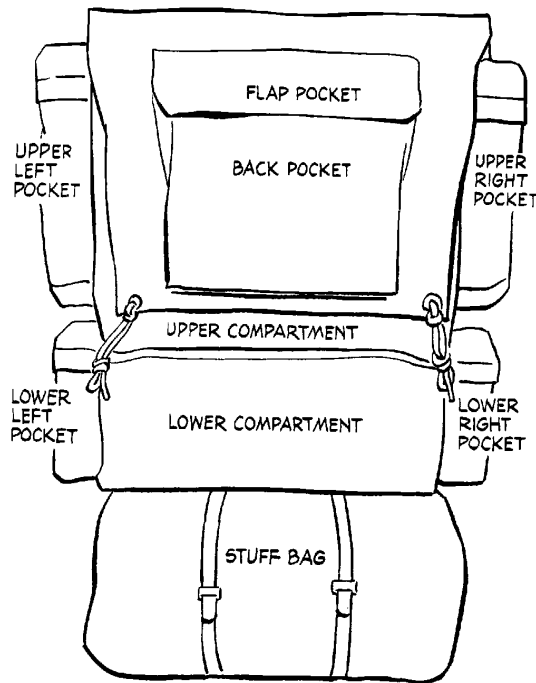
Protection from insects
Protection from the sun
Flashlight with spare bulb
and batteries

UPPER COMPARTMENT

Cooking kit and utensils
Water bag
Tent and/or tarp and tent stakes
Ground cloth
Food and condiments in bag

LOWER COMPARTMENT

Hat or cap, socks, bandanna
Clothing appropriate for
the season
Sweater or jacket and parka
or coat
Moccasins or running shoes



STUFF BAG

Sleeping Bag
Foam Pad

FLAP POCKET

Camping permit
Maps
Pencil & paper
Compass

BACK POCKET

Cup, bowl
Matches, fire starter
Whistle & cord
Bear bag & rope
Emergency coins
Soap, toilet paper
Comb, metal mirror
Toothbrush, toothpaste
Small towel

UPPER RIGHT POCKET

Stove fuel
Stove wind shield

LOWER RIGHT POCKET

First aid kit

PACKING CHECKLIST

<input type="checkbox"/> Pack And Frame	<input type="checkbox"/> Cup	<input type="checkbox"/> Metal Mirror
<input type="checkbox"/> Boots	<input type="checkbox"/> Bowl Or Plate	<input type="checkbox"/> Comb
<input type="checkbox"/> Socks	<input type="checkbox"/> Spoon/Knife/Fork	<input type="checkbox"/> Pencil & Paper
<input type="checkbox"/> Clothing -- Seasonal	<input type="checkbox"/> Food	<input type="checkbox"/> Repair Kit
<input type="checkbox"/> Sweater Or Jacket	<input type="checkbox"/> First Aid Kit	<input type="checkbox"/> Cord
<input type="checkbox"/> Parka Or Coat	<input type="checkbox"/> Pocketknife	<input type="checkbox"/> Bear Bag
<input type="checkbox"/> Rain Gear	<input type="checkbox"/> Matches	<input type="checkbox"/> Bear Bag Rope
<input type="checkbox"/> Hat	<input type="checkbox"/> Fire Starters	<input type="checkbox"/> Emergency Coins
<input type="checkbox"/> Tent	<input type="checkbox"/> Water Bottle	<input type="checkbox"/> Protection From Insects
<input type="checkbox"/> Tent Stakes	<input type="checkbox"/> Flashlight	<input type="checkbox"/> Bandanna
<input type="checkbox"/> Ground Cloth	<input type="checkbox"/> Watch	<input type="checkbox"/> Running Shoes
<input type="checkbox"/> Sleeping Bag	<input type="checkbox"/> Whistle	<input type="checkbox"/> Compass
<input type="checkbox"/> Foam Sleeping Pad	<input type="checkbox"/> Toothbrush	<input type="checkbox"/> Camera (Optional)
<input type="checkbox"/> Stove	<input type="checkbox"/> Toothpaste	<input type="checkbox"/> Binoculars (Optional)
<input type="checkbox"/> Fuel Bottle	<input type="checkbox"/> Soap	<input type="checkbox"/> Hiking Stick (Optional)
<input type="checkbox"/> Cook Kit	<input type="checkbox"/> Small Towel	<input type="checkbox"/>
<input type="checkbox"/> Cooking Utensils	<input type="checkbox"/> Toilet Paper	<input type="checkbox"/>